

At the beginning of the 4 seasons we take half a day's time to honour/to meet nature, to practise to communicate mindfully with nature/natur-beeings (elementary beeings):

we prepare/open ourselves with rhythms and exercises of the school of unveiling the voice, to come into flow/into perception and follow our individual intuition where to meet/to try to connect with a special place of resonance, to listen to the nature.

No knowledge necessary, interest and openness is enough.

Saturday: 22.8.20

**To greet/meet autumtime in the valley of the river Glütschbach /
near Allmendingen (Thun): Element Air/Light**

Meetingpoint: 8:30 from Allmendingen Wendeplatz (Bus Nr 3 from Thun Station 8h10)

Copied from the net:

A special kind of magic surrounds the Glütschbachtal. From the STI stop Wendeplatz"; of line 3, the well constructed path leads to a stalactite cave. At the first crossroads, follow the signs in the direction of Amsoldingen. On the way to the **stalactite cave** a wonderful floodplain landscape opens up to the hiker in the Galgacher. The forest is reflected in the streams - a real magical world, where you can lose yourself while you linger. At the stalactite cave there is a well developed barbecue area. There, children can play joyfully by the water or look for the stone faces in the rocks. The hiking trail finally leads further towards Guntelsey. At the restaurant the path turns right through the forest towards Alte Schlyfi (direction Zwieselberg). Then turn left in the direction of Gwattegg up to the historic Strättlilturm. There the barons of Strättligen in the 13th century had the Century their ancestral seat. However, this was destroyed. In 1699 it was partially rebuilt and used as a powder tower. The facility is owned by the city of Thun and is not open to the public, but can be rented for festivities. At the Strättlilturm, hikers enjoy a wonderful view of the Alps and Lake Thun. Then the path leads down towards Gwattegg and over the Gwattstutz to the wild Kander. Over a footbridge you go in the direction of Einigen or Chandergrien. Through a wonderful small forest the way leads to the Deltapark Resort directly at the lake. There you will find a variety of resting places until you can take the bus at the STI busstop Deltapark"; of line 1 to the station of Thun.



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Spring and Summerritual with Regula Berger/ Autum/Winterritual with Regula Berger and Beat Rihm

Spring: Sa: 14.3.20

Summer: Sa: 6.6.20

Autum: Sa: 22.8.20

Winter: Sa: 14.11.20

Changes possible please confirm if ist taking place: thanks!

Contribution of costs: Free donation as sign of value for ex. to association Kalliope

(Brauereiweg 6, 3612 Steffisburg),

IBAN (Bei electronic transfer)

CH5509000000603869649

IBAN (Papertransfer)

CH55 0900 0000 6038 6964 9

BIC : POFICHBEXXX

or to any welfare organisation, that is working fort he welfare of humanity and nature, Thanks!

Journey back after spontaneous decision.