

Vision Quest

For young Women and Men



Rite of Passage

In the Heart of the Swiss Alps

July 16 - 28, 2019

A very personal Time out
Nourished and taught by Nature
Guided by Yvonne Laebli and Brigitte Kaesermann

footprints
On the Way to the Door of Your Heart
www.myfootprints.ch
www.visionssuche-ausbildung.ch



SPIRALING TO YOUR HEART

Vision Quest

The vision quest is a retreat and pausing from everyday life. At times when major changes or crises in life occur or a new orientation in life is due, a vision quest may help to let go of things and past events, in order to make way for new impulses. The vision quest is a confrontation with oneself, with solitude and the power of nature. The decision for a vision quest in the Swiss Alps is a very special opportunity to connect on a deep and personal level with life, nature and the spirit of the mountains.

Ready to take the Challenges, Life has given you?

To understand life as an ongoing, constant challenge, asks for an interaction between heart, body, mind, and soul. A vision quest is about clearing the mind and nourishing the heart. It's meeting the unknown, feeding a different kind of hunger and thirst. All cultures have long traditions with these things. This is what young men and women want to touch: To go beyond the world they know and to become more the person they are!

The vision quest can be seen as a type of birthing experience. There is a death of the old and a birth of the new. You get a chance to make a conscious step from your childhood and teenage years into becoming an adult.

It is a reconnecting with what is basic, beyond all the concepts and structures we put around everything. While you are alone in the heart of nature of the Swiss mountains, without food and a bare minimum of equipment, you might ponder questions like: „Who am I?“ „Where do I come from?“ and „What is my intent?“

Preparation, Solitude, Integration

The classic vision quest for adults is open to anyone. It lasts 13 days - 4 or 5 days of preparation, 3 days and nights fasting alone in a wilderness place and 4 days of integration into your everyday life. We will start around noon, July 16, 2019.

For Registration & Information please contact:

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Address: Kirchgasse 30, 6472 Erstfeld, Switzerland

After your registration you will receive further information how to prepare for the vision quest. An early equipment list helps you to collect the things which will keep you warm and save in the mountains.

Costs

Seminar fee CHF 700.- to 1020.- (according to your means)

Accommodation & boarding costs, about CHF 470.-

