

Details about:

Attunement Journey in Switzerland

Connecting to Inner and Outer Purity

This journey blends learning and practicing the energetic healing art of Attunement with easy hiking in the pristine nature of the Swiss Pre-Alps. This combination opens the possibility to experience purity at deep and profound levels, and to be renewed with a deep inner strength.

Program

October 25th: 2 Pm- Hike to Lake Gruyère

6:30 PM- Introduction to the Energy Ball and Attunement

8:00 PM- [Energy Ball for Peace Ceremony](#)

October 26th: 9 AM – 6 PM- Attunement Intensive.

October 27th: 9 AM – 5 PM- Attunement Intensive continues.

6:00 PM- Drive to [Hot spring in Charmey](#)

Charmey is a short drive up into the Swiss Prealps.

October 28: Attunement with Nature: all day nature adventures and Energy Ball for Peace Ceremonies in following locations: [Gorges se la Jogne](#); [Castle of Gruyère](#), [Waterfall in Juan](#); [Juan Pass](#)

October 29: Attunement with Nature continues: Sarine River near the Abbaye d'Hauterive; [Schwarzsee lake](#), and [Pierrafortscha](#).

We will be on easy hiking trails.



Arriving at Chalet St. Paul

Closest airport is Geneva, then take train to Fribourg and then bus to La Roche. Chalet St. Paul is a 5-minute walk from the bus stop.

Here is the link to the [Train and bus Schedule](#).

Please inform us of your travel plans so we can assist you with transportation if possible.

Chalet St. Paul is a large four-story chalet, that was once housed priests and nuns. When Annemarie Reichenbach acquired the property, she beautifully refurbished the building creating a magical retreat center, including the conference room which was the old chapel. The strong light Energy throughout the premises, is stimulating and healing. One feels the purity of nature in the surrounding lawns, flower gardens and forests. Lake of Gruyere is a 20-minute walk.



During the Attunement class you will learn a very specific way to tune yourself and another person into your human body's natural rhythms. We will also talk about what it is to live in "Attunement with Life" and ways to manifest a stronger life flow in our daily life.



You will be shown how to guide Light Energy through your fingers into the central nervous system, and the endocrine glands.

You will give and receive four sessions during the 2-days.

The combination of clearing the electrical system of the body (the nervous system) and the hormonal system of the body (the endocrine system) creates a healthy internal and external atmosphere, a state of purity!

After these two days, your body, mind and emotions will have more available space for new incoming experiences, and your Natural intuitive perceptions will be kindled!

Regarding Meals: Our meals will be cooked together. We will purchase our food collectively at the nearby supermarkets, which have organic vegetables.

Attunement with Nature

For two days we will enter into the Switzerland Prealps, experiencing and exploring pristine Nature, which includes pure rivers, powerful waterfalls, beautiful lakes, and expansive mountains.

We will go to magical, sacred spaces and share attunement with the individual parts of Nature: water, air, earth and fire, creating a space for purity, excitement and joy!

We will also have a short visit to the Gruyere Castle.

Some thoughts about Attuning to Nature:

When the body is attuned it is easier to be able to touch the pure essence of Nature externally and internally inside our bodies.

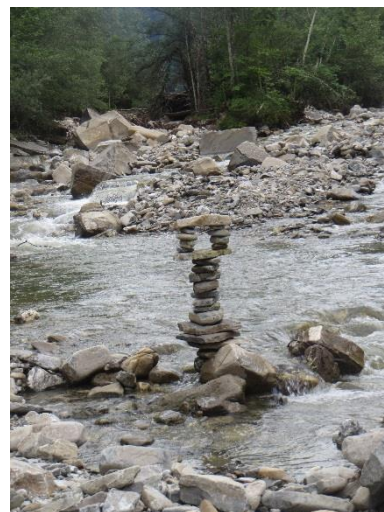
Also, being in tune, helps us reach a higher level of consciousness, from where we can explore the Natural world at deeper and deeper levels.

A few ways to connect to Nature:



1. On the surface, viewing Nature's beauty
2. A little deeper, considering and experiencing Nature's Magic
3. Blending and integrating with Nature

During the two-days we will do all three, several times.....



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