



10. - 13. November 2022

Transitions // Übergänge

Body mind practice for the transition into winter & the transitions between day and night

Grosser Garten Gerswalde, Uckermark
With Kristín Guttenberg

This Intensive gives time and space, impulses and insights to dive into two essential topics: stress and aliveness, and how to deal with them in a regulating and creative way. Life is movement and transitions are a permanent and nor-

mal part of our everyday life. They are associated with both positive and negative stress and are sometimes more, sometimes less challenging. Being able to guide ourselves well through is not only a gift, but also a skill that can be learned.

The focus in this course is on transitions into the winter season, between days and nights, and into everyday and special situations and phases. We aim for a more conscious perception and understanding of our general and individual challenges. What it takes to experience physical, mental and emotional balance, aliveness and resilience, currently or in the longer term. In particular, the importance of sleeping and dreaming will be explored this weekend, as well as transitions into coherent activity phases and different energy levels.

Body-mind practices with different somatic approaches, Yoga and QiGong provide the basis for purposeful self-regulation. The focus of the practice is on the alternations between activity and relaxation, light and darkness, day and night, and the physiological, individual and social aspects and issues involved. In the autumnal environment in nature, inner and outer space, rest and movement, time and rhythms, weather and feelings, presence and authenticity become more clearly perceptible. The acquired insights and methods can then be deepened in the "quieter" season of winter.

A subsequently offered online course in November and December can optionally deepen the integration into everyday life.

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Practical Information

Location: Grosser Garten Gerswalde _ Dorfmitte 11 _ 17268 Gerswalde

Times: Start Thu 13.10. at 16h End on Sun 16.10. at 12h
(Optional single sessions can be taken on 13.10. before or on 16.10. after the course. If interested please note that in your registration)

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Participation: **Early Birds until 9th of October 250€**, after 320€ / (partial scholarships for students can be offered on demand. For special financial needs of non-students we can try our best, please come back to us)

Accommodation for 3 nights:

Großer Garten Gerswalde, incl. simple breakfast (teas/coffee & porridge, organic vegan)

- Option A) Guesthouse (all rooms with own bathroom and shared kitchen):

Single room	120€
Double room (double bed)	160€
2-bed room	85-95€

- Option B) Accommodation in own tent/camper:
(shower/kitchen use) 40€

Meals:

Self-catering and communal kitchen in the guest house for lunch and dinner. (Shared communal cooking can be decided with the group).

(2 simple grocery shops, a small café and a vegetarian-Arabic snack bar are around the corner.)

How to get there:

- Public: transport: By Regiobahn and bus via "Wilmersdorf (near Angermünde)" to Gerswalde directly to the Great Garden.
- Wonderful quiet and well signposted cycle path from Wilmersdorf station to Gerswalde via Stegelitz - Flieth - Kaakstedt.
- Car: A11 to exit 8 (Pfingstberg), continue on the L24 towards Gerswalde (approx. 12km). Please use the car park at the village church (approx. 300m walk).

If you have any questions about the journey, we will be happy to answer them. Please contact:

- Administration/ coordination: Cécile Tacier: info@themovingacademy.com or ctacier@gmx.de

- Questions on the course content etc: Kristín Guttenberg kri.guttenberg@web.de

Please Register here: info@themovingacademy.com

Registration Deadline: Thu. 27th of Oct.
(if later please ask for remaining places)