

Dreamtime in Provence

Explore and unfold the many layers of yourself away from everyday life, in dialogue with nature and creative expression.



Participants are invited to explore themselves through perception-based experiences – seeing, hearing, sensing, moving, and relating – and to bring their own unique creative expression into the world.

Creative work can take place both outdoors in nature and in the studio. A wide range of materials and technical expertise are available, including paints, clay, paper, wood, and stone. No previous artistic experience is required. Guidance and opportunities for deeper exploration will be tailored throughout the week to the individual participants and the group.

Participants are introduced to the framework of Process Work developed by Arnold Mindell, with theoretical explanations provided along the way. Everyone works at their own pace, exploring, deepening, reflecting, and documenting their experiences individually. There is also the opportunity for an in-depth conversation with me and within a small group of up to six participants. Current life situations, challenges, decision-making processes, symptoms, and inner or outer conflicts may also be explored.

Participants connect with their personal resources, discover creative ways of working with their own questions and challenges, and can integrate new experiences into their everyday lives.

PENTECOST WEEK MAY – JUNE

START

Pentecost Sunday
Flexible arrival from 4:00 pm

LOCATION

Le Kairos
1886 chemin des Hauts Pétignons
FR – 83520
Roquebrune-sur-Argens
(Frankreich)

END

The following Saturday
Flexible departure until 4:00 pm

TRAVEL

Individual arrival
by car, train, or airplane

FACILITATOR

Brigitte Moeckli
lic. phil. I, Dipl. POP,
Dance and Movement Therapist,
Art Educator
Höhestrasse 23
CH – 8702 Zollikon
www.brigittemoeckli.ch
www.brigttemoeckli.art

ACCOMMODATION

- Twin room with private bathroom or shower and terrace
- Garden with swimming pool and hot tub
- Organic cuisine
Vegetarian meals available upon request
- Studio workspace
- Opportunity to participate in morning meditation and yoga

QUESTIONS

By phone +41 79 416 81 43
or by email bm@brigittemoeckli.ch

COSTS

Course and materials: CHF 710
Accommodation, meals, and drinks:
CHF 490
Prices in Euro available upon request

REGISTRATION

Please register in writing via email
bm@brigittemoeckli.ch

PLEASE BRING

Comfortable clothing,
painting/work clothes, sturdy shoes,
swimwear, and sun protection

TERMS AND CONDITIONS

Payment arrangements can be
discussed individually.
Participants are responsible
for their own insurance coverage.