



Trainings

Coaching-Weeks

Retreats

Project Retreat

Wild at heART

Wild at heART Project Retreat

23. - 27. August in Liguria, Italy

A *Connection and Creation Lab* in the calm and open southern nature to relax, move and explore, connect to actual and relevant core topics and projects of your heART, and develop perspectives in a vivid human frame with space and intensity, form and freedom.

5 days with

CORE PRACTICE

body-mind practice, energetic practice and presencing

FOCUS & INTENTION practice

connecting and reflecting on core-topics and projects
(personal, artistic/professional)

REFLECTION & FEEDBACK sessions

to try out and share versions and prototypes in a moderated, supportive frame of peers

Led by: Kristin Guttenberg, Vinzenz Lüps

Practical Infos:

- *The place:* enchanting old farmhouse in the countryside above the Gulf of Savona with a beautiful view of the sea. A silent place, immersed in nature.
- *Times:* begin: wednesday 23. August at 4pm
closing: sunday 27. August with lunchtime
- *Accommodation & food:*
spacious rooms with 2-4 beds, simple & fresh self-made meals
- *Costs:* 490 € incl. accommodation
420 € for students/low-income + food // project teams: 400 € p.P. + food
- *Travel:* with public transport to train-station *Finale Ligure* (please ask us for detailed infos and advice for good and economic connection from outside Italy)

Limited places_ we kindly ask to inscribe as soon as possible

inscription and further information: info@themovingacademy.com