

de Fenzi Movement
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Introduction

de Fenzi Movement uniquely specialises in Hanna Somatic Education, a sensory-motor learning, where you can gather precise information about yourself from different perspectives. By learning slow and simple movements you can gradually tune into how you truly feel about things happening in your life whilst at the same time identify your feeling in your muscles and joints.

Capabilities

Helping business retain the right people for the right job by nurture and engagement through the provision of unique wellbeing packages using Hanna Somatic Education.

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