



A PATH TO THE WELLSPRING

women's authentic movement circle

Stay tuned for new Dates!

**Mandala Haus,
Sonnengasse 2, Stäfa**

**Investment: CHF 40 per class session
CHF 30 per class session if registered for all five**

to register or for more info contact :
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www.natureplay.ch

Wherever water flows, life flourishes.. - Rumi

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.

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.