

SKI AREA

We will be mainly in the Madrisa area:
<http://www.bergfex/klosters-madrisa/>

HOTEL

The hotel „Old Jnn“ is simple but friendly.
Please look at the website: www.old-jnn.ch

COSTS FOR HOUSING

- Double room with balcony: 65 CHF per day and person
- Double room without balcony: 62 CHF per day and person
- Single room: 62 CHF per day
- Half board: 28 CHF per day

(don't contact the Hotel but book your room with Silvia or Christa)

COURSE FEE

350 € (Ski pass is not included)

ENROLLMENT UNTIL NOVEMBER 2, 2017

- siburkart@bluewin.ch
- christajonas@t-online.de

BANK ACCOUNT

Christa Jonas

Bank: Kreissparkasse Köln

BLZ: 370 502 99

Konto: 1375002567

BIC: COKSDE33

IBAN: DE65370502991375002567

DIRECTIONS

Accident-insurance is needed

Intermediate to good skiers are invited to attend

Skiing and Inquiry in the Swiss Alps January 28 – February 2 2018



with Silvia Burkart Spillmann
and Christa Jonas
teacher of the Diamond Approach

*„So true will is like the grounding, the implicit grounding that serves as a confidence that things will flow. It's hard to describe exactly, because I'm talking about it as if it is something you think in your mind. It isn't; that's why I use the word 'implicit'. It means you function from an innate feeling and understanding that things flow. True will is right in this moment; it's a complete openness to what's happening right now. „
Diamond Heart Book II, p. 128*

For skiing you need grounding, confidence and a complete openness to what is there in the moment – and then you will be in a flow.

We want to connect the joy and adventure of skiing with an inquiry into the White Latifa (Will quality) and all other qualities that may arise.

Hopefully the sun will shine, reflect the snow's colorful crystals and mirror the essential qualities of our souls.

We will meditate, go skiing together and we will do some nice and surprising exercises. In the afternoons we will do inquiries and have meetings to discuss and share our exploration.

If the weather does not cooperate, we will find other possibilities to move in nature.

Let yourself be surprised!

DAILY PRACTICE

7:30 am Meditation

8:15 am Breakfast

9:15 am Skiing

12:00 noon Lunch-break then free afternoon

5:00 pm Inquiry and sharing

7:00 pm Dinner

On two afternoons we will meet, discuss, and share our insights, questions, and experiences.

