



Trainings

Coaching-Weeks

Retreats

Silence Retreat Summer Intensive

Silence Retreat

4. - 6. August, Tegernsee Alps, Germany

Letting the senses and mind travel, calm down and settle in the easy-to-reach yet wild nature and free views of the southern Bavarian Alps.

Experience essential living basics, changes of lights and sounds, the growing full moon and impulses from nights and days outside.

Time and space for simplicity, to connect to the core and self. Experience regenerating and essential living basics, changes of lights and sounds, the growing full moon and impulses from nights and days outside. A lively and flexibly structured guidance allows to experience deep practice, pure being and collective reflection. We invite insights that are suitable for everyday-life and enhance resilience. Silence and nature will be the (co-) leaders of this weekend. Adventures possible... Dive in - dive out!

OUTDOOR LIVING

guided moving, living and bivouacking in the mountains

CORE PRACTICE

body-mind practice and energetic practice

PRESENCING

contemplative practice, silence and meditation

FOCUSSING

what is there? what is relevant? what is needed?

Practical Infos:

- *Location:* Tegernsee Alps // starting point: train station Tegernsee
- *Time:* begin: friday 4. August at 4pm // end: sunday 6. August at 2pm
- *Equipment:* ordinary trekking & camping equipment (no tent)
further advice will be given
- *Costs:* 180 € (20% reduction for students/low income) + food
- *Travel:* via Munich with public transport to train station Tegernsee, further infos and advice will be given

Limited places_ we kindly ask to inscribe as soon as possible

inscription and further information: info@themovingacademy.com