



*The Moon is magic for the soul
and light for the senses.*

- author unknown

MOON MYSTERIES

a creative path to connecting with nature

New Moon Creative Workshops

10. July, 8. August, 5. Sept, 6. Oct, 5. Nov, 4. Dec.

Time: weekdays: 19:00 - 21:30
weekends: 10:00 - 12:30

Where: Stäfa/Uerikon area- *weather dependent*
-either outside in nature or in an indoor
venue to be determined.

Full Moon Forest Bathing Walks

25. June, 22. August, 19. Sept, 20. Oct,
19. Nov, 18. Dec. (no walk in July due to summer holidays)

Time: one hour before sunset,
walk lasts approx. 2.5 hours

Where: Chatzentobelweiher, Uerikon

Investment: CHF 45 per class session
CHF 40 per class session if registered
for both workshops in a single month

Workshops and Walks will be conducted in German and English

to register or for more info contact :

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The Moon...

a mystical muse
a silent companion
a humble reflector
a nurturing mother
a powerful tide changer
a navigator through the unknown
the ever-transforming, cyclical Divine Feminine

How can we the best embody the energies of the new and the full moon? Which new seeds want to be planted in the soil of our hearts and minds? How do these seeds want to grow and emerge into new possibilities in our lives?

On or around every New Moon we meet for a time of planting creative "inner seeds".

On or around every Full Moon we share the fruits of our seeding process with nature and with each other.

Monthly New Moon Creative Workshops: Planting Seeds of Intention

By the dark of the new moon we will explore the rich mythic lore and symbolism of the moon through a variety of expressive arts processes including collage, paint and color, sound, movement and writing.

No previous experience in any art form is necessary.

Monthly Full Moon Forest Bathing Walk: Harvesting Wisdom

By the light of the full moon, we will experience the magic of a guided forest bathing walk and group ritual.

Jane Greis 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, and is a Feuervogel Nature Pedagog and ANFT Forest Therapy Guide as well as a certified Creative Depth Coach. Her work with children and adults lives joyfully at the crossroads of nature, myth and the arts. www.natureplay.ch

Tatjana Popov has had a long career in early childhood and nature pedagogy. She has been practicing and teaching meditation for nearly 40 years and is a family acharya in the Ananda Marga tradition. Tatjana offers creative depth workshops and individual sessions integrating expressive arts, yogic principles, color therapy, and astrology. www.healingheartist.ch