



movement as inquiry, presence as practice

FOUNDATIONAL SESSIONS

October 2026 - February 2027

Five monthly sessions exploring the foundations of Authentic Movement.

4. October,
1. November,
6. December,
10. January,
7. February

Mandala Haus,
Sonnengasse 2, Stäfa
(5-minute walk from Stäfa train station)

Cost: CHF 30–40 per session (sliding scale)

Come for one, several, or all five. Each session stands on its own, and newcomers are welcome throughout this period.

The group is bilingual, German & English. Instruction will be offered in both languages, and participants are welcome to speak in the language in which they can most easily speak close to their experience.

Those who wish to continue and deepen the practice will have the opportunity to join a small, consistent Ongoing Practice Circle from March through July 2027.

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

Authentic Movement is an intuitive 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.

To register or for more info contact:
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Jane Greis has worked at the intersection of movement, depth psychology, and nature connection for over two decades. She has a background in contemporary dance and choreography, a long practice in Authentic Movement, and an MA in Dance Studies from the Laban Centre in London. She is currently completing her training as an Applied Jungian Practitioner with the Center for Applied Jungian Studies and is a Certified Creative Depth Coach and longtime teaching assistant with JourneyPath Institute in the United States.