

Stundenplan: Movement Practice, Bern

Jan, 2023 +

Montag	Di.	Mittwoch	Do.	Freitag	Samstag
Handstand & Mobility (Jason)		Movement Practice (Jason / Leslie)	Handstand & Mobility (Jason)	Movement Practice (Leslie)	Capacity practice (Jason / Leslie)
Indoor 19:00 – 21:00		Indoor 19:30 – 21:30	Indoor 19:00 – 21:00	Indoor 18:30 – 20:30	Indoor 11:30 – 13:00
* Rope HEALTH Wildstrasse 8, 3005		* MARU DOJO (Im Dachstock)	* Rope HEALTH Wildstrasse 8, 3005	* MARU DOJO (Im Gymnasium)	* Rope FITNESS Thunstrasse 8a, 3005

[Handstand & Mobility Practice](#)

Open to all levels. We build your handstand from the ground, up. From fear-management & joint-preparation to appropriate mobility-development tools, each practitioner follows a progressive & sustainable process according to their current ability.

[Movement Practice](#)

No experience required. We develop through phases of varied & progressive projects which expand your experience & understanding of ‘Movement’ as a physical practice. Content is entirely scalable & individuals challenged at their own level.

[‘Capacity development’](#)

Beneficial to everyone. We take a holistic approach to developing capacities such as strength, mobility & conditioning, as well as investing in injury prevention & “movement intelligence” to increase baseline movement potential for all practices.

***Class locations are linked.** For ‘Maru Dojo’, take the steps down to the Aare from the carpark on the Lorraine side of Lorrainebrücke. All classes require a **minimum of 3 participants**. For classes at ‘Rope Health’, space is limited to 5 practitioners. Please confirm your participation via the WhatsApp group a **minimum of 2 hours before class starts**.

Cost

Per class: Single: 35.-
10ner abo: 300.-

Per month:

1x per week: 120.-
2x per week: 180.-
Unlimited: 220.-

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