

Stundenplan: Movement Practice, Bern

Okt, 2021 +

Montag	Di.	Mittwoch	Do.	Fr.	Samstag
Handstand & Mobility <u>Outdoors</u> 18:30 – 20:30 OR <u>Indoors</u> 19:00 – 21:00 Rope HEALTH		Movement Practice <u>Indoors</u> 19:30 – 21:30 MARU DOJO (Im Dachstock)		Handstand & Mobility <u>Indoors</u> 18:30 – 20:30 MARU DOJO (Im Tatamiraum)	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).

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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'Movement Practice, Bern'

[Facebook group](#)