

A photograph of three women in a grassy field, holding hands in a circle, performing a somatic movement exercise. The woman on the left is wearing a white jumpsuit. The woman in the center is wearing a white long-sleeved shirt and dark pants. The woman on the right is wearing a white long-sleeved shirt and a long, pleated skirt. They are all smiling and looking towards the center. The background shows a line of trees under a clear blue sky.

15.-18. Oktober 2026

RELEASE

SOMATIC MOVEMENT IMMERSION

Shake the Dust | Authentic Flow | Somatic Dance
Embodied Yin | Circles & Ritual

YOUR INVITATION TO RELEASE



Deep dive into YOU

As autumn leaves fall, we meet to take stock of what we have, and release what doesn't serve us any more. 4 days/3 nights with nourishing half board in the autumn vineyards of Südsteiermark.

We take time to nourish ourselves.
Time & Space to make this experience what you need it to be.

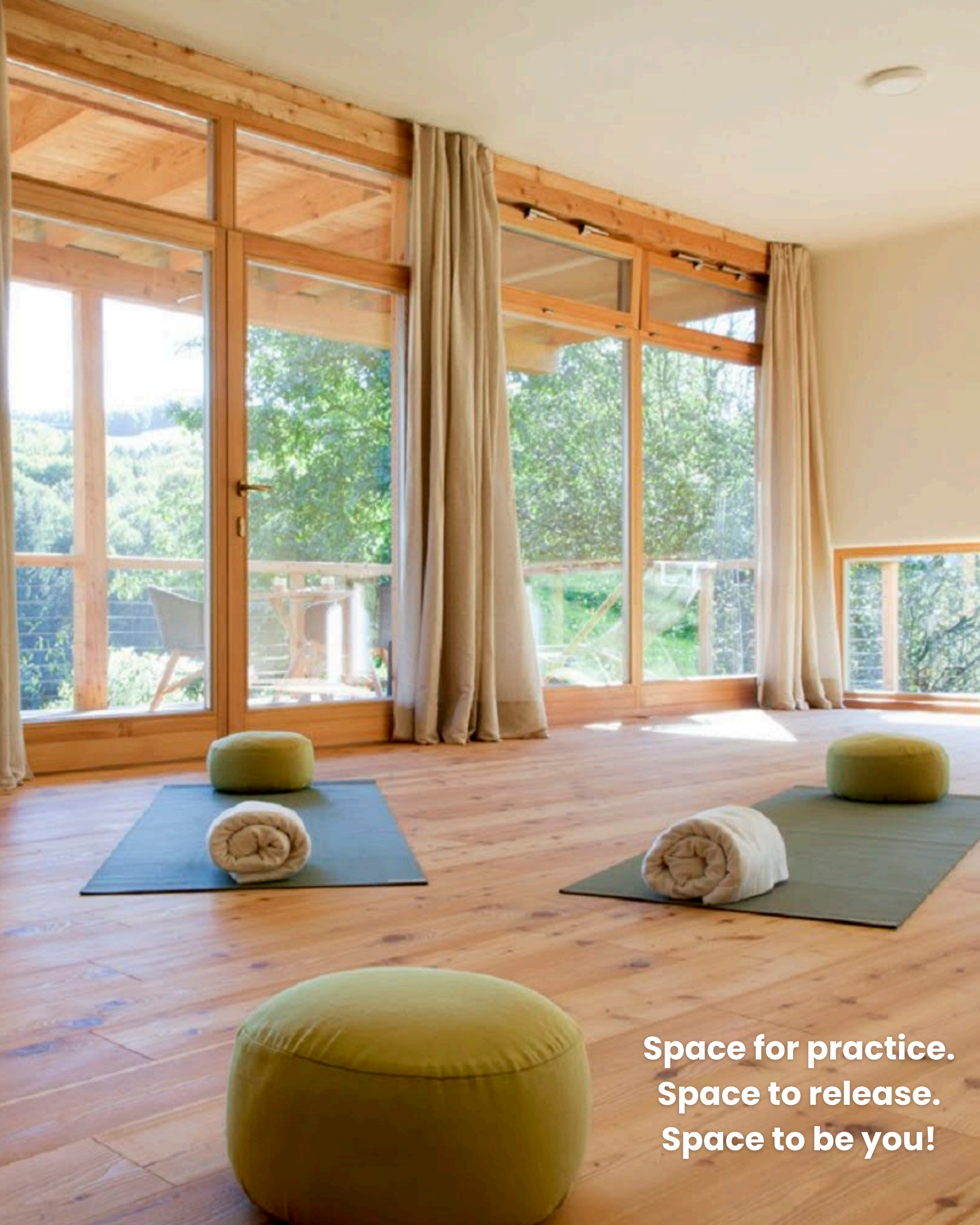
No performance. Just you. Authentically you. Not isolated, but embedded in community.



OUR REFUGE

Weingut Tauss is a biodynamic winery in the midst of vineyards. Soak in the golden autumn sun, witness the leaves change colors as the sky dances into shades of red. Cosy rooms, wonderful landscape, and a heated sauna awaits you!





**Space for practice.
Space to release.
Space to be you!**

Lush scenery to
breathe in fresh air
and release old
stories





Did we mention there is a

sauna?!



OUR IMMERSION

In weekly classes there's often not enough time to dive into the full potential of somatics. In longer class formats (90 min) we tune into the changing seasons, give gratitude to the fruits of the year and let go of what doesn't serve us anymore.

Shake the Dust
Authentic Flow
Conscious Dance
Embodied Yin
Circles & Ritual





Let the
body
speak

Your facilitators

Fabienne Swoboda

A dancer bridging the fields of **psychology, dance therapy, somatic movement and poetry**. In her classes, a gentle guidance may move you into wild abandon. You will **reconnect with the intuitive wisdom** that your body holds and express your unique being through movement, dance and written word. Somatic Ecstatic Dance is her favourite.



Her favourite organ?
Adrenal Glands!

Your facilitators

Elena Zand

The quirky food microbiologist who left the lab to follow her body, **weaving the worlds of science, somatics, yoga, acrobatics and the art of touch**. In her classes you won't stay in your head for long. She'll guide you **back into your body** with fire, music that moves you and depth straight from her heart. A new skill she would love to unlock? Djing for somatic movement classes!



Her favourite organ?

The Heart!

Your facilitators

Aurelia Brida

A heart activist dancing in the field of business and regeneration.

Not interested in perfect alignment; **interested in how it feels**. She loves playing with voice, sequencing and music. This way, we **tune into the same rhythm** where the boundaries between individual and collective merge. That's also why she loves to create Ceremonies.



Her favourite organ?

The Lungs!

Where?

Weingut Tauss, Südsteiermark
2.5 hours from Vienna

When?

15.-18. Oktober 2026

What?

Somatic Movement Immersion
to release

Price?

360€ Early bird
until 21. June 2026
+ cost for accommodation

Payment plans & stipends available



Feeling called to join?

Save your spot now

We hope to see
you soon <3

