

Einsiedeln BodyDreaming Mask Workshop

Wednesday Nov 27 from 4 pm – Sunday Dec 1st 2024 4 pm

“They fed it not with corn, but with the possibility of being.”

Rilke, Sonnets to Orpheus

We will gather at Einsiedeln, Switzerland, 40 miles from Zurich, where we will be surrounded by mountains and Lake Sihl. Here, in the Benedictine Abbey there is a shrine to the Black Madonna, more than a thousand years old.

In this ancient place of pilgrimage we will open to the impulses and stirrings of our soul's calling - in our body and dreams, receiving the support from one another and the beauty of the natural surroundings.

From the deep exploration of body and psyche we will create a mask, an act of embodied imagination.



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In this workshop we bring our attention to what is wanting to emerge through image, gesture, movement, voice and play.

We use the mask making process, inspired by Marion Woodman's BodySoul Rhythms®'s mask work, and incorporate it within a BodyDreaming® framework :

Through attunement – inner and outer attunement, and the practice of mirroring and titration - the energy of the mask begins to take shape, find its voice and express itself.



How to book a space on the Mask Workshop:

- Fill in the registration form sent in parallel.
- E-mail it back to bodydreaming@gmail.com, attention of Antoinette & Bene who will confirm your space on the workshop.
- Once confirmed, make your payment of € 100 as a deposit in parallel.
- More details included in the registration form



Where is the Mask Workshop taking place?

Hotel Allegro, Einsiedeln

Walking distance from the Sanctuary of the Black Madonna (15 mn)
<https://www.hotel-allegro.ch/en/>



Hotel Allegro Accommodation Option 1: Hotel Room

Daily rate per person encompasses Room & Board, morning & afternoon breaks and use of meeting rooms.
Rooms have en-suite bathroom

Single Hotel Room

Cost per night:
CHF 230

Cost for 4 nights:
CHF 920

The number of Single Hotel Rooms is limited: once all have been booked, Double hotel rooms will be available for single use at the following higher price: CHF 250 per night.



Double Shared Hotel Room

Cost per night:
CHF 200

Cost for 4 nights:
CHF 800



*Indicative rates based on exchange rate of August 20th, 2024 – subject to change | 1 CHF = € 1.0528 | 1 CHF = £ 0.8991 | 1 CHF = \$ 1.1717 | 1 CHF = INR 98.155
Actual exchange rate will be that at time of payment on Dec 1st, 2024*

Hotel Allegro Accommodation Option 2 “Alpine Lodge” Room, aka Pilgrim House Room

Daily rate per person encompasses Room & Board, morning & afternoon breaks and use of meeting rooms.
Sink in each room; Shower & toilets shared with ~ 10 people; rooms on 1st or 2nd floor without elevator

Single Alpine Lodge



Cost per night:
CHF 170

Cost for 4 nights:
CHF 680

Double Alpine Lodge



Cost per night:
CHF 150

Cost for 4 nights:
CHF 600

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Actual exchange rate will be that at time of payment on Dec 1st, 2024*

How to book accommodation on the Mask Workshop:

- As soon as you've registered at bodydreaming@gmail.com and your space on the workshop has been confirmed, please contact the reception at Hotel Allegro to book the room of your choice directly: info@hotel-allegro.ch
- In your e-mail, please indicate that you are booking for the **BodyDreaming Mask Workshop (Nov 27th-Dec 1st)**.
- Waltraud, Francisco or Larissa, all members of the Allegro Reception team, will respond to you and confirm your booking.
- Payment of your hotel dues will happen on the day of your departure directly with the hotel.