

# Morning Core Practice



## Breath into Movement

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breathing practices & meridian movement

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2 weekend morning sessions with Kristin Guttenberg

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Saturday, 23. July & Sunday 24. July 2016

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8am - 10am

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in Kunstquartier Bethanien, Studio 2 \_ Mariannenplatz, Berlin Kreuzberg.

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We continue our series of morning sessions in the sunlit spacious studio! Please bring comfortable clothes, a blanket/cushion to sit on and a tea-cup.

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With inscription: students 10€ / others 15€ per session per day

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both days: students 18€ / others 26€

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spontaneous drop-in: 18€ per day

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