

# Reflection of the Night

A personal Journey to inner & outer Nature



July 1 - 6, 2019, Swiss Alps  
7458 Mon, GR, above Savognin

Guides

Brigitte Käsermann & Yvonne Läubli

footprints  
On the Way to the Door of Your Heart

[www.myfootprints.ch](http://www.myfootprints.ch)

[www.visionssuche-ausbildung.ch](http://www.visionssuche-ausbildung.ch)



In these six days in the beautiful mountain area above Savognin, Graubünden, you'll have time - time to connect to yourself and to nature, to where you come from and where you might go.

During the day you relate inside and outside to who you are, to the spirit of the mountains, the sun, the wind, the trees, plants and animals, to the rivers and the land. What might they mirror for you?

The adventure of this seminar will be a waking night. Under the night sky you might find a silence to nourish the song of your heart. The fact of being out there alone may match something inside you. It may call that what is ready to come into your life, to confirm the travel towards your soul.

We will be camping out in the wilderness, the food will be provided from our base camp. During the preparation days you will get information and tools, how to deal with your fears, the weather and safety. For the waking night we will be in the same area, around the base camp of our vision quest place. There you may choose how close to the base or how far away you wish to be.

Like in a fairy tale, in these five days you may walk and face the unknown, to call in your inherent courage. In the darkness of the night, digging within, you may find your own treasures, to become more of who you are.

Date	July 1 - 6, 2019
Time	Mon 4.15 pm - Sat 1 pm
Place	7458 Mon GR
Cost of the seminar (according to your means)	CHF 400.- up to 600.-
Food & Accommodation	CHF 150.-

After your registration you'll receive the equipment list and how to get there. With an early train ticket booking you may get cheap tickets (Sparbillette) or cheaper day-cards, more info you'll get on [www.sbb.ch](http://www.sbb.ch)

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