



# The music and silence of our hearts and minds

Playing with sound, rhythm, body and meditation

Karin Enz Gerber, Andreas Gerber, Marianne Bentzen

July 12-14, 2025

In this summer training, three authorities on interaction are creating a new form together. We will play with sound, shared rhythm and meditation – starting with music for non-musicians and musicians alike... There is no need for prior experience with music – and it is also fine if you do have it!

Rhythm and silence are elixirs of life. Many people shy away from or avoid the desire for rhythm and silence - even though the longing is there. We will begin with the musical processes led by Andreas and Karin. In this process, everything revolves around playful music-making together.

The circle serves as a safe framework for support and belonging

Body music opens up access to rhythm and sound through a gentle combination of dance steps, clapping rhythms and repetitive chants as a whole-body, sensual world of experience and to the experience of a deeply connected silence.

Sounding and meditative rhythm experience serves as an introduction to the world of complex rhythms and as a sound learning path - embedded in silence

and deepened through personal exchange. The body is the main instrument. With a diverse selection of sound and rhythm instruments we will complement the body music and drop into a magical sound orchestra...

Marianne will then teach meditative processes, focusing on the breath and the widening of our inner space. We will move towards a softer and wider heart presence and deepen our shared silence as it continues to unfold from the music-making. We will work with slowly widening our field of awareness to include each other, as we surrender towards the open resting state of mind.

**We will continue this dialogue over the three summer days, with**

- musical and rhythmic exploration
- deepening meditative practice
- dialogues with Marianne, Karin and Andreas

Practical information on the next page

## Location: Virkelig



### Working hours:

#### **Saturday July 12th:**

10.00-13.00 and 14.30-17.30

#### **Sunday July 13th:**

10.00-13.00 and 14.30-17.30  
and 19.00-20.30

#### **Monday July 14th:**

9.00-12.00 and 13.30-15.00

### Place:

#### **Virkelig**

Tagensvej 85C, 1. & 2. Sal,  
2200 Copenhagen N

[www.virkelig.nu/en/rent](http://www.virkelig.nu/en/rent)

#### **Travel:**

#### **From Copenhagen Central Station**

Take the metro to Skjolds Plads.

#### **From Nørreport**

Take bus 6A.

## Information

#### **Information online**

<https://forms.gle/gURerxULKscaAa326>



#### **Information and registration:**

Tatjana Lehmann  
[seminare@tatjanalehmann.de](mailto:seminare@tatjanalehmann.de)

#### **Price:**

DKK 5.500

EUR 740

#### **Cancellation policy:**

**In case of cancellation up to 3 months before** the event (11. April 2025), 750 DKK / 100 Euro will be retained.

**In case of cancellation between 3 and 1 month before** the event (11 June 2025), 50% (2.750 DKK / 370 Euro) of the participation fee will be retained.

**In case of cancellation less than one month before** the event (after 11. June 2025), the full participation fee (5.500 DKK / 740 Euro) will be retained.

See "About the trainers" on the next page

## About Marianne



Marianne Bentzen

[www.mariannebentzen.com](http://www.mariannebentzen.com)

**Marianne Bentzen** is a somatic psychotherapist and author. She has worked with clients and taught and supervised mental health professionals internationally since 1982.

She has presented at more than forty international and national conferences and written numerous articles and books. Since the early 1990s, she has developed the theory of Neuroaffective Developmental Psychology (NADP), which bridges personality development, brain development, trauma theory and evolutionary psychology. From this basis she has cocreated emotional training programs and assessment tools with her friend and colleague, psychologist Susan Hart.

She connects all this with meditative practice and wisdom research as well as emotional intelligence and personal development. A long-time meditator, she has taught meditation for a number of years.

## About Karin



Karin Enz Gerber

[www.karinenzgerber.ch](http://www.karinenzgerber.ch)

**Karin Enz Gerber** is a voice and improvisation teacher, TaKeTiNa - rhythm teacher, Polarity therapist, Somatic Experiencing (SE) Practitioner and a special education teacher. She did Trainings in TaKeTiNa rhythm pedagogy and potential-oriented psychotherapy and further training in Embodied VoiceWork. Since 1996 she works as a course leader for body music (TaKeTiNa -voice-improvisation)

Since 2007 she is head of training and further education in Körpermusik (body music) with Andreas Gerber.

"I create a safe space in which we - through playful exploration - continually encounter, recognize and transform ourselves in the ringing truth of the moment

## About Andreas



Andreas Gerber

[www.koerpermusik.ch](http://www.koerpermusik.ch)

**Andreas Gerber** is a musician, rhythm and improvisation teacher for adults and teenagers.

Since 1989 he works as a course leader for body music (TaKeTiNa, percussion, body percussion, circle singing, improvisation, music inclusion projects). Training in TaKeTiNa rhythm pedagogy and potential-oriented psychotherapy and further training in Somatic Experiencing (SE) and Authentic Communication (AK). He has been lecturer at various universities and in teacher training. Since 2007 he is head of training and further education in Körpermusik (body music) with Karin Enz Gerber.

"My passion is accompaniment - through music and language.. The groove is my friend - the circle is my home!"