



DYNAMIC MINDFULNESS

ZEN BASED MIND & BODY
— TRAINING IN BERLIN —

Dynamic Mindfulness is a Zen based yoga school at Gleisdreieck in Kreuzberg, offering contemporary holistic yoga classes, meditation workshops and teacher training programs to men and women of all ages and backgrounds.



THE SCHOOL'S PHILOSOPHY ALIGNS WITH BUDDHIST ZEN PRINCIPLES AND THESE INFORM DYNAMIC MINDFULNESS' PRACTICE.

However, unlike many mainstream disciplines of yoga, Dynamic Mindfulness incorporates scientific research and insights as foundation to the practice which connects the mind, with the anatomy and physiology of the body, and the spirit. Dynamic Mindfulness is a deeply grounded and constantly evolving system of exercises for the breath, body, and mind, tailored for the needs of a contemporary lifestyle.

Dynamic Mindfulness was founded by Croatian native Tatjana Mesar, a few years ago after she moved from New York to Berlin and recognised the need for a comprehensive yoga school and training solution in the city. Tatjana has spent more than two decades studying, practicing and teaching Zen yoga, Buddhism and mindfulness meditation across the globe and is passionate about her professional and comprehensive approach to mind body training.

Through her experiences and learnings, Tatjana has been able to thoughtfully develop a programme that combines the eastern principles of free enquiry, self-reliance, mindfulness meditation and yoga practice with the latest in scientific insights, biomechanical processes and embodied anatomy techniques.



The Kreuzberg studio is located at Tempelhofer Ufer 36, situated right beside the dynamic and invigorating open space of Gleisdreieck Park. From weekly yoga classes to month or year-long teacher training opportunities locally and beyond, Dynamic Mindfulness provides comprehensive training in holistic yoga and meditation, for both personal and professional purposes. Class sizes are restricted to minimum numbers ensuring all participants receive individual attention in a distraction free setting.

Dynamic Mindfulness has successfully educated several generations of students and looks forward to welcoming new faces to their community!



GET IN TOUCH

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