

PATHWAY TO SELF

ROMANIA/ TRANSYLVANIA
COBOR: 26.09 – 2.10.2021



A ,TRANSFORMATION WITH NATURE- SPECIAL'
BY WALTER BERTOLINI & MARKUS GYGLI



With **,PATHWAY TO SELF'** we give ourselves an extraordinary time out, an unforgettable opportunity to connect more deeply with ourselves and at the same time with the extraordinary transforming power of nature. In a small group we will hike for several days through the vast and often untouched nature of the Transylvanian hills in Romania.

This week **,PATHWAY TO SELF'** allows one to break away from patterns and limitations of the usual everyday life and to return consciously to the core of the relationship with oneself.

The endless expanse and the fascinatingly untouched landscape, the balance of movement and tranquility invites one to an experience of connection and makes it easier for one to push forward to the **,ESSENTIAL'**. As a result the strength and clarity found in one Self has an effect far beyond these days.

These seven days of conscious **,time, space and movement'** can lead you:

- ... to take a conscious time out for reflection and orientation;
- ... to free yourself from constricting habits and thought patterns;
- ... to come to stillness, to sharpen your perception and thus to get in touch with your Self in a deeper way;
- ... to experience, the power of the authentic presence, alone and while being together with others
- ... to become more aware and to align yourself for the conscious shaping of your life in the midst of all complexity

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**“Those who will flow as
life flows know they
need no other force” –**

Lao Tzu

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For years we have been working with reliable and extraordinarily engaged local partners (www.carpathia.com), who offer us a safe setting (accommodation, nature guides, horse-drawn carriages, etc.) and broad support for our projects.

Working in and with nature is so essential because it reconnects us in a radical way. If we can reconnect with nature, which has often been lost in favor of short-term necessities, then we can experience a new quality of connectedness and effectiveness within ourselves, with other people, and with the systems in which we work.

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Key Facts:

**Sunday 26.9. -
Friday 01.10.2021**

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SCHEDULE

We will meet on Sunday 26.9. at the biological farm Cobor * (<http://cobor-farm.ro/de/>) and prepare for the days to follow and the communal 4-5 day hike. On Tuesday, at the latest, we will set off together for the hike through the gentle and varied hills at the foot of the Carpathian Mountains, far away from the lights and noise of everyday life. We will be accompanied by a horse-drawn wagon with supplies and will spend the night - in individual tents - at unique sites in the ancient oak forests of Transylvania.



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**to be alone
and together
with others**
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Each day (first day and last day will be spent on the farm, in between those days we are on the road for four days/nights) we dedicate ourselves to the main theme of ‚Pathway to Self‘:

- through conscious perception of oneself and one’s life worlds,
- through letting go of limitations and old habits,
- through shadow work,
- through the authentic powerful presence and consciousness,
- through the invigoration and the alignment with the essential,
- and through anchoring in one’s own sphere of influence.

On Friday October 1st we will return to our ‚basecamp‘, the organic farm Cobor, to integrate the experiences and insights gained for our everyday life ahead, before preparing to return home.

As facilitators and guides, we combine our many years of experience of transforming people and organizations with deeper knowledge from various wisdom traditions in which we ourselves have been immersed over many years. These includes proven reflection techniques, contemplation and specific exercises in and with nature.



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**„A change of
meaning is a
change of being.“**
– David Bohm
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SOME FACTS ABOUT ARRIVAL AND STAY

Arrival/departure - either via Sibiu or Bucharest, depending on participation, shuttles will be organized (2-3 hours drive to Cobor)

COST OF PARTICIPATION: 1.980,00 € - incl. 20% VAT

This includes the seminar fee and any expenses while on the road with the horse-drawn carriage. Travel costs to and from Sibiu or Bucharest, accommodation and food on the organic farm (3 nights) are excluded! Camping equipment - e.g. tents - can be provided on site if necessary.

INFO AND REGISTRATION

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