

Frame Drum Building & Walking on Soul Tracks in Nature



April 29 - May 3, 2020

Brigitte Käsermann, drum maker, vision quest guide

Yvonne Läubli, musician, vision quest guide

Swiss Alps

«Working on a drum is like touching the skin of your own heart.
What sound will be born thru your hands?»

footprints
On the Way to the Door of Your Heart

www.myfootprints.ch

www.visionssuche-ausbildung.ch



SPIRALING TO YOUR HEART

A Seminar with Drum Building and Time-out in Nature

The first two days are dedicated to the drum building. You create a new relationship with wood, rope and fur, not knowing what will be born!

Brigitte Kaesermann will support you with her professional experiences from many drum building workshops. With your hands you will bring the sound of your heart into this world. The drumming connects you with yourself, with heaven and earth, with the elements and the stars. Drumming of the heart is the first sound we all hear in the womb!

The next two days you will go for short walks with a certain focus in spring nature to work on your personal issues. The pictures you see outside match the questions of your soul. We will use tools from the vision quest work to build a good foundation to connect the inner and the outer worlds.

We will find time to play the new drums together, hopefully around a fire, to connect them with the wishes of your heart.

Date	April 29 - May 3, 2020
Time	Wed 6pm - Sun 4pm
Place	Swiss Alps, Details will follow
Cost of the seminar (according to your means)	CHF 700.- up to 1000.-
Food & Accomodation	CHF 220.-

It will be a small group around 6 participants. Please register early if interested.

Information and registration:

Brigitte Kaesermann +4179 455 83 45, kaesermann@vtxmail.ch

www.visionssuche.sinnfindung.ch

Yvonne Laeubli, +4179 204 36 30, info@myfootprints.ch

www.myfootprints.ch

