

FLUENTBODY

ABOUT ME

Doris



I'm Doris. I love to move – inside and outside. And I like poetic language. So when I moved to Berlin, I fell in love with Gaga Dance on first sight. After a couple of years I joined Florencia Lamarcas Fluentbody™ Teacher Training and I am proud and happy to offer my way of Fluentbody™ now to you.

We will move & sweat together. There will be quiet moments to explore gentle movements. There will be time to take space and find your own groove.

NEXT DATES:

www.yourinner.space/fluentbody →



**I LOVE CHOCOLATE CAKE &
POMEGRANATE SEEDS.
WET MOSS & WARM SAND.
MEDITATION & TECHNO.
MOUNTAINS & LAKES.**