

NATURE & SOUL

experience

YOUR CREATIVE NATURE

explore & enfold your intuition & creative power
in a 3-day land art workshop

June 19 - 21, 2026

Kamp River Valley in the Waldviertel in AUSTRIA

Created to create

The universe is infinitely creative and magical.

Life is a creative magical process.

You are the living creative magical universe.

- Gift yourself 3 wonderful days with me to immerse yourself deeply into your creative life force and the magic of the universe.
- Be inspired by the wild beauty of the forests and rocks and the River Kamp, unleash your own wildness and experience the joy of creating with nature.
- Come into a deep connection with Mother Earth and yourself through the close contact with the natural elements.
- Experience your intuition and creativity as magical life forces.

In a small group, I will take you into my very personal world. By intuitively creating natural art (land art) from cones, sticks, leaves and other materials, I invite you to trustingly surrender to the flow of the creative process in the here and now and to experience the magic and wisdom that surround you and flow through everything in this universe.

Nature art – earth art – land art

Land art or earth art are temporary works of art that we create in nature from found natural materials. Creating in and with nature, the home of our soul, opens a portal to the universal creative power and our own creative essence. As we create nature art, we are fully present in the moment and experience ourselves as part of the great sacred cosmos. In the here and now we find inner peace and mindfulness. We enter a dimension of healing and wisdom, full of endless possibilities and answers to all our questions.

While creating, we learn in a playful way and held by Mother Earth that we are part of the eternal cosmic cycle of becoming and passing away. We understand the interplay of the two forces “creating” and “being created”. When we create with nature, it becomes palpable that we are not the only one involved in the creative process. All elements, the materials, the location and a magical elemental force work with us.

In this way we learn that we can and are allowed to actively create our liveliness in harmony with the rhythm of the universe and that at the same time we are being created and empowered to grow through trusting devotion to the flow of life.

We are endowed in a way that continually overwhelms us and fills us with deep gratitude.

Places

In the beautiful valley of the River Kamp in the Waldviertel, we visit magical places. On each of the three days, we connect with a different spot. We walk through the enchanting river valley, magical forests, and discover impressive rock formations.

I choose the places in a way that they will offer us different materials and possibilities.

Daily content

- Every day we create with different materials.
- Most of the time everyone designs for themselves, but here and there we also create something together.
- Every day we share our creations and processes with each other and reflect on them. Thereby we witness and strengthen each other.
- The creative process in nature and also in natural art is cyclical. We will explore what this means and how it relates to the great cycles of the cosmos and life.
- Creating is a journey with many steps (for me there are about 10), like intention, beginning, creating, contemplating and letting go, to name just a few. Every step on this path opens up new dimensions of wisdom and connectedness and relates to something in us or our lives. In this workshop I will accompany you step by step through this process and you can find out what gifts for our lives we can discover on this creative journey.
- You will learn various creative techniques, which we will then explore individually and together.
- Every day has its own themes. They arise from the places where we will be, but also from the group, our personal and shared experiences.
- Mindful, beautiful rituals and exercises, bathing in the iccold river and conscious dance accompany our time together.

We will open our hearts, perceive, let ourselves be touched, experience stillness, play, connect, feel everything and share our love, wildness, magic and wisdom with each other. The magically beautiful landscape holds us safely in its arms and shows us our own unique wild beauty.

Who is this workshop suitable for?

For everyone who wants to open up to it. This workshop is not about "improving" our artistic skills or even becoming an artist (although that can happen).

It's more about opening up to our intuitive creative life force and learning to trust it. This power is as strong as the creative force of the universe from which it emanates, and accompanies us in every decision we make, when we think, speak, dream and plan. Our evolved creative power enables us to create our liveliness in such a way that we can live fulfilled, grateful and in inner peace. This is what I would like to make palpable during these 3 days.

So whether you've never been artistically creative before, just a little, or already feel like an artist, this workshop is for you.

Where does the workshop take place?

In the beautiful Kamptal valley in the Waldviertel region of Austria, around the historic Gschwendtmühle (old mill). The town of Zwettl (postcode 3910, Waldviertel, Lower Austria) is very close by; each day we start from the Gschwendtmühle.

We will visit various places along the River Kamp throughout the Kamptal. The area is an EU-protected site with unspoiled nature, old mills, and a rich cultural history. Upstream, the artist Friedensreich Hundertwasser also lived for a time.

Terrain - physical requirements

We are walking on forest and hiking trails, sometimes gravel, sometimes not. There can be lanes from forestry machinery and it can also be muddy at times. We hike between 2-6 kilometers per day. From time to time it goes up and down a bit.

Accommodation, food, transport and mobility

Each participant organizes their own travel, accommodation, meals, and local transportation.

Arrival: You can come by car. Alternatively, you can travel by public transport: a bus connection goes to 3910 Zwettl (Kampparkplatz), and on Fridays there is a bus to Gschwendt. From the Kampparkplatz in Zwettl, you can be picked up, or you can walk about 4 km upstream along the River Kamp to the Gschwendtmühle.

In Zwettl (postcode 3910), there are various accommodation options. Additionally, it is possible to stay directly at the Gschwendtmühle, camp, or come with a camper van.

You generally take care of your own meals; for guests staying at the mill, a shared catering option may be available on request (e.g. breakfast and a vegetarian dinner). This will be arranged depending on demand.

For accommodation in and around the mill (guesthouse, shepherd's wagon, camper, camping), you can contact our host Korinna: wirsehenunswald@gmx.at

What do the individual days look like?

We meet each day for 4.5 to 7.5 hours.

Day 1: 2:00 pm – 6:30 pm (evening sauna or campfire)

Day 2: 10:30 am – 6:00 pm (evening sauna or campfire)

Day 3: 10:30 am – 3:30 pm

The starting point each day is the Gschwendtmühle.

What do I need for the workshops?

- Food and drinks for our time together
- Seat cushion, maybe a blanket
- Towel and swimsuit if you don't want to bath naked
- Bathing shoes if you like, some bathing areas are very rocky.
- Robust collection bag
- Robust kitchen scissors
- If it is sunny: Sun protection: hat, possibly sunscreen or clothing that protects the body well
- If it is cool and windy: hat, good warm jacket and good shoes/boots
- If it rains: really good waterproof rain gear (poncho or jacket and pants) and waterproof shoes/boots
- MP3 player or phone plus headphones, on the phone your music that you would like to dance to. The songs should be downloaded to the phone or player. Many places here do not have a data network.
- Towels for the Sauna

Sauna & Campfire

There is a sauna at the Gschwendtmühle. By arrangement, we can use it for a small additional fee. Please bring towels for the sauna.

And on one evening, we can enjoy a cozy campfire together.

Languages

I speak German and English and the workshop can therefore be bilingual. We agree on the language that most of us speak. I translate for the others. It will probably be a colourful German-English mishmash, we will take the time to translate everything so that all of us can understand everything.

Weather

Since the entire workshop takes place outside, we are dependent on the weather. If it is too wild and wet, we may have to cancel parts of the workshop.

Force majeure

If I am unable to give this workshop at short notice for any sudden reason such as illness or injury, I will refund your workshop fee. However, I cannot reimburse you for your travel, accommodation and food costs.

Contribution

190 euros for the 3 days. The 3 days form a whole and cannot be booked individually.



REGISTRATION

Date workshop (please mark): June 19-21, 2026 AUSTRIA

Name:

Address:

Telephone number with country code:

WhatsApp, Signal or Telegram, please specify all options:

E-mail:

Birth date:

Languages:

Is there something I should know about you:

Please transfer your contribution of 190 euros to me as soon as you receive my email confirmation for your registration:

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