



Welcome to our second seminar of the Somatic motions series.

This meeting is dedicated to exploring the Element wood in us.
How do we feel both sides of it in our daily life physically and mentally.

The Animal of this Element wood is Deer. And the wood element corresponds to the organ's liver and Gallbladder.

We deal with one side of the liver much more often than the other one.
Anger and rage is one side of the liver, which most of us are more familiar with in our daily life..
We don't know much about how to balance our energy with the other side of the wood element.

Liver stores and governs our blood according to TCM and therefore has a direct connection to smooth flow of the Qi or stagnation of the Qi. Explore the emotion of the liver to learn how the healthy liver can add to the quality in our movements.

Deer are fast, elegant and graceful.

In this seminar I want to explore with you the quality of gratefulness.

Grace in movement is a higher aim of all movers. What makes a mover outstanding is less about mastering techniques or impressive moves, but moving gracefully. Grace is a state and it is not a technique.

We will expand our understanding of movements in the specific line of feeling grace firstly by Physical engagement of our Fascia. We will spend our time getting familiar with how physically gracefulness can be felt and how we can add to our daily movements a bit of gracefulness.

In order to have a fixed practice, we will learn some deer Qigong movements while playing the spirit of it in the Qigong movements.

Seminar will be held on sundays in 21th July from 9:30 - 16:30

Price : 80 Euros

We will have a lunch break like a picnic in Schloss park charlottenburg where we will practice. And of course related sitting practice.

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Or whatsApp: 017631520513 - Soma

