

## Summer Intensive Berlin 21.7. - 13.8.

### CORE PRACTICE

Body-Mind-Practice for Performing Artists and interested others

Morning Trainings - Night Intensive Workshop - Weekend-Retreat - Personal Coaching Weeks  
to choose one or some, select and combine individually, drop in singular or do all.

4 weeks from 21.7. - 14.8. with \* Body-Mind Practice and Energetic Training  
\* Intention & Feedback Practice \* Movement, sharing and enjoyment in beautiful indoor and outdoor locations in Berlin and an Atelier Farm in nearby nature.

#### Total program

- 12 morning sessions every tuesday, wednesday indoors KunstQuartier Bethanien & thursday outdoors Tempelhofer Freiheit
- Night-Intensive workshop 24.-25.7. in KunstQuartier Bethanien, Berlin Kreuzberg
- Artists retreat „Wild at heART“ 31.7.-2.8. at AtelierHof Alex Heil, Wesendorf by Berlin
- Individual coaching sessions during the weeks by appointment

#### Dates

tue 21.7. 8-9.30h Morning Session Bethanien  
wed 22.7. 8-9.30h Morning Session Bethanien  
thu 23.7. 9-10.30h Morning Session Tempelhofer Freiheit

#### Night Intensive Workshop

fri 24.7. 16.30h Energetic Training into the night Bethanien  
sa 25.7. 9-11h Energetic Training into the day Bethanien

tue 28.7. 8-9.30h Morning Session Bethanien  
wed 29.7. 8-9.30h Morning Session Bethanien  
thu 30.7. 9-10.30h Morning Session Tempelhofer Freiheit

#### Artist Nature Retreat

fri 31.7. Artist Retreat Wesendorf /Berlin  
sat 1.8. Artist Retreat Wesendorf /Berlin  
sun 2.8. Artist Retreat Wesendorf /Berlin

tue 4.8. 8-9.30h Morning Session Bethanien  
wed 5.8. 8-9.30h Morning Session Bethanien  
thu 6.8. 9-10.30h Morning Session Tempelhofer Freiheit

tue 11.8. 10-12h Morning Session Tempelhofer Freiheit  
wed 12.8. 10-15h BodyMind CrossCultural Bethanien  
thu 13.8. 10-12h Morning Session Tempelhofer Freiheit

## FEES & BOOKING Summer Intensive Berlin **CORE PRACTICE**

Please make any choice out of the whole program. You can do one event or some, select and combine individually, drop in singular (spontaneously) or do all as a whole package...

|                                 | regular                              | student    | combis* 2 | 4   |
|---------------------------------|--------------------------------------|------------|-----------|-----|
| <b>MORNING SESSIONS</b>         |                                      |            |           |     |
| total (all 12)                  | (6,-) 72,-                           | (4,-) 48,- | 10%       | 20% |
| 6 x                             | (8,-) 48,-                           | (6,-) 36,- |           |     |
| drop-in                         | 10,-                                 | 8,-        |           |     |
| <b>NIGHT INTENSIVE WORKSHOP</b> | 70,-                                 | 50,-       | 10%       | 20% |
| <b>ARTIST NATURE RETREAT</b>    | 180,-                                | 120,-      | 10%       | 20% |
|                                 | accomodation and food: 80,- to 100,- |            |           |     |

**COACHING** please ask for the regular prices (depending on coaching programs etc...)  
10% 20%

\***COMBIS**  
2 combi 10% off with booking any combination of 2 events (incl. drop-ins)  
4 combi 20% off with booking any combination of 4 events (incl. drop-ins)

**BOOKING** Please apply for your choice **until 20.7.** via mail: [kri.guttenberg@web.de](mailto:kri.guttenberg@web.de)  
or phone: 0163-4813241

**PAYMENT** After your application via you will receive an invoice via e-mail. Please transmit the fee in advance **until 21.7.** to the following bank account:

Kristin Guttenberg \_ GLS Bank \_ IBAN: DE6343060967 1170 5305 00 \_ BIC: GENODEM1GLS

FOR ANY QUESTIONS PLEASE CONTACT ME VIA PHONE OR MAIL.

LOOKING FORWARD TO YOU & VIVID SUMMER DAYS!

Infos and application: Kristin: +(0)163-4813241 \_ [kri.gutttenberg@web.de](mailto:kri.gutttenberg@web.de)  
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