

Collective Presencing Walk

July 8, 2017, 14:00-18:00 – in Tiergarten Park Berlin

Inspired by **Social Presencing Theater** and shamanic **Medicine Walk** we will spend together one afternoon between the old trees of Tiergarten.

On our collective journey through the woods we will be, walking, resting, co-creating and experiencing our own body and the „group body“ through forms of non-verbal and mindful verbal communication and connect with the mystery of an intentional quest.

The purpose of this experiment is supporting the individuals and the group in their quest of seeking alignment of vision (spirit), relationship (heart) and action (earth).

For supporting this experience we will prepare and follow-up with simple yet effective tools like

- Mindwriting and Sharings – for crystallizing your intention.
- Social Presencing Theater mindfulness exercises – for connecting to „the nothing that is everything“
- Storytelling and Journaling, for landing and integration.



Schedule:

@ Meeting point, with bicycles:

<http://www.cafeamneusee.de/anfahrt>

- - travel there -
- **14:00** Meeting at Café an Neuen See
- Cycling to the destined area
- Welcome, Check-In, General-Info
- Intention Forming & Sharing
- Embodied Mindfulness Exercise
- **- Collective Presencing Walk -**
- Sharing Stories, Harvesting our Gifts
- Closing Round **by about 18:00**
- - travel back -

Preparation:

Outer preparation, please consider:

- Bring a bicycle for the way
- Outdoor-friendly, weather appropriate clothes in layers, a scarf, hat, raincoat to i.e. sit on
- Bring some easy to carry snacks like dried fruits, grain-bars, etc. and enough water for 4hrs
- Bring a small journal, a pen and other items of value for you.
- All you carry should fit into a small backpack. Keep your luggage as light as possible.

Inner preparation:

Connect with the question of the intention of the Walk and your intention:

What does alignment in vision (spirit), relationship (heart) and action (earth) mean to you?

The guide:

Manuela Bosch

is a Berlin based Facilitator and Process Designer. She guides individuals and groups in their journey of becoming more aware of their vision and purpose with Practices like Dragon Dreaming, Social Presencing Theater and the Vision Quest.

www.manuelabosch.de

www.beutlundmamabuche.org

Registration:

More info and registration via Manuela, write to info@vanillaway.net or call +49 177 3722580

Financial Contribution:

Admission by Exit (Eintritt bei Austritt)

Based on gift economy attitude, you give what this feels worth to you.

Orientation on regular workshop-fees makes sense.

Sprache:

Englisch und deutsch je Nachfrage

Weather Note:

In case of heavy rainfall the event will be cancelled.