



Biodynamic Dance

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A journey to the sources of your strengths

- for women and men looking for time and space to experiment in dance
- who want to discover and live the pleasure of dancing without having to previously study a specific technique
- who are curious to discover the dancer within
- who enjoy dancing in the company of other women and men
- who would like to improve their body awareness and feel better inside their body
- who wish to develop new movement skills and open new perspectives in their lives

Infos on classes on request.

