



11. - 13. November 2022

Transitions between day and night

Grosser Garten Gerswalde, Uckermark
With Kristín Guttenberg

This intensive gives time, space and impulses, in the studio and in nature, to dive into two essential themes and to approach them in a regulating and creative way: Tranquillity and aliveness.

Life is movement and transitions are a permanent and natural part of our everyday life. They can be associated with positive as well as negative stress and are sometimes more, sometimes less challenging. To respond to and handle this well and to be able to guide ourselves well through it is not only a gift, but also a competence that can be learned.

The focus in this course is on the transitions into the next season, between days and nights, and into ordinary as well as special situations and phases. We engage into a more conscious and curious awareness and understanding of what our challenges are and what it takes, currently or in the longer term, to experience physical, mental and emotional balance and aliveness. The meaning of sleeping and dreaming will also be explored this weekend, as well as transitions into different energy levels and coherent activity phases of the day.

Body-mind practices and mindfulness, different somatic approaches, yoga and qi-gong, as well as walks in nature provide the basis and effective self-regulation. Together with playful and improvisatory sessions the focus of the practice will be on the changes between activity and relaxation, light and darkness, day and night. The physiological, individual and social aspects and themes associated with this are also exciting. In the autumnal environment in nature, the ‚inside‘ and ‚outside‘, rest and movement, weather and feelings, time and rhythms, presence and authenticity are explored more tangibly and creatively. We can deepen the acquired insights and methods of the weekend in the "quieter" season of winter and on the various stages on which we perform in everyday life. And also during the following weekly online course...

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Location: Grosser Garten Gerswalde _ Dorfmitte 11 _ 17268 Gerswalde

Times: Start on Friday 11th Nov. at 16h End on Sunday 13.Nov. at 14h
(Optional single sessions can be taken on 10.11. before the retreat or on 13th after the course. If interested please note that in your registration)

Participation Fee: **Early bookers until 20th of October 150€**, after 230€

*Please note the various financing offers for young people and people in a difficult economic situation. These may also be supported by others. For more details, please see the end of the flyer.

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 (Pfungstberg), continue on the L24 towards Gerswalde (approx. 12km).

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

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)

Financing options are:

- Payment by instalments is possible

- Reduction of 20% on the TN fee for joint registration of 2 or more persons.

- Students and "juniors" can be partly or fully financed by donations from others ("seniors") (donation receipt for the tax office will be issued by The Moving Academy)

- self-paying students and young can choose the amount of the participation fee themselves

- even in the case of special financial situations, the participation fee can be chosen by the participants themselves.

Please contact us if you would like to take advantage of one of the options.