

Stundenplan: Movement Practice, Bern

July, 2021 +

Montag	Di.	Mittwoch	Do.	Fr.	Samstag
Handstand Practice <u>Outdoors</u> 19:00 – 20:30 OR <u>Indoors</u> 19:00 – 20:30 Rope HEALTH		Movement Practice <u>Outdoors</u> 18:30 – 20:30 OR <u>Indoors</u> 20:00 – 21:45 Rope FITNESS		Handstand Practice <u>Outdoors</u> 19:00 – 20:30 OR <u>Indoors</u> 19:00 – 20:30 Rope HEALTH	Movement Practice <u>Outdoors</u> 10:30 – 12:30 OR <u>Indoors</u> 12:00 – 14:00 Rope FITNESS

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

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

Cost

Single class: 35.-

10x classes: 300.-

Handstand Practice

Open to all levels - no experience required. We build your handstand from the ground, up, including all fear-management & necessary prehabilitation/mobility work to help you develop a progressive & sustainable practice. It is supported by both a conceptual & practical understanding of how to balance on two hands.

Movement Practice

Open to all levels - no experience required. We explore a range of movement aspects in a structured & progressive manner to develop your physical movement potential. As well as physical capacities (e.g. strength, mobility & joint integrity) we explore contexts & ideas such as locomotion, coordination, timing & rhythm, environmental exploration, partner-work & games, improvisation, breathing practice & more.

WhatsApp: **+41 786 561 642**

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www.movemoremp.com

[‘Movement Practice, Bern’](#)

[Facebook group](#)