

# EGO TO WEGO

AN EXTRAORDINARY WAY OF EXPERIENCING NATURE!

## STEP INTO THE FLOW Dolomites, South Tirol, Italy

**Hi, my name is Oliver.**

This is for the ones who haven't met me yet. And also for the ones who have.

My passion is to share my love for Nature in a multicultural environment so that we can feel touched inside and uplifted while visiting the forest together.

Isn't it exciting to observe how we cautiously approach each other when we meet for the first time in the car or at the destination on the events?

Isn't it beautiful to be in a space where we can open up, nobody puts demands on us and we can be who we are or just simply "be"?

It touches my heart to see the sparkle in our eyes by the end of the events leaving much more in touch with ourselves.

Doesn't it bring a smirk to your faces hearing the sigh of relief when some people decide to say good-bye with a hug because everybody was longing for it but thought that it would be "too much"?

Isn't it amusing to see some hedgehogs raise their spines when some people decide to say good-bye with a hug?

Isn't it amazing to see ourselves have the courage to show ourselves the way we are. With our worries and weaknesses. In an authentic way. You are also welcome if you are a beginner or haven't even started yet.

Most probably one reason why our planet is in its present state is that we sell ourselves for money instead of following our heart.

It is very probable that when we sell ourselves for money it will never be enough and we want more. More money, more power, more of everything which will never be really fulfilling and is at the expenses of our planet.

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Isn't it that curious, creative, inspired and passionate people who love what they do can change the world for the better? Can't we only be extraordinary if we are passionate about something?

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### **My Studies & Courses:**

TNDR Therapy with Dr. Cayo Martín in Spain.

[www.medicinatndr.com](http://www.medicinatndr.com)

COACHING IN NATURE (NATURCOACHING)

[www.kangitanka.de](http://www.kangitanka.de)

Wilderness Mentoring (COYOTE TEACHING) at CircleWise

[www.verbindungskultur.org](http://www.verbindungskultur.org)

*The flow state is the mental state in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by the complete absorption in what one does, and a resulting transformation in one's sense of time.*

Inspired by ideas and by feeling the joy they come with, I love to convert them into reality and transmit them. My passion about sharing my experience regarding working with NATURE on our LIFE'S DISCOVERY JOURNEY and to investigate why, how, when and where we lose touch with what we love has inspired me to start offering the "STEP INTO THE FLOW" events and make that available to a broader audience. You are also welcome to join the events even if you are just interested in having a good time in NATURE.

The "STEP INTO THE FLOW" events are an open, self-developing process taking advantage of the feeling of flow, connection and joy that might arise while walking through the forest. It opens us up to the possibility of tapping into Nature's infinite pool of wisdom.

Effortlessly.

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Without expectations and open for surprises.

On a symbolic level NATURE can direct us on our path.

This event has no plans, schedules and scripts and is open to anything that might arise.

If you feel touched by these words and you fancy participating in a different way of experiencing NATURE please join us!

**Event fee: 270 euros**

**Includes:**

3 nights at the camping site

Oat cookies

No food.

No transport to Italy.

If you don't have a PayPal account please get in touch for alternative payment options. +491624533588

I offer 3 seats in my car from Heidelberg and Viernheim. 54 euros per person. If you are interested please get in touch.: +491624533588. If all passengers agree I might be able to offer a fourth seat.

Camping equipment available for rent: 4 people tent, isomat, sleeping bag for 30 euros for the whole weekend.

There is a shop at the camping site where we can buy some food for breakfast and for the hikes. Nevertheless I would recommend to bring some food along to be safe.

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This is the video made from last year's event:

<https://www.youtube.com/watch?v=S7QJRABM4xo>

### Schedule:

#### Friday April 10:

We will meet at Heidelberg station at 5:00 in front of McDonalds. Optionally I could pick you up at home if you can't manage with your tent and camping stuff. Then we will head for the camping site and build up our tents and spend the night there.

#### Saturday April 11:

Winter Hike to Geisleralm without snowshoes

Gaiters recommended because we might pass through some areas with snow deeper than our ankle

### Video:

<https://www.youtube.com/watch?v=q29bZogmwLk&t=2s>

### Itinerary:

Drive to Zanser Alm  
Waterfall  
Adolf Munkel Weg  
Beautiful Hiking Trail  
Great view on the 3rd group of the Odle (Geisler)  
Rock City  
Geisleralm  
Path with a lot of roots  
Dusler Hütte

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Duslerhüttenbach  
Zanser Alm

Distance: 10 km  
Ascent: 340 m  
Descent: 350 m  
Maximum Height: 2020 m  
Minimum Height: 1680 m

**Sunday April 12:**

Waterfall Loop from Passo Pinei with the best views on the Vlnösser Geisler ever



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### Itinerary:

Drive to Passo Pinei

Great view on the Odle di Funes (Vilnösser Geisler)

Panider Sattel

Waterfall

Passo Pinei

Distance: 12 km

Ascent: 380 m

Descent: 380 m

Maximum Height: 1470 m

Minimum Height: 1140 m

### Monday April 13:

Pack our stuff and leave the camping site

Head back to Heidelberg

Stop at Neuschwanstein Castle

### Video:

[https://www.youtube.com/watch?v=kGJqj\\_D6PSE](https://www.youtube.com/watch?v=kGJqj_D6PSE)

### Meeting point:

Will be announced after booking.

### What to bring:

[https://fromegotowego.com/Checklist\\_Camping\\_Events\\_201904241256.pdf](https://fromegotowego.com/Checklist_Camping_Events_201904241256.pdf)