

*The Shamanic Experience*  
by Iva Aben

# DANCE IT OUT 2025

**January 10th & 24th**

**February 7th, 19th**

**March 5th, 18th**

**18:30 - 21:00**



**ESCAPE YOUR DAILY ROUTINE. GET FAST FROM YOUR MIND TO YOUR BODY AND EXPERIENCE BALANCE AND ENERGETIC SHIFTS!**

## WHERE

Diwan, ground floor  
Blauenstrasse 61  
4054 Basel

## EQUIPMENT

Open mind to energy flow  
Clothes that allow you  
exercise and free move  
Socks, warm top  
Water bottle

## REGISTRATION

35 CHF incl. light snack  
Places are limited - Reserve your spot  
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## WHAT IS IT

The Experience is a group session that combines ancient wisdom and contemporary body-mind-spirit techniques. It guides us in a relatively short time from the mind to the body using shamanic practices, purging aerobic moves, yoga postures, breath dynamics, energy medicine tools, sound vibes and body's own chemicals to enhance balance, tranquility, joy and inner peace.



**IVA ABEN**  
with gratitude & love  
www.vaaben.com