

# Misogi & Feldenkrais

Online Seminar

10. 04. 2021

**Time:** Saturday 15:15–16:45

**Cost:** 10 €

**Location:** your choice ;-)

We will practice **Misogi** silent misogi, a neighborhood and housemate-friendly form, for purification, strengthening mind, body and breathing. This time with focus on the first rhythm.

## Info & Registration

Heike Howein  
+49 (0)1520 / 435 80 45  
aikido@dojo-am-fluss.de

Please register until 04.04.2021  
If you have any questions, please  
feel free to contact me.

**Feldenkrais** lesson  
for better organization of  
mind, body and breathing.  
Awareness Through Movement

The online seminar will be held via zoom. You will need a reasonable internet connection and a device (laptop, tablet). It's best if you have a room where you are undisturbed, with space enough to practice Ki Taiso and to lie down on the floor.



class given by Feldenkrais-Practitioner in training