

Life Walk

becoming truly rich while walking your life



The ancient art of walking

People with an office job walk on average three to five kilometres a week. The hunters and collectors in premodern cultures walked 20 to 40 kilometres every day. According to the blueprint of our body we are physically designed to do just that. However, we move ourselves primarily sitting in cars, trains and airplanes or within the virtual space of the internet. In the meantime our lives become faster and faster in many respects. Activities, processes, information and experiences become faster and more volatile. This combination of blazing acceleration on the one hand and morbid lack of physical exercise on the other is no good for us. Our body and mind tell us this much. The ancient art of walking helps us rediscover the natural human pace; the footstep. Step by step we find a new balance, and the flood of information and images transforms into a slow stream of impressions. It's raining. I'm getting wet. A branch breaks under my foot. A bird flies away, startled. I feel the wind in my hair. I smell rotten leaves. I'm open to the unexpected and the intangible. I am here in the present moment.

Orientation

When you walk you can let yourself be guided by the signs that show you the way or even by a navigation tool. But the developing and sharpening of your own senses of navigation is one of the most interesting and pleasurable experiences of walking and one of the most important demands of life in general. "A good walker needs no tracks", is an old saying from the well known Taoist Lao-Tse. This can be applied to the way you lead your life. To be present in the here and now is a fertile soil for getting in touch with who you really are and for looking at your life-trail. Where am I? Where do I come from? Where do I want to go? How do I get there? You choose your direction based on your inner essence. You choose with head and heart.

Happiness of walking

It doesn't always have to be easy. Sometimes the road is longer than you expected and you may be forced to shift some boundaries. The paths are not always paved and sometimes they even may appear impassable. The weather can play tricks on you; heat on a shadow-free road, rain that turns your path into a mud stream or cold that drives you crazy. This way you not only experience the character of your natural surroundings but your very own character is challenged and strengthened.

When we really surrender to the challenges we meet on our way, if we are completely present in the present, then it's likely that we end up in the state of consciousness called 'flow'. In these moments, in which you are completely at peace with yourself, your surroundings and activities, you experience the sheer *happiness of walking*. This feeling cannot be forced to come into existence in any way. It feels like a gift when it happens to you. However, you can create circumstances which can help this state of being occur. This in turn will strengthen your psychological immune system; you'll be better able to cope with stress, to overcome setbacks and disappointments and to use your resources and energy in creative ways. And besides all this, you become physically stronger and fitter. This enhanced vitality improves all aspects of your life. You come to meet the best in yourself.

What are we up to?

Stand still. Yet move...

We invite you to use the opportunity of offering a quiet yet moving sort of attention for those aspects in your present life that long for just that. For almost everyone, it is a fact that some life aspects are not receiving that much of your attention and care. This may be due to a general crowdedness in your agenda and in your head. It may also be due to neglecting or denying specific needs in both your private and professional life. And sometimes there's even a connection to a practice of admirable determination in procrastination!

We call our hiking tour 'Life Walk' for a specific reason. During this tour you offer the prime time of your attention to your Life whilst Walking. The Dutch word for walking is 'wandelen'. 'Wandel' in German means 'change' or 'changing'. And this is exactly what you can devote this tour to: to discover the 'somethings' in your life that are gradually changing or are preparing for that. These 'somethings' may need something from you before they are able to really unfold themselves. Change in this sense can have many faces. Change can establish itself in the form of growing clarity, enhanced insight, but also as a deeper sense of inner peace and harmony.

Outside in

In Life Walk we dedicate three days to focus our attention to both the beauty of nature that will surround us and the beauty that can be found within yourself. By actively and intensely bringing our attention to that what surrounds us we first put everyday life at a slight distance. Velocity and preoccupation gradually give way to a slower pace, the slower rhythm that suits our human nature so much better. This creates the space we need to explore our inner landscapes.

How do we find our ways?

During the Life Walk we all individually try to find a beneficent balance between introspective silence on the one hand and exchanging some of life's more valuable particularities with others. We will do this by alternately walking in silence (minding our own steps, milestones, feelings and thoughts) and exchanging our findings with others. Part of the programme will be clear guidance, meditative exercises, structure (only) when needed, help and companionship (always) when wanted.

When, what and where

The next Life Walk will be held on **Friday 28, Saturday 29 and Sunday 30 August 2009** (further details will follow in due time). The tour itself will not be too difficult but not too light either! It's designed for people that are used to more or less regular physical exercise. Generally we will be walking 4 to 5 hours a day, with regular breaks in between.

Mountain life has its very own, specific characteristics. Since mountain expertise can be very welcome and sometimes even necessary, we will be accompanied by a certified mountain leader. She has co-designed the particular tour with us, picked the most beautiful routes and huts and is more than willing to share her knowledge and enthusiasm about 'mountain life' with us!



Life Walk
28, 29, 30 August 2009

I'm joining the Life Walk!

An investment in yourself

The costs of participating in the Life Walk amount Sfr 950,-. This price includes coaches, mountain leader, overnight hut accommodations and meals, except for the lunch on the day of departure. Costs for drinks are not included.

Registration

You can book your place in the next Lifewalk by sending an e-mail to Hans Ruijs, hans.ruijs@kernkonsult.ch or Sabine Leitner – de Potter, s_depotter@yahoo.com. The ultimate deadline for registration is **August 14th**. But remember: the early bird catches the worm..!

Your registration will be fixed upon receipt of payment of the Life Walk fee. This fee (Sfr 950,-) can be transferred to the account of Sabine Leitner – de Potter, IBAN CH5900787007708114609, BIC KBZGCH2211.22.33.456, indicating 'Life Walk August 09'. After registration you will be asked to complete a form for all relevant personal information.

In case you inspire someone to also join the Life Walk, you and the someone will be rewarded with a small, yet attractive bonus in the fee. In this case you pay **Sfr 900,-** only.

We are using a cancellation scheme for this tour:

- up to 30 days before the starting date cancellation is possible at no costs
- 30 to 14 days before starting you are requested to pay 50% of the total amount
- within 14 days before starting the whole amount is indebted. Unless... you bring another participant.

Information

Once you have completed your registration you will receive the Life Walk booklet. This small booklet brings all kinds of information that may be of interest to you, regarding

- the landscape that will receive us, the huts we will be spending the nights
- necessary clothing and other things needed
- simple rules and disciplines for the Life Walker
- spiritual luggage: some preparation questions and considerations before you leave
- and of course all necessary practical information regarding times and places of departure and arrival, telephone numbers etc.

Questions?

If you have any further questions don't hesitate to contact us:

Sabine Leitner – de Potter, s_depotter@yahoo.com

Tel +41 78 88 942 83

Frans Sandbergen, frans.sandbergen@kernkonsult.nl

Tel +31 65533 48 76

Cherries Ussher von Maur, info@cherrieswalks.com

Tel +41 79 239 21 61

The Life Walk is a joined venture between:



Fresh mountain coaches introduce themselves...

Frans Sandbergen



May I have the pleasure of taking you very seriously indeed in regard to your curvy thoughts, peculiarities and general playfulness? As informal co-Mayor of the once fictional mid Italian village Marfrano di Pietro Ventosa I know more than anyone else: the essential notion is being given in those parts of life that officially don't count. The greater work is found where love is declared to something. That's when the laughter appears to be something very serious! And the seriousness appears to require some light heartedness.

And now for the official world. For some 20 years I am engaging in talent development in regard to hidden sources of pleasure and creation. As a coach/counsellor, as a designer/advisor and creator of original thought material. In 2007 I have joined Kern Konsult.

My love for walking – in the mountains whenever possible – has led me to gradually transform each and every one of my coaching sessions into 'walking conversations'. Unforgettability comes afoot.

Sabine Leitner - de Potter

I'm naturally curious about what 'moves' you and what makes you 'move'. Therefore I like to look for the core or essence of human beings, with an eye for special talents and qualities. My conviction is that a good life goes hand in hand with 'sense-giving'. Sense-giving includes becoming aware of your spectra of true colours, which I like to call your personal Rainbow. The colours stand for your specific talents, qualities, passions and desires en show you the way to your destiny. I gladly invite myself to walk along with you on your way for a little while and gradually discover your Rainbow. I will listen to you with head and heart and always with respect.



Different experiences move you inside and work as a catalyser for your personal development. I like to be moved and be in motion as well, especially in and through nature. Change characterises my curriculum vitae. I experienced different countries and cultures and above all got to know many and very diverse people. Although a lot of times I found myself in different roles and situations, my purpose stayed the same: making a positive change. Moving something in myself, in people and subsequently in the world. Over the years this purpous has developed itself and is now unfolding in the form of 'Rainbow Development'.

Cherries Ussher von Maur



Being outside is essential to me. I will never cease to be curious about everything I see (then it is a question of looking it up to see what it was that caught my attention)! I love taking people out and guiding them through the beauties of nature. It is fun to see what others notice.

Walking & talking are things that I learned at a young age while growing up in an American home in rural Switzerland near Lake Geneva, of course you could say I was just trying to impress my two older brothers. Curious about cultures I went to Washington D.C. to major in Anthropology. Since then I have been testing my limits in nature by traveling extensively with my tent. Either on foot or bicycle I have roamed around parts of Europe, Down Under, South and North America. My home is currently in the stupendous Swiss Alps. My path has led me to become a Swiss Certified Mountain Leader and enjoy the looks on people's faces as they take the time to appreciate the environment and who we are.