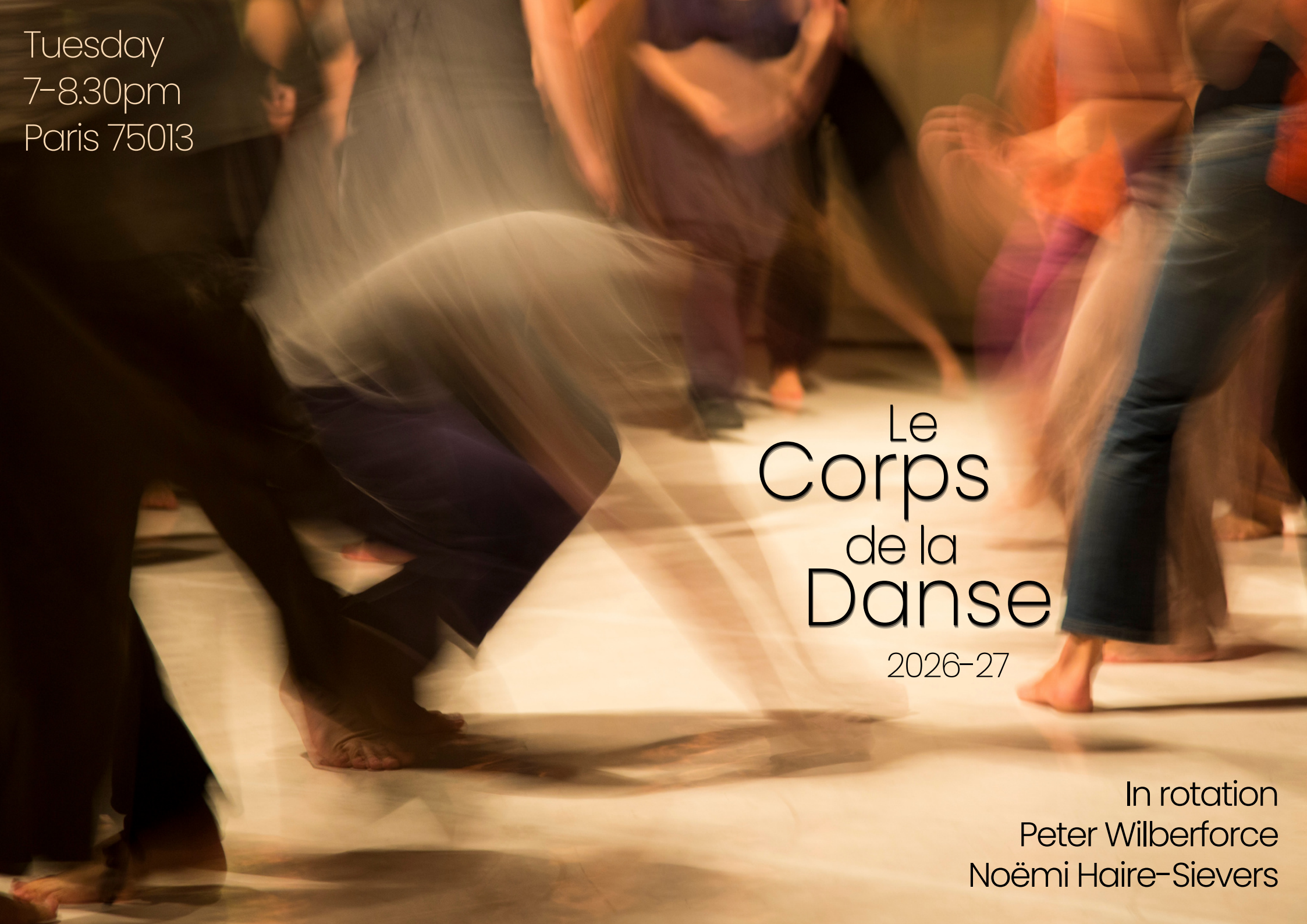


A photograph of several dancers in a studio, captured with a long exposure to create a sense of motion. The dancers are wearing various colored dresses and pants, and their legs and feet are visible. The background is dark, and the floor is light-colored.

Tuesday
7-8.30pm
Paris 75013

Le
Corps
de la
Danse
2026-27

In rotation
Peter Wilberforce
Noëmi Haire-Sievers

Two complementary practices that inform and enrich one another, offering a space for exploration where movement becomes a resource for cultivating a more sensitive, easeful and vibrant relationship with ourselves, with others, and with the world.

5Rhythms® & Feldenkrais Method® | Peter Wilberforce

Based on the 5Rhythms and the Feldenkrais Method, Peter offers a space for exploration where we are invited to slow down, make less effort and expand our attention to connect with every part of the body; from the smallest of details to the largest of structures. When we invite movement, this dynamic awareness offers us a greater sense of space within and around us. Energy flows, and as the body moves, we discover new, creative ways to express ourselves – present, light and alive.



Peter Wilberforce is a certified 5Rhythms® teacher, currently training in the Feldenkrais Method®. He has been teaching in France and across Europe since 1998. He incorporates movement and vocal practices such as The Naked Voice (Chloë Goodchild) & Amerta Movement (Suprpto Suryodarmo). Languages: French and English.

Sept 8 & 22	Jan 12 & 26	May 11 & 25
Oct 6 & 20	Feb 9 & 23	June 1 & 22
Nov 3 & 17	Mar 9 & 23	
Dec 1, 15 & 22	Apr 13 & 27	

Info & Booking

www.billetweb.fr/corps-de-la-danse-peter



Body, Voice & Being
Peter Wilberforce
bodyvoiceandbeing@pm.me
www.bodyvoiceandbeing.com

Embodiment, Somatic & Mindful Movement | Noëmi Haire-Sievers

These sessions invite you to feel more at home in your body through a balance of structured inquiries – inspired by Laban/Bartenieff Movement Analysis and other somatic approaches – and time for free exploration. They offer a space to deepen awareness, awaken expressivity, and discover embodied resources that can support a greater sense of presence, aliveness, and freedom on the dancefloor and in everyday life.

Noëmi Haire-Sievers is a Dance Movement Therapist (IRPECOR), also certified from Ressources® – Dance Who You Are®, a Vinyasa and Yin Yoga teacher, and mindfulness instructor. She offers somatic, embodiment and movement meditation practices. Detailed bio on her website. Languages: French and English.



1, 15 & 29 Sept	10 & 24 Nov	2, 16 & 30 Mar
13 & 27 Oct	8 Dec	6 & 20 Apr
	5 & 19 Jan	4 & 18 May
	2 & 16 Feb	8, 15 & 29 June

Info & Booking

www.billetweb.fr/corps-de-la-danse-noemi

@mindflowjourney
Noëmi Haire-Sievers
nhaiesievers@gmail.com
www.mindflowjourney.fr



Participation

Class 20€ | Reduced Rate 15€
(students, low-income individuals)

Sign up via the QR codes, links or
at the door (group of 28 max).

Doors open 18h45–19h10

Studio Variations sur le Corps

Square Dunois, 75013 Paris
Métro Chevaleret ou Nationale
See the ticketing page for a map