Personal Movement Coaching

MOTION MATTERS

with Philipp Egli
Sense & Move

More mobility. More strength. More endurance.
More musicality. More presence. More lightness.
For better body awareness, more well-being, health, self-confidence and joie de vivre.
Find your pleasure!

Movement that moves you - forward.
When movement is not just training, but encounter? When we don't shape our body against resistance, but discover it as our own instrument? What happens when we listen?

MOTION MATTERS is a personal movement space for people who want to feel more comfortable in their bodies, deepen their perception and discover new joy in movement.

The focus is not on performance in the classic sense. It is about the connection between physical development, movement and inner experience. It is about becoming curious about what is already present in us, rediscovering and expanding one's own physical possibilities.

From my many years of experience in professional dance as well as in mediation and teaching, an individual training is created that combines physical challenge with attention, exploration and the joy of playing.

Rediscover your body.
How do I move?
Where do I move?
What gives me support?
What makes me light?
Where is strength, where is space, where is presence?

We explore different qualities of movement and involve the whole body: calm and flowing, awake and playful, dynamic and invigorating.

We change levels, change directions, discover new paths and create movement. In doing so, we challenge and promote the body in a variety of ways.

Posture, flexibility, coordination, endurance and strength are developed in a targeted manner. At the same time, the perception of one's own body and its possibilities is refined.

• You will learn to perceive your own instrument more finely.

• You feel where tension arises and where it is allowed to release.

• You will discover stability without becoming rigid and lightness without losing the ground.

In this way, exercise becomes a way to strengthen physical resources, discover new possibilities for movement and develop more confidence in one's own body.

Power and lightness. Presence and freedom.
In a personal setting, the opportunity arises to track down one's own movement patterns. The body is not only trained, but experienced as a source of perception, expression and well-being.

It's about attitude and balance. About strength and devotion. About presence and freedom.

It's about the interplay of body and soul. And about meeting yourself in a new way.

Motion Matters to you?
The offer is aimed at people of different ages and with a wide variety of physical conditions.

To all those who want to strengthen their physical presence, become more flexible and stronger, improve their endurance or are looking for a conscious and individual approach to exercise.

People who want to challenge themselves physically without losing their joy and sense of their own bodies.

Previous knowledge is not required. You do not need any special movement or dance experience.

In addition to the 1:1 setting, Philipp offers coaching for couples and small groups as well!

Your personal space for movement.
Each unit arises from the moment and is tailored to you. Whether in individual coaching, in training in pairs or in a small group: your needs, possibilities and goals form the starting point.

Attention, continuity and the joy of movement are the basis. In this way, training develops that strengthens the body, refines perception and creates space for new possibilities.

• You meet yourself anew – through movement.

• You feel your body more consciously.

• You strengthen your resources.

• You develop strength, agility and endurance.

• You nourish your body with new movements, impulses and experiences.

MOTION MATTERS. – **Sense & Move.**
My Personal Movement Coaching offers you the protected and inspiring space.

Philipp Egli
Dance Maker & Dance Teacher
for body resources and movement economy

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