

Guided Somatic Nature Walk

The Guided Somatic Nature Walk takes us through the local forest between Biesenthal and Melchow. We walk on cobble stone, wide and narrow forest paths and forest floor parallel to the railway line. On our journey we can experience equivalents to what is around and within us, for example, the two halves of the body, the two different lungs, the various pathways of vessels, the density of the forest compared to the expanse of a field. We'll stop at regular intervals for body & breath awareness explorations and take a break at Melchow station.



At the end of our walk, there is the possibility to have some tea & cake at the historical **Kaiserliches Postamt Café** at Biesenthal station. Trains back to Berlin run every hour.

Place: Biesenthal Bahnhof

Date: 20.4.2024

Time: 12.45

Duration: ca. 3 1/2 hours

Cost: 40 Euro

Language: English & German, depending on participants

Registration: per mail hallo@nicolacaroli.com, What's app or text 01703872906

Getting There: The RB24 regional train leaves 12.08 at Ostkreuz and arrives at 12.41 in Biesenthal. Alternatively you can travel with the S2 to Bernau, change at Bernau to the RB 24 to Biesenthal. I'll meet you at the station:)

I look forward to breathing with you