

Each Antigym® class is an opportunity to discover, rediscover or awaken new parts of your body.

WORKSHOPS WITH MARIELA PANERO AT CLERKENWELLBEING



2019 Saturdays

9th March
13th April
18th May
29th June

2 to 5 pm

Location:

Clerkenwellbeing

178 Goswell Road,
Clerkenwell,
London EC1V 7DT

Duration: 3 hours

Cost per workshop: £75

Early bird discount if booking
two weeks before
workshop: £70

This workshop is designed for anyone interested in experiencing Antigym® and its powerful effects on posture, flexibility, and tension release.

The word 'Antigymnastique®' is in itself a controversial word. A word that questions things. It is the name of a therapy created in France at the beginning of the 1970s. The technique could have adopted the name of its creator, Thérèse Bertherat, but she decided against that. She called it 'Antigymnastique®' or 'Antigym®'. These words embody the technique's provocative spirit as well as the spirit of the time in which it was created. The late 1960s was a time of immense change in Europe: in France, students and workers took to the streets to demand new freedoms; across fashion, music and society the old rules were being ripped up. This was the moment that Thérèse published her seminal book, "The Body has its Reasons". In it, she established a revolutionary body movement technique, a system of guided movement that allows people to understand and relate to their bodies with new insight and ease.

What is Antigym?

Thérèse Bertherat says:

Try it! Try it and you will see! Does Antigym® work the body? Yes, it is about the body. Does it work the mind? Yes, as well. Is it art? Yes, it is a kind of art. Is it about working on our relationships and communication with others? Yes, and yes again. And it is also an act of love, a fraternity with those who are closest to us.

Mariela Panero



With a background in dance, Pilates and Thai yoga massage, Mariela was struck by the exceptional scope of Anti-Gymnastique®. She has been an Antigym® practitioner since 2013.

INFORMATION AND REGISTRATION
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TO LEARN MORE
www.antigym.org