

Movement Practice

We explore 'Movement' as a subject for physical practice, without being fixed in any single art, discipline, or sport. Instead, we focus on defined subjects such as physical preparedness, ground acrobatics, athletic qualities, play & fight, open-form dance, breathing practices, object & environmental communication & more. The work is framed within a range of individual, partner & group contexts which are accessible to all.



Movement Practice

Thursdays: 17:30-19:30

📍 [Tanzhaus Bern, 3005](#)

Saturdays: 12:00-14:00

📍 [Rope Fitness, Bern, 3005](#)

Handstand & Mobility

Mondays: 17:30-19:30

📍 [Atelier, Wildstrasse 8, 3005](#)

Handstand & Mobility

We follow a progressive & sustainable process toward **building your two-arm handstand** from the ground, up. Practice is combined with complementary **mobility-development** to support your ongoing journey.

Beginners are welcome (no experience is required), as well as intermediate-to-advanced practitioners. We work both in pairs and individually, according to your experience & current projects.



About

We are a small, open, & welcoming group connecting in Bern, CH, through a mutual interest of moving, practice & learning. We have been in the Swiss capital 2019.

We have **weekly classes** & also **workshops** in the Swiss capital, coordinated by **Jason Round** ([movemoremp.com](#)) & supported by Leslie Nydegger ([morerompractice.com](#))

Participation:

Per class: 35.- / 10x classes: 300.-

Join classes in the WhatsApp group (contact Jason to join): [+41 78 656 16 42](#)