

Creative Process-Seminar
20.-26. of July, 2024
in the Ticino Mountains
with Sonja Seng & Regula Friedli



Creative Process-Seminar, 20.–26. of July, 2024 in Ces (Ticino – Switzerland)

Somatics in Nature – Tamalpa Life/Art Process® in Performance

To get us in the mood for the day, Regula welcomes us after a shower under the nearby waterfall with Qi Gong on the mountain meadow plateau of Ces.

Sonja will then introduce us to somatic foundations of creativity in order to immerse ourselves in the nature of the Ticino mountains, following our own tracks and the group process.

The sensorial connection with the environment, others and ourselves in movement and stillness becomes a starting point for the creative process in dance, ritual, painting, writing, photography, etc.

Based on the "Nature Explorations" by the artist couple **Anna & Lawrence Halprin** and other somatic practices we experience the healing effect of nature – dance – resonance with a lot of time... and space... and inspiration.

Regula and Sonja welcome all interested beings to this seminar in the picturesque Ticino mountain village of Ces!

Course leaders

Sonja Seng, M.A.; RMT, ISMETA · Dancer, Body-, Movement- and Dance Therapist, Tamalpa Practitioner, Arts based research – University of Augsburg

Regula A. Friedli · Theater pedagogue, Systemic Forum Theater, Tamalpa Graduate, www.theatralis.ch

Course fees: people with good-regular income: 620–700 CHF / lower segment income: 550–600 CHF
students: 500–550 CHF. Reduction for people from the Euro area possible on request.

Accommodation & food (incl. helping hand in the kitchen)/baggage transportation: 420 CHF in a group house
or own tent

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