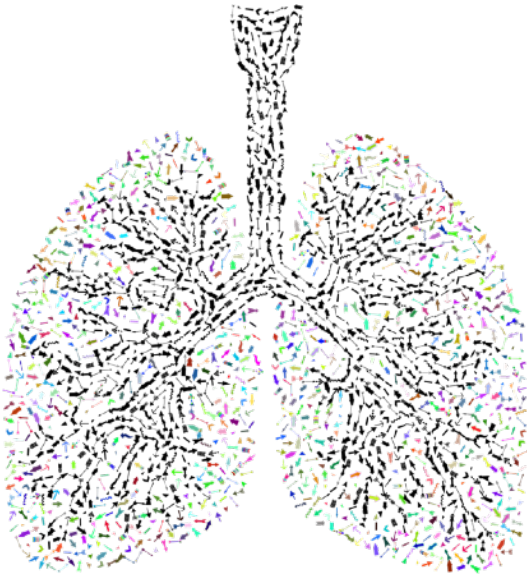


BREATH LAB AT PROGR BERN



Especially in anxiety-ridden, unstable times, the breath can be a remarkable and reliable tool to deepen our connection with ourselves and our environment, influence our mood and quality of movement and strengthen our stress resilience.

From February till June 2024 the BREATH LAB happens on a regular basis at PROGR Bern.

This time in two different formats:

In the **BREATH LAB - EXPLORE** we focus on playful experiments with breath and movement in space.

We move from the breath and vice versa influence the breathing rhythm and breathing sounds through movement. In the spirit of experiential anatomy, we focus on medical and scientific facts in order to examine the connection between breath and movement in our own bodies and experience it more consciously. Alone, in pairs and in groups, we explore the connecting and creative potential of our breath using movement exercises and scores.

The **BREATH LAB - RELEASE** is much more about the inner experience, arriving in the present moment and letting go. After an introduction and attunement ritual, we practise the Conscious Connected Breath together. Guided by music and my voice, you will embark on an inner breathwork journey that supports you in releasing tension, stress and old beliefs, breaking through emotional blockages and experiencing a deeper connection with yourself and the world around you.

Incorporating regular Breathwork practices into your life can yield tangible benefits such as an improved immune system, reduced stress and inflammation, enhanced focus, increased energy, and more.

About me and my relationship to breath



In my work as a dancer and choreographer I have long been interested in the relationship between breath and movement. Practicing yoga and pranayama has strengthened this interest over the years and the effect of specific breathing patterns on a physical and energetic level started to influence my choreographic work as well.

Later I was able to pursue my interest in breath through modalities such as Continuum Movement and the work of Ilse Middendorf.

Since 2008 I have explored the choreographic potential of breath in artistic works and performances and passed on my fascination with breath and movement in workshops. In October 2023 I started training with the Spirit of Breath Collective as a Breathwork Facilitator and Breath Coach.

Yoga, dance, breath: www.chrisleuenberger.com

Artistic work: www.chrisleuenbergerproductions.com

Dates and times

Sunday, 18 February 10 - 12h **Breath Lab - Release**

Friday, 23 February 17 - 19h **Breath Lab - Release**

Sunday, 24 March 10 - 12h **Breath Lab - Explore**

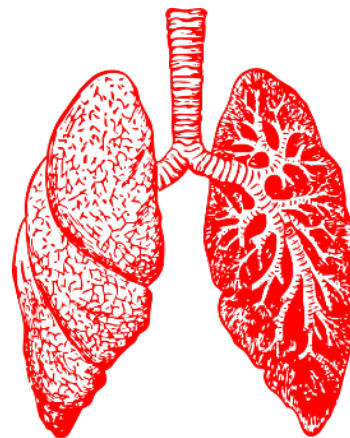
Friday, 29 March 17 - 19h **Breath Lab - Release**

Friday, 19 April 17 - 19h **Breath Lab - Explore**

Sunday, 28 April 10 - 12h **Breath Lab - Release**

Monday, 20 May 17-19h **Breath Lab - Release**

Sunday, 16 June 10 - 12h **Breath Lab - Release**



All breath labs take place at **Atelier 210** at PROGR, Speichergasse 4, 3011 Bern.

The Atelier is on the second floor in the left wing of the building.

As places for the **Breath Lab - Release** are limited, please register in advance:

christoph.leuenberger@gmail.com or 076 227 36 68 (Whatsapp or Signal)

On a donation basis at your own discretion (TWINT or cash / approximate value CHF 20)