

# SAFE® FLOOR & SAFE® BARRE

WITH DÉVI SELLY

Saturday, 31 OCTOBER & Sunday, 1 NOVEMBER 2020  
CHRONOS MOVEMENT BASEL



## SAFE FLOOR (13:30-15:00)

takes care of your spine and your fascia through using slow spherical movements. Your fascia are massaged in depth; they release an extraordinary sponginess, suppleness and muscle tone from inside.

*SAFE FLOOR is open for all bodies - athletes or non-athletes.*

## SAFE BARRE (15:15-16:30)

seamlessly meshes ballet with biomechanics. You'll renew your focus in regards to ballet training by discovering deep layers of your musculoskeletal system, which is transformative for your technique and your health.

*SAFE BARRE is suitable for people with a knowledge of ballet dance vocabulary.*

<https://www.deviselly.com>

For greater benefit and understanding, it is recommended to attend both SAFE Floor and Barre, but it is also possible to take part in just one of them.

Dévi Selly's training began to professionalize at the Conservatory of La Réunion. She then entered the PNSD Rosella Hightower in Cannes and continued her education at Rudra Béjart. She danced with the Béjart Ballet, Theater Basel and NDT II before she returned to Basel as a soloist with Richard Wherlock.

She loves teaching since it pushes her to constantly refine herself. She got to know the amazing effects of SAFE FLOOR two years ago when extreme pain disappeared after using this technique. Her SAFE BARRE diploma had a magnifying effect on her vision of ballet.

„SAFE® FLOOR et SAFE® BARRE, avec ces deux méthodes j'embrasse complètement la danseuse et le professeur que je suis aujourd'hui."



## TRAIN HEAL PREVENT

<b>LOCATION</b>	Chronos, Elisabethenstrasse 22, Basel		
<b>COSTS TWO DAYS</b>	<b>Floor &amp; Barre</b>	Tanzbüro-members	CHF 48.-
		non-Tanzbüro members	CHF 55.-
	<b>Floor or Barre</b>	Tanzbüro-members	CHF 25.-
		non-Tanzbüro members	CHF 30.-
<b>REGISTRATION</b>	profitraining@tanzbuero-basel.ch		
	Deadline	17 October 2020	

Registration is binding. No single days possible. The costs are to be paid in cash in the studio.