

# Stundenplan: Movement Practice, Bern

Jan, 2022 +

Montag	Di.	Mittwoch	Do.	Fr.	Samstag
Handstand & Mobility  <u>Indoors</u> 19:00 – 21:00  <u>Rope HEALTH</u> Wildstrasse 8		Movement Practice  <u>Indoors</u> 19:30 – 21:30  <u>MARU DOJO</u> (Im Dachstock)		Handstand & Mobility  <u>Indoors</u> 18:30 – 20:30  <u>MARU DOJO</u> (Im Tatamiraum)	Movement Practice  <u>Indoors</u> 12:00 – 14:00  <u>Rope FITNESS</u> Thunstrasse 8A

**\*Outdoor/indoor class is weather-dependent & location is confirmed in the WhatsApp group**

(please contact me to be added: +41 786 561 642).

## Handstand & Mobility Practice

**Open to all levels - no experience required.** We build your handstand from the ground, up, including fear-management & all necessary prehabilitation/mobility work to help you develop a progressive & sustainable practice. Focus is on developing both a conceptual & practical understanding of how to balance on two hands, and mobility toward ‘front-folding’ and straddle/splits positions to facilitate ongoing skill development.

## Movement Practice

**Open to all levels - no experience required.** We study a range of subjects in a structured & progressive manner, developing your understanding of ‘Movement’ as a physical practice as well as your movement potential. Content ranges from floor-communication, environmental exploration, partner-work & play/fight, improvisation, breathing practice & more. Throughout this, we develop physical capacities such as strength & mobility, joint integrity, balance & structural awareness, proprioception, timing, rhythm & coordination.

### Cost

Single class: 35.-

10x classes: 300.-

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[www.movemoremp.com](http://www.movemoremp.com)

[‘Movement Practice, Bern’](#)

[Facebook group](#)