

# Einsiedeln BodyDreaming Mask Workshop

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Wednesday Nov 27 from 4 pm – Sunday Dec 1<sup>st</sup> 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:

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- Fill in the registration form sent in parallel.
- E-mail it back to [bodydreaming@gmail.com](mailto: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/>

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## Hotel Allegro Accommodation Options:

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

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### Single Hotel Room

Cost per night:  
CHF 250

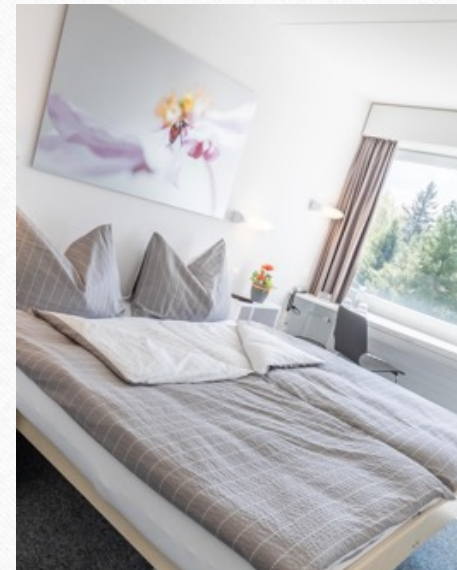
**Cost for 4 nights:**  
CHF 1,000



### 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 1<sup>st</sup>, 2024*

# How to book accommodation on the Mask Workshop:

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- Once you've registered at [bodydreaming@gmail.com](mailto: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](mailto:info@hotel-allegro.ch)
- In your e-mail, please indicate that you are booking for the **BodyDreaming Mask Workshop (Nov 27<sup>th</sup>-Dec 1<sup>st</sup>)**.
- 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.