

**Skiing as life practice
in the Swiss Alps**
March 23 (evening) – March 28
2020



**with Christa Jonas and
Silvia Burkart Spillmann**

THIS WILL BE A PRACTICE RETREAT

Being present while skiing, sitting on a chair lift and doing inquiry, listening to the silence of nature, breathing fresh mountain air, eating together while being silent or listening to each other, and laying in the sun

and/or

skiing in misty weather, not knowing the way and trusting to be guided. Getting lost and finding ourselves in a new depth of lightness, joy and acceptance of every given moment.

Since we are dependent on weather and snow we will adjust the program to the given circumstances so that we stay in the flow of guidance.

For sure we will daily meditate and doing inquiries inside or outside in nature. Twice a week we will offer a small group from 5 pm to 7pm.

GENERAL PROGRAM:

Skiing in the mornings, afternoons are free

SKI AREAS: We mainly will be skiing in the Madrisa area:
www.madrisa.ch/en/

In the afternoons the huge area of Davos Parsenn is an option too: <https://www.davos.ch/winter/berge/parsenn/>

ACCOMMODATION: Hotel Aquasana (www.aquasana.ch),
Ferienwohnung: www.jecklin-saas.ch, www.e-domizil.ch
Each participant makes her or his own arrangement.

COURSE & ORGANISATIONAL FEE: 200 €
(Ski Pass not included)

ENROLLMENT UNTILL: February 22, 2020

BANK ACCOUNT:

Christa Jonas

Bank: Kreissparkasse Köln

IBAN: DE65 3705 0299 1375 0025 67

BIC: COKSDE33

DIRECTIONS: Accident insurance is needed, average to good skiers are invited to attend.

Please be aware that we are not ski instructors but Diamond Approach Teachers skiing and exploring with you! If interested ask for an application form: siburkart@bluewin.ch



Christa Jonas

Silvia Burkart Spillmann