

sMove!

Kassel, July 6th-7th



Big, medium, small or minimalistic size? 🤔

🤔 Fast, medium or slow speed?

🏃 **How do you move in life?** 🏃

More possibilities you have, more you can adapt to life and easily reach your goals, no matter what they are!

In this weekend you will shake your routines while you move and this will give you much more pleasure, joy and the feeling to be alive!

We will train in group, with good music and good people!

You don't have to believe me, come and check yourself!

Roberta Lucia Massei

Physical Therapist
Grinberg Method® practitioner
sMove! trainer



Info and subscription contact:

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Location: Zentrum im Vorderen Westen - Lassallestr.4 - 34119 Kassel

Timetable: 9:30-11:30 1st session, 14:00-16:00 2nd session on Saturday and on Sunday

Cost: 134,20 euros (110,00 + VAT 22%)