

SymBIOasis Family Summer

Shanti's Open Space:

...being with family & friends on Alpe Meccia, Macugnaga



CreaVista SymBIOasis – a place close to heaven

Invitation to be with a family of Nature-Lovers on one of the most marvelous spots on Earth:

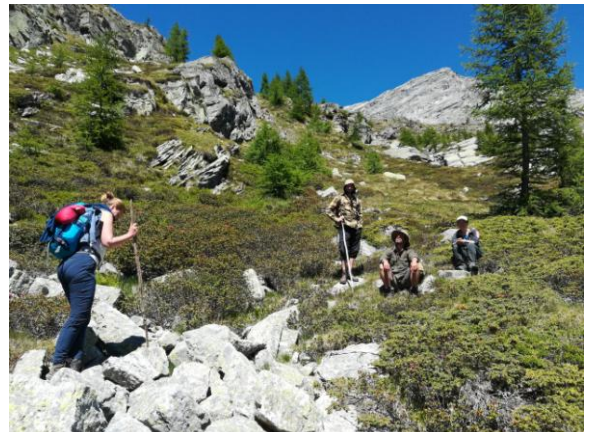
Alpe Meccia - Residence of Happiness

July 8th to 15th

August 8th to 15th

you are invited

- to come to our Alpeggio 'SymBIOasis Alpe Meccia': an excellent place to simply be in calm serenity and joyful connection with the beauty of life...bring friends and family...
- to take part in an adventure of beauty, resilience and connection... opening wide our wild hearts...
- to stay a few days in vicinity to the unique, majestic, sparkling body of the Monte Rosa...
- to enjoy a 'time-off-duties' in relaxed, cooperative company with your family, while cherishing your *old* or making *new* friends...
- be playful with basic, simple and gentle ways of life, close to naturally clear and pristine waters, earth, wind and in the evenings a good warming fire - cared for in most humble and safe ways...



- to integrate cooking together (vegetarian) in ancient ways on open fires
- enacting 'primitive' ways in handling the most elementary needs of your individual, as well as our common necessities... finding wild edibles, carrying drinking water, chopping wood...
- creating adequate, practical compost-toilets
- get ready experiencing a lifestyle connected to the earth and without using most of the daily surrogates of civilization and masks of routine...
- to enjoy the company of people while merging with Nature into an honest and truthful harmony ...
- to activate your best spirit for exploring new, unknown territory around you and inside...
- enjoy a time for truthful and personal conversation with yourselves, others and the Land...



THE LANDSCAPE IS THE SOUL

What you need for your own safety and comfort:

+ your tent or tarp, insulation mat, sleeping-bag; some may prefer a hammock for getting off ground to rest...

+ good warm clothing for dwelling in the altitude (1800 m plus), also light cloth for very warm times, as well; a hat, cap or bandana, your back-pack, a torch (batteries!), ... and don't *carry* too much with you... drop the baggage...

+ a good knife/pocket-knife, working gloves (to sometimes protect your hands), sun-glasses, a diary?

+ good shoes with a rough, but flexible sole (may be mountain-sandals, sport-shoes or even hiking-boots);

+ your camera; maybe something for painting, drawing, music-instrument (if you can easily carry...)

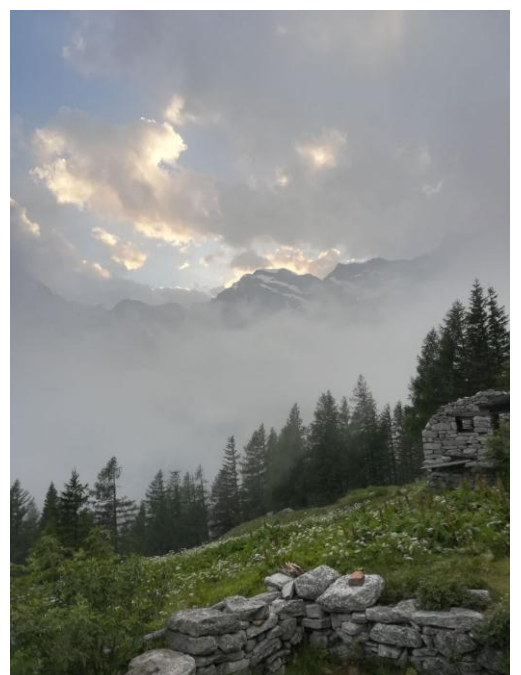


Facts: -----

Alpe Meccia, AlMe:

+ is up on an elevation of 1850 m and can be reached by foot from **MACUGNAGA village**, directly on a marked path in 1:30 h, or within 30+ min (if you take the **FUNIVIA to ALPE BILL** from **STAFFA**) on a nice path that's an easy stroll and well marked.

+ is a very sunny place directly opposite to the wonderful '**LA ROSA**', (4647 m of glaciers, shining snow and ancient, dark rock) which we consider a special and most impressive friend... AlMe is an old arrangement of buildings that we have protected from



further decay and deconstruction in appropriate manner. We can use three of the five buildings as store-rooms for food and tools, for cooking, sleeping and gathering in bad weather-conditions. We do also have an out-door cooking- 'kiosk' that emerged as the most frequented space for hanging out with friends...

Energy-Balance:

You can contribute to our organizational balance by a financial donation for the place and our re-organizing efforts and labor in the past and present. Our average orientation would be somewhat around 15.- € per day and person. Further contributions welcome... Con Tribu...with the tribe!

You decide after your time spent, how much you appreciate our preparations, offers and services... also for us organizers donations are more than welcome...

Deliberate Program of your Chaordic choice:

+ there will be **DRUMS, GONGS, PERCUSSIONS, GUITAR**, sticks and stones, as well as **YOUR** many **BEAUTIFUL VOICES**, creating **THE MAGIC MUSIC OF THE MOMENT**.

We will initiate colorful sound-scapes and reflections on the experiences of the day when we will sit and share in the old way of council in the circle; sharing and listening is enacted respect for others...



+ inspired or guided **EXCURSIONS INTO THE WILD, UNTOUCHED LAND...** hiking closer to the majestic La ROSA, to the Passo Moro (possibly also Funivia) , exploring the closer wilderness around A Meccia

+ **TAKING BATH IN THE RIVER...** there is very cold water in a small river nearby, and we will offer some **`WIM HOF ICE-MAN`** – Breathing – Techniques, for you to make the best out of - exactly - that...

+ together we can explore some of our **nature-based rituals** for you, like going on **'Medicine Walks'** for a day or stay on a **'Solo'** for one day or two... meditations on FLOW!

+ **TALK-STORY** from ancient times; **LISTENING TO THE ELDERS** or **SHARING** current experiences, sitting in the circle of the medicine-wheel, around the fire. This is when wisdom comes into play: easy and with humour...

For further questions or your reservation, please contact me on:
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