



A PATH TO THE WELLSPRING

women's authentic movement circle

Sundays

March 3, April 7, May 12, June 23, July 7

10:30 - 12:30

Mandala Haus,

Sonnengasse 2, Stäfa

Investment: CHF 30 per class session

CHF 25 per class session if registered for all five

to register or for more info contact :

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www.natureplay.ch

Come join us in sacred space and community and journey, to your inner wellspring – your own deep source of wellbeing, guidance and creativity.

The gentle, intuitive practice of Authentic Movement will guide us to the thirst-quenching and rejuvenating waters of our inner and outer landscapes.

No prior movement or dance experience necessary. Dress in comfortable clothes and bring a pen, a journal, your imagination and an open mind.

Authentic Movement is a therapeutic and creative movement form with origins in Carl Jung's work in active imagination. It is a contemplative, improvisational form involving a mover and a witness. With eyes closed and attention directed inward, the mover intuitively responds in movement and stillness to the shifting inner landscape of feeling, sensation and consciousness. The witness observes without judgement and tracks his or her own inner impulses and the stories that emerge. After moving and witnessing, time is devoted to verbal sharing, painting, writing or working with clay to further integrate the material.

Wherever water flows, life flourishes.. - Rumi

Jane is a native of the US and has been living in Switzerland for the past 20 years. She has a background in dance studies and somatics, is a Feuervogel nature pedagog and a Creative Depth Coach with Journey Path Institute. Her work with children and adults lives joyfully at the crossroads of nature, myth and the arts.