



Oceanic Tantsu

An Introductory Experience of Tantsu & Oceanic Somatics

Bern, 6 -10 December 2019

Fabrizio Dalle Piane & Tania Haberland



Oceanic Tantsu

Tantsu (Tantric Shiatsu) was invented by Harold Dull to bring the heart-to-heart connection and sensation of being held by water, as experienced in Watsu (Water Shiatsu) back on land, creating a 'yoga of the heart'. In Oceanic Tantsu, traditional Tantsu cradles merge with the principles of Oceanic Somatics: an innovative, open container of artistic mind-body practices inspired by Tania & Fabrizio's time living by and working in the tropical waters of Mauritius. Breath, voice, movement & touch co-create spaces of safe containment and an embodied sense of oceanic ecstasy.

Oceanic Tantsu is about learning the comfort of joy, unlearning the discomfort of pain, embracing pleasure as an education. By falling into stillness one rises out to movement and by flowing into movement one floats in stillness.

No need to do or not do-- within cradles of unconditional holding, and spaces of intuitive & spontaneous movement, stillness, voice and touch, one is free to be whatever arises or falls. Simply breathing in the pleasure and wisdom of a body held in regard and respect. The gift of presence -- from another and to one's self allows a meditative adventure to bloom from the heart and body, mind and soul.

The course will be guided by: Fabrizio Dalle Piane, Tantsu teacher, Oceanic Somatics co-creator, Movement & Bodywork specialist, BodyMind trainer & Martial Arts coach and the poet Tania Haberland (BA HDE MA), Oceanic Somatics co-creator, qualified in Life Orientation, Integrative Counseling and Tantsu Bodywork.

www.fabriziodallepiane.com / www.taniahaberland.com

WHERE: Crearte, Mühlenplatz 15, Bern, Switzerland

WHEN: 6. - 10. of December / 10-13h & 15-18h

CREDITS: 25 waba hours

PRICE: Full 5 days (recommended): 550chf early bird, then 700

3 days: 380 chf early bird, then 430

NB: Possibility to sleep at the venue, please ask for details.

INFO & BOOKINGS: Manuela Blanchard

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