

Medicine Walk for Women & Men



A personal time out, guided by nature

Medicine Walk, August 1 - 4, 2019

4-Day Outdoor Seminar, Swiss Mountains, UR
for English and German Speaking Participants
with

Yvonne Läubli & Team

Counsellor & Vision Quest Guide

footprints
On the Way to the Door of Your Heart

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One Day and/or Night out in Nature, in the Heart of the Swiss Mountains.

The name Medicine Walk is based on a traditional model, it was originally used by Native Americans, but now it is adapted for modern use. From sunrise to sunset, the people went out into the wilderness without food and alone, to ponder personal or collective questions.

After coming back, their stories were mirrored by the elders. The insight and the wisdom being brought back was the medicine, the special treasure that was pointing out personal directions as well as helping the whole tribe.

Prior to this you will have a preparation time, which will give you the opportunity to connect with yourself and the nature, to perceive the mountains, the wind, the trees and the plants. You will also be introduced to our way of working with nature and issues like security, weather conditions and local animals. We will stay in tarps or tents on a beautiful alp above Tiefencastel.

On Saturday you will go out into nature, alone and fasting. You may have a personal question for which you desire an answer or you may just go out to receive. This journey is an intuitive way, there is no goal to reach. You follow your feelings by being drawn in a certain direction or towards an object. Keep your eyes and ears open. What spirits or symbols of nature do you meet? What is their message for you?

Back in the circle, you will be sharing your story and you will be listening to the stories of all the others. The guides will mirror these stories to support the strength and wisdom they contain.

This helps to grasp the depth of your experience and to see the treasure and the medicine, which wants to be brought into your own life.

Costs

CHF CHF 300.- to 500.- (according to your means)

For students CHF 250.- to 300.-

Food and accomodation CHF 90.-

Start on Aug. 1.: 12.15 am, CH - 7458 Mon, End around 5 pm on Sunday.

Please register as soon as possible (small group)

We will furnish you with the equipment list, the place of the seminar and how to get there upon receipt of your registration. Coming from Scotland, US or Ireland you would need to arrive the day before. Please let me know early for organisation.

Info & contact

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