Shifting body patterns

- Read movement patterns
- Help with pain, posture & anxiety
- Observe without evaluating

Workshops with
Mathias Avigdor
& Marko Zelenovic

new dates

shifting
body
patterns

Secret places lie within our body and there are no maps to find them. These places are occupying space in a different dimension: they are made of the unknown.

We are going to observe how we avoid these places, how we walk away from them, and we will be able to uncover our deepest patterns.

In our brain, posture answers to the representation of our body which can be seen like a map of ourselves. It responds to proprioception, which is the way we perceive our body and its situation in space. Shifting body patterns has an action on our posture and movement range in space.

IN OUR WORKSHOPS

- Learn and use the main principles of work of shifting
- Establish clear and stable landmarks for reading posture
- Learn new tools, guidelines and practical exercices
- Receive personal short sessions
- See short demos and short sessions on others
- Exchange around meaningful questions and integrate them in your body
- Learn about practical and clinical applications for others as teachers, therapists or care takers.

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FOR PROFESSIONALS
(Therapists and teachers)

Zürich | 28th-29th-30th March 2025
Yverdon | 12th-13th-14th September 2025

Friday and Saturday, 9h-18h
Sunday, 9h-15h
20 hours of continuing education

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OPEN FOR ALL

Yverdon | 28th June | 14th November 2025
Saturdays, 9h-17h
Yverdon | Friday 25th April | Friday 3rd October 2025
Fridays, 13h30-17h30

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FEES
3 days week ends
max 16 participants
CHF 650.– | early bird CHF 600.–

Saturday
max 12 participants | CHF 230.–

Friday afternoon
max 6 participants | CHF 180.–

REGISTRATION AND INFOS

Zürich (The course will be held in English and German)
Cordelia Pragita Bauer
076 455 97 87
mail@somatic-healing-arts.ch

Yverdon (Courses will be held in English and French)
Mathias Avigdor
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