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Saturday, 22nd August 2020

getting there

meeting point in Aiud at 9 o'clock
greeting
Drive over the mountains (duration approx. 3 hours)
Hike to the camp
comfortable arrival
bearing construction, fire
Introductory round, expectation and
Clarify the needs of the participants
Program Sequence
Make out rules
leisure

Sunday, 23rd August 2020

Workshop forest

Beginning 10 o'clock
Data and facts about the Romanian forests
Forest and environment (forest educational exit)

lunch break

Strengthen group exercises to the senses and focus
The forest to strengthen the immune system
forest meditation
Personality (body language, signals, body tension, body feelings, ...)

Free time for campfires, meals,

Night walk in the dark, who wants to ...

Monday, 24th August 2020

Workshop mushrooms

Beginning 10 o'clock
General to the mushrooms
ingredients
occurrence
distinction
determination

lunch break

Truffle workshop with Norbert in the afternoon until dusk

Tuesday, 25th August 2020

Workshop herbs

Beginning 10 o'clock
Herb walk in the area
Herbalism and smoking

Cooking together and eating a herb dish

free afternoon

Workshop communication by the campfire in the evening

Role-playing games, group exercises, reflections on communication

End of the workshop on interest and fatigue

Wednesday, 26th of August 2020

long, leisurely hike with Hans

in the surrounding villages
(who wants to use this day to fast from sunrise to sunset)

Common food at the campfire on return

Thursday, 27th August 2020

Workshop elements and visions

Beginning 10 o'clock

Control thoughts

Set focus

Discover limits
the four elements
Find power place

Lunch break

feel with the heart
Looking for a vision
Fantasy journey "place of silence and energy"

Break

Rituals for cleaning and releasing at the campfire

Friday, 28th August 2020

Workshop gratitude, festivals, celebrate yourself

Beginning workshop 10 o'clock

Mindfulness and gratitude

Why celebrate?

We are preparing a party and celebrate ourselves
final thoughts

Feast out of nature
Forest Festival open end

Saturday, 29th August 2020

Dismantling of the tent camp
Transport to the cars
Drive over the mountains back to Aiud