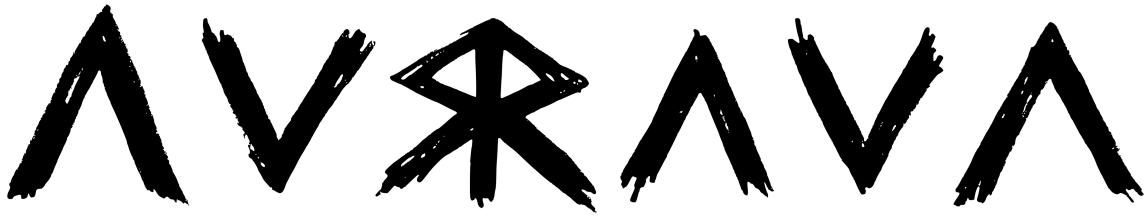


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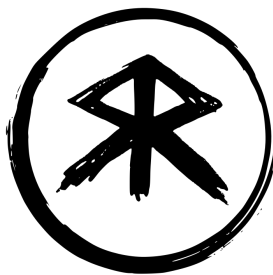


AURAVA

Nature
Sound
Being human

March 2023

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Table of contents

1. Vision	Page 4
2. Who we are	Page 5
3. Raising awareness of the collective nature deficit syndrome	Page 7
4. Our Values	Page 9
5. Our three pillars	Page 10
5.1. Nature	Page 10
5.2. Sound	Page 10
5.4. Being human	Page 10
6. Im-pulse	Page 11
7. Infrastructure and Location	Page 12
8. Finances	Page 12
9. Sponsoring association and donations	Page 13
10. Detailed services and offers from Aurava	Page 14
10.1. Nature	Page 14
Cultivation according to permaculture/Demeter standard	Page 14
Courses and workshops on the theme of nature	Page 16
Recognize, use and integrate the original and secondary herbs	Page 16
Fruit tree pruning and care courses	Page 16
Natural stone carving and masonry courses	Page 17
Survival week	Page 17
Retreats	Page 17
Fasting weeks	Page 17
10.2. Sound	Page 17
Sound effects	Page 17
10.2.1. Individual treatments	Page 19
Sound massages	Page 19
10.2.2. Offers for groups sound experiences	Page 19
Sound meditations	Page 19
Sound journeys	Page 19
Sound concerts	Page 20
Singing circles	Page 20
Sound improvisations	Page 20
Tone	Page 20
Soundscapes	Page 21
Special sound offers	Page 21
Energize through sound	Page 21
Metallic sound experience	Page 21
Instrument manufacturing	Page 21
External sound services for companies	Page 21
10.3. Personality Development	Page 22
10.3.1. Shamanic Wedding Ceremony	Page 22
10.3.2. Species-appropriate pregnancy and child guidance	Page 22



Phase 1 Tantric fertilisation for couples	Page 22
Phase 2 Pregnancy and Preparation for Birth	Page 23
Phase 3 Tantric birth	Page 23
Phase 4 Baby support	Page 23
Phase 5 Early childhood care from 2,5 – 6 years of age	Page 23
Phase 6 Species–appropriate child guidance from 6 – 12 years	Page 23
11. Studios/Cultural Spaces/Events	Page 24
Studios	Page 24
Culture weeks	Page 24
Festival	Page 24
Special celebrations	Page 24
Courses and Workshops	Page 25
12. Summary	Page 25

Appendix
On demand



1. Vision

The Aurava Association embodies the realization of our vision. Our vision is to revive a way of life that has long been lost. We create a place where people can experience BEING human again. This is an important task for a healthy society.

The focus of our community is music, nature, culture and personal development.

The appreciation of the abundance of nature and the holistic healing through music and sound are our central concern.

These areas flow dynamically into each other in our place of power and complement each other. Our doors are open to people who feel drawn to unfold here. We offer a creative platform for services in the holistic health field.

Our paradise lives from the desire to live in a community with different generations and to act as a meeting place.

Our oasis is a place of inspiration, inner and outer growth, love, synergy, magic and joy of life.



2. Who we are

Ava Runa

Sound therapist and creative thinking force offering sound journeys and harmonizing sound treatments, singing daily, "running the show" and always ready for change.

Short Bio:

She sees balancing therapeutic aspects and health benefits with relaxation and a sense of well-being as a special task in her vocation.

After successfully completing her training as a certified sound therapist at the Nada Brahma Academy in Schwangau (D), she is working as an independent sound guide. Music is the center of her life and the medicine of the future. Its comprehensive effects in all areas are proven and measurable. Sound treatments bring all body systems holistically into harmony.

Before becoming self-employed, she worked as a salaried remedial teacher in the city of Bern and decided to leave the school system. During her pedagogical career she worked part-time as a cultural mediator at the Museum Franz Gertsch in Burgdorf. In addition, she completed extra-occupational training as an astrological-psychological consultant. This helped her to develop her personality and to deepen her understanding of the psychology of human behavior.

In her private life she loves to read, hike, dance and bring people back to the forgotten magic of life.

Personal Thought Prompts:

"Creativity is chaos and order at the same time. From the spontaneous moment of chaos, a new order organically emerges. Every day holds new opportunities to exercise our creative power. Aurava is such a place of power, of contentment and of one's own rhythm."



Aurelio Weibel

Master gardener and executive, teaches people about sustainable species-appropriate interaction with nature, is a guitar virtuoso and is up for many adventures.

Short bio:

After commercial high school, he completed his broad-based education in horticulture at the Oeschberg School of Horticulture and then went into business for himself. He enjoyed passing on his valuable ecological knowledge and his holistic idealism for nature to his garden helpers. This also flowed into the advice he gave to his customers, and as a result he was able to help create ecological and nature-friendly gardens and ways of thinking with his nature-oriented approach. After almost seventeen years of self-employment, accompanied by several instructive and enriching assignments and experiences, he now creates his own garden projects according to permaculture principles. In doing so, the revival of local native plants and natural building materials, e.g. stable natural stone structures without concrete, are close to his heart. Through the realization of community building projects and sustainable building methods, he comes into his own in the field of interpersonal, as well as research, optimization and creation of alternative forms of living.

As a father of two young people, he has made it his mission to communicate his values about people and nature in this technicized, consumerist world. He sees it as a chance to exemplify and pass on this awareness of nature with the Aurava project. Furthermore, as an improvisation artist and guitar virtuoso, he inspires people with intuitive music and sound.

Personal Thought Prompts:

"Buying a property and creating a community has been a big concern for a long time. Whereas I used to come across an interesting property here and there while browsing through the advertisements, today I almost only find requests from like-minded people who want exactly the same thing: A place of peace, and intact nature, to cure the widespread nature deficit syndrome and to decelerate. I also see this clear trend in my circle of friends. This visible demand for such a project motivates me to realize this now with a good team at our side."



3. Raising awareness of the collective nature deficit syndrome

Aurava is a natural oasis with a vision where we live and teach botanical medicine, nutrition, health, Shinrin Yoku and much more to reconnect people with nature and thus with the origin. We help people to come into their power in and with nature.

Mankind suffers from the nature deficit syndrome. The term describes human alienation from nature with the accompanying dwindling sensory experiences, attention problems and an increasing number of physical and emotional illnesses. This can affect not only individuals, but entire families, groups, or even cities and entire societies. Statistics show that where nature is less accessible or less available in cities, crime rates have risen and depression illnesses have increased. Nature is less and less part of the reality of our lives. Children grow up in artificial environments in urban areas and lose access to nature. They have never seen animals like bats, frogs or even cows in the wild, let alone touched them. Even where children are close to nature because they are growing up in rural areas, they are hardly drawn outside anymore. Building tree houses, exploring forests and bird watching are uncool occupations.

Humanity is becoming more and more alienated from the natural way of life into an artificial intelligence. This is increasingly becoming an observable social problem.

Our project Aurava wants to counteract this trend. We create a space in which people can find their way back to the simplicity and naturalness of being human. With our wealth of experience and knowledge of wholeness, we are creating a new world, because only in a world that functions holistically within itself can healthy growth and unconditional healing be fostered. Therefore, the interconnection of cultural, musical and social aspects in Aurava is very important to us.

We provide people with access to indigenous medicinal and food plants through a series of courses and workshops, as well as other programs to reintegrate the healing powers of nature into life. Conservation, biodiversity, biodynamic cultivation and holistic ecology are important themes in bringing the interconnectedness of nature back into people's awareness.



In our store people have the opportunity to buy sustainable locally produced food and get an overview of the variety and production possibilities of natural products. In the bistro we serve visitors and course participants with varied and seasonal food and drink.

We cultivate a botanical herb garden and various greenhouses with local healthy and seasonal products.

Aurava distinguishes itself with an extensive collection of medicinal plants, a pharmacy for the production of herbal teas and other preparations, as well as gardens with culinary herbs, vegetables and berries exemplary and forward-looking for sustainable and holistic health.



4. Our Values

We live the following values in our Aurava community:

We live in harmony with nature and are a diverse community.

We use resources collectively and share the work of cultivating our future-oriented biodynamic permaculture land.

We maintain a recreational, learning and meeting space with a bistro/restaurant, as well as a small regional retail store.

We offer future-oriented and holistic health promotion through sound-therapeutic offers, natural healthy nutrition and nature experiences.

We promote the attractiveness of the region through agritourism and agricampeggio (camping and glamping) and thus increase the regional added value. We create jobs in the region (p.e. janitor, receptionist, gardener, cook, administration, room cleaning).

We promote cultural exchange thanks to workshops and work-on-hand for helpers in the permaculture garden.

We design our land using ecologically sustainable construction methods. This includes the installation of a solar system, rainwater collection and our own biological sewage treatment plants, sustainable forms of heating and shared vehicles.

We cook mainly vegetarian food. Local and naturally organic food is a key concern for us. We use what nature gives us on our property and process this into delicious products.



5. Our three pillars

Aurava offers three enrichments that flow holistically into each other.

5.1. Nature

We strive for self-sufficiency through gardens based on the principle of permaculture. We offer forest products and produce local natural products and food. We run our own medicinal mushroom production. We incorporate renaturation approaches and ideals. Our infrastructure offers a platform for consultations as well as workshops.

5.2. Sound

Sound meditations, sound journeys, sound improvisations, jams, chanting, tones, sound concerts as well as singing circles are held regularly in large or small group rooms or in the surrounding nature. There are various individual treatment offers with the following instruments: Sound massages with singing bowls, gong, shaman drum, monochord, tuning forks, crystal singing bowls, overtone singing and didgeridoo. Customized workshops are offered in every imaginable combination. Aurava offers a field of research and play for healing frequencies.

5.3. Being human

Living with daily mindfulness and being in the moment and in the body creates contentment, relaxation and clarity. Holistic development on the level of mind, body and soul are important components of personality development for us. This includes the awareness of root traumas from childhood, the art of relationship well-being and the species-appropriate accompaniment of children. We pass on our knowledge from our wealth of experience. This takes the form of courses, workshops, group events, couples counseling, and much more. For this purpose we engage specialists and guest speakers.



6. Im-Puls

At Aurava, one is immersed in an energetically positively charged vacuum force field, in a microclimate of subsistence, a world in which one can feel at home and arrive at oneself. Aurava offers a space for retreat (withdrawing from the normal) and time-out (letting time out).

A retreat is a time to step out of your everyday life and be open to quiet reflection and listening to what life is telling you.

It is a time of renewal and learning and can be a time of rest and restoration of heart intuition and reconnection with one's soul voice.

Taking time out from eating habits triggers a digestive cleanse and can generate reserves of strength as well as lead to greater clarity of mind. At Aurava, we cook with the naturally available plants around the house. Local, organic and with lots of benevolent energy.

Often people come to a retreat after rushing through their weeks and lives, finally arriving at themselves exhausted and drained.

Sometimes, due to commitments and work and family responsibilities, time away is the only way to take a real break.

Aurava time-outs help people to look at their lives in a more relaxed way, to recharge their batteries and to recognize what the next step is.

Experience yourself anew!



7. Infrastructure and Location

We would like a property that is easily accessible by car. The main house has numerous rooms for at least 25 guests, seminar participants and internal members. A seminar room, or a suitable room to be developed for group events, is essential. The infrastructure of the property and real estate offers capacity to animate various studios. The kitchen is large enough and central. There is also a barn or an outbuilding, which is also suitable for expansion or can be used as a workshop.

The property has its own water source for the supply of fresh and healthy drinking water. There is a small watercourse on the land or adjacent to it, with natural dammed pools for recreation and swimming.

The land is at least 2ha with fruit trees and a vegetable garden. The forest is adjacent and there are existing old and shade trees. The nature is intact and a great biodiversity is present. The terrain is terraced and suitable for the construction of platforms and mobile housing. There is hardly any electrosmog.

8. Finances

Aurava is self-sustaining and strives for self-sufficiency through the following services and income sources:

Our sound healing services fund a portion of our infrastructure maintenance and staff costs.

We offer trainings, retreats, seminars and workshops for personal development and nature awareness.

We sell our locally produced natural products in our farm store and feed our visitors in our bistro.

The infrastructure offers a room for guest speakers and studio space. These are rented out for functions and various events (concerts, festivals and lectures) or organized and carried out ourselves. The catering of the visitors brings further income.



We also generate income with overnight stays, catering and corporate events.

Through the profits of our project Aurava we guarantee our further development and optimization.

In order to realize our vision, we are initially dependent on donations from companies and private individuals as well as foundation funds.

The budget and financing plan as well as the profit/loss statement can be requested on demand.

9. Sponsoring association and donations

As a platform for fundraising and loan management, we have founded the association Aurava with headquarters in Baar (see statutes and general meeting attached).

The members of the association have various advantages in the Aurava project and are kept informed about the process of the project.

Major donors are mentioned by name and thanked on our homepage and on the welcome board on site.

Further information you will find here www.aurava.love



10. Detailed services and offers from Aurava

Our three main areas are explained and presented here.

10.1 Nature

We strive for self-sufficiency through gardens based on permaculture principles. We revive forgotten plants and processes, offer forest products and produce local natural products and food. We manage our own medicinal mushroom production. We incorporate renaturation approaches and ideals.

Aurelio Weibel, self-employed horticulturist, is in charge of this area. He has specialized in natural gardens and sustainable species-appropriate handling.

Cultivation according to permaculture/Demeter standard

Due to today's conventional cultivation and monocultures, artificial fertilizers are needed in agriculture, as the soils are quickly depleted. This means that the plants lack natural beneficial insects and nesting opportunities. Thus, no supporting plant communities can be formed and poison must be used.

We do not use these unhealthy products on our organic areas. Various pioneer projects prove a chemical-free way, as for example the work of Sepp Holzer. With him, at 1200 meters above sea level, various edible and useful plants have become permanently integrated into the ecosystem.

The procedure in permaculture is first to observe the land carefully, to check the soil properties and quality, to see what is already growing, how the climate, weather and solar radiation behave, etc..

In a second step, small farm animals are allowed to dig up and fertilize the garden area before being let out to graze near the fruit trees. Then a seed mix of various native and ancient edible and useful plants is spread.

Where the seed falls and it germinates well, healthy plants emerge in just the right place at just the right time for them. As a result, the plants have the optimal conditions and are spared from slug damage, since slugs only eat weak and ailing plants. From the sown plant genera only a certain part will grow, because only for them the optimal conditions are fulfilled. As a result, enough plants of one genus grow to be shared with pests. In



addition, the pests always attract beneficial insects and are often not only harmful. They bring valuable substances to the soil and decompose dead plant parts to form nutrient-rich humus.

Nature always balances itself out. It is counterproductive when we intervene and try to control nature (poison, artificial fertilizers, etc.). The symbiosis that is formed with the pests/beneficial insects, or garden friends, on the other hand, rewards us. Let's take the example of bees in a well-functioning ecosystem: they will reward us with good and healthy honey as a thank you for the chemical-free blossoms, moreover they pollinate our fruit trees. In the case of the hedgehog, it is his commitment to decimate us the slugs and other parasites, for which he only needs piles of branches and leaves, as well as wild hedges. Thus, the leaves and fallen branches can be left. Everything is allowed to be as nature intended and does not give us a lot of extra work, as we are accustomed to in conventional gardening. It is a give and take.

Plant communities

Another subject to which attention is paid, are plant communities. There are various plants that help and encourage each other, and of course there are also harmful neighbours. If you pay attention to such connections, you can once again do without artificial fertilizers and toxins.

Once a plant genus has integrated itself in this paradise, there will be enough specimens, so that the plant spreads even further by self-seeding, in addition to the needs of man and the share for the "garden friends". A seed that lands on the ground through self-seeding will grow in the best place for it in the best conditions, there will be healthy plants and the cycle is closed.

Courses and Workshops on the subject of nature

Recognize, use and integrate the original and secondary herbs

Many of our "weeds" (better ur-, or by-herbs) are forgotten medicinal plants. They have disappeared from our menu and our medicine cabinet, although they are stubbornly appearing everywhere. Could it even be a gift from the universe? By their almost obtrusive appearance they try to draw our attention to their importance and health.



Observations have shown that the reason for their multiple appearances can even be interpreted as an indication of a problem or illness of the garden owner. If, for example, a particularly large number of spurge plants appear in one year, this may be a hint or call to treat skin diseases with this healthy milky plant sap.

Deficiency symptoms due to an unbalanced diet can be counteracted by eating herbs rich in nutrients and minerals.

Fruit tree pruning and care courses

This course will introduce fruit trees and their care. The following questions will be highlighted in the course: How do I identify "water shoots" and fruiting wood and how do I promote fruit yield and reduce growth? How do I deal with pests and attract beneficial insects? When do I prune each tree and when do I break buds or flowers and when is this even necessary? The connection between bees and healthy fruit is also shown.

Natural stone carving and masonry courses

Here we teach how to build stable nature-, and beneficial insect-friendly walls, stairs and pavements from native natural stones without concrete. (Example of a natural stone wall building workshop on demand.)

Survivalweek

Experience days and nights in nature free of technology, mobile phones and everyday stress, make ropes from nettle fibers, start fires with rope and sticks, make cutlery from wood and stones, natural and simple water filtration, outdoor overnight stays and much more.

Retreats

Retreat from everyday stress without noise, exhaust and electrosmog in a nature-friendly environment with healthy food. Optional offers: Sound healing and yoga.

Fasten weeks

Purification and fasting with accompanied nutritional counselling and intensive engagement with the second brain: the intestine. Including four yoga sessions and two sound experiences.



10.2. Sound and Music

Regularly sound meditations, sound concerts as well as singing circles are held in the large or small group room or in the surrounding nature.

Ava Runa, sound therapist, leads the sound and music area. She offers sound massages and other sound therapy treatments in the designated therapy room.

Sound effects

Music and sound are the medicine of the future. It is scientifically researched that music and sound as well as singing promotes the very own self-healing powers.

In many cultures, sound is considered the origin of all being. Everything in the universe is vibration, everything is energy. Many indigenous cultures have long known about the healing effects of sound. Thus, music and sound have been used as medicine since early times.

Sound works on all levels of our being (body, psyche and soul). Since our body consists to a large extent of water, the whole body is brought by sound up to the cells into oscillation and gentle vibration. So first everything is stirred up and then brought into a new order.

Sound can touch us deeply, improves body perception and the regulation of the nervous system. The self-healing process is promoted. Blockages can be released and energy can flow again. Sound leads to a deeply relaxed state and helps to reduce stress. It supports the reconnection to oneself, one's core, one's soul essence and thus promotes trust in oneself and life.

Through our offerings, visitors can take the time to fully surrender to the sound of the vibrations in a relaxed atmosphere. This enables a beneficial deep relaxation, leads to a centering of consciousness and supports the activation of self-healing powers.

Through the sound and the vibrations of the played natural sound instruments, such as singing bowls, drums or gongs, a natural sounding order is created, in which one can immerse oneself with the instruments rich in overtones. This brings body, mind and soul back into harmonious balance.



When body, mind and soul come together anew, old tensions can be released. For many people, this is the beginning of a tangible process through which what has fallen out of order can be restored to its natural, original state. The positive effects on health, strength, energy and motivation ultimately lead to a noticeably better quality of life.

10.2.1. Individual Treatments

A detailed description of the individual treatments can be requested on demand. The following individual treatments can be booked at Aurava:

Sound massages

The following sound massages are offered as services:

- Monochord treatment
- Tibetan singing bowl massage
- Tuning fork treatment
- Didgeridoo treatment
- Shaman drum treatment
- Overtone singing
- Gong treatment

If desired, various instruments can be combined with each other. Thus an individual sound experience can be offered.

10.2.2. Offers for groups sound experiences

The following offers for groups can be booked with us:

Sound meditations

Sound meditations with natural sound instruments are offered regularly every week. Visitors experience the healing effects of instruments tuned to 432Hz, which bring the entire body system into harmony, promoting greater serenity, deep relaxation and health. The sound meditations are led by Aurelio and Ava and for visitors it is a wellness experience in which deep insights are triggered. The personality is strengthened and the focus on solution-oriented possibilities for action is generated.

Sound journeys

Instrumental sound journeys can also be booked for private group events upon request. Participants are in a comfortable lying position with eyes closed. They experience deep relaxation and the healing frequencies of the



natural sound instruments. Catering available upon request. This offer is a nice combination in addition to yoga sessions.

Sound concerts

Sound concerts are offered by our community and various external artists. Thereby our collection of instruments complements them as needed. These concerts are accompanied by live electronic elements (synthesizers and music software).

We provide the space for the event and provide the visitors with local homemade healthy food.

We offer our artistic repertoire whether acoustic healing or electronic dance for external events. For more information on our glittering sound, please visit www.aurava.ch.

Singing circles

Singing circles take place weekly and are very healing for a person's psyche. Through the voice and the sounding, negative cell memories are dissolved and released. The person feels empowered by the group frequency and deals with life's challenges more consciously and mindfully.

Sound improvisations

This is a platform for anyone who wants to improvise with various instruments in a group setting. This creates a group harmony and all participants experience the empowering feeling of musical expression. This leads to more satisfaction and strengthens self-confidence.

Tone

Blockages are sung, toned and moaned out of the body. There is no right or wrong in this. It is about freeing the voice and giving space to our feelings. Through the attention we give to the individual parts of the body and sing with healing energy, these limiting feelings in the cells can dissolve. This group experience is accompanied by an instrument. By sounding together, the healing effect is especially effective for all participants.

Soundscapes

Sound creates beautiful sound pictures with sand or water. The geometric order is restored. Through our installations sound becomes visible on metallic supports with sand or in water containers. The optical aesthetics is extremely soothing.



Special Sound offers

Energize through sound

By consciously energizing water, objects and edibles, good energy and positive vibrations are supplied through harmonious sound. The positive effect of sonication and good coaxing has been proven in various water studies, such as Masaru Emoto's research.

Metallic sound experience

Various interesting sounding bodies made of recycled metals make the environment on our property an experience.

Instrument manufacturing

In our workshop, novel instruments are built from various natural materials.

External sound services for companies

The musical services explained above are also offered by us externally. We offer health promotion for employees through sound meditations in combination with yoga, e.g. during the lunch break. Sound therapeutic offers and sound journeys for wellness institutions on site cover another area. In addition, we create individual music for telephone waiting loops of companies. We are open to various other sound services on request.



10.3. Being human

The expansion of consciousness is the third point in focus. A life with daily mindfulness and meditation of being in the moment creates a satisfaction, relaxation and clarity. Holistic development on the level of mind, body and soul are important components of personality development for us.

This includes the awareness of the root traumas from childhood, the sexual healing of the wrong values in this regard, the relationship prosperity and species-appropriate accompaniment of children. For this we have researched different methods and pass on our knowledge to others from our wealth of experience.

Shamanic rituals and methods make a valuable holistic contribution to our consultations. This in the form of courses, workshops, group events, couples counselling and more. This area will naturally form and unfold with the requests for our guidance. To this end, we will also call in specialists on various psychological topics.

10.3.1. Shaman wedding ceremony

We offer specially composed unconventional wedding ceremonies and shamanic rituals. These are created individually and intuitively with all participants and performed by Aurava.

10.3.2. Species-appropriate pregnancy and birth support

Our offer serves all couples who want to enjoy species-appropriate pregnancy and birth support. Your child will be born as a human being, with species-appropriate birth and species-appropriate behavior and approach of the parents. All phases are accompanied with individual sound offers.

Phase 1 Tantric fertilization

In the first phase the couple learns tantric love techniques for fertilization. This process involves a lot of patience with oneself and the partner, self-reflection of feelings as well as transformation of pain in the penis and vagina, empathy with the partner, empathy and mutual promotion, acceptance of the body, development of a new body feeling and increased sensitivity. Communication with the soul of the child, invitation of the child, fertilization through total surrender at the right moment.



Phase 2 Pregnancy and Birth preparation

In the second phase the couple learns all the important physical and mental preparations for the birth. The couple learns to enjoy the pregnancy in a species-appropriate way, with relaxation techniques, breathing exercises, sound accompaniment, voice development through specific exercises with the personal keynote and singing for the child's soul, species-appropriate techniques to experience a painless orgasmic birth, water birth preparation, hypnosis techniques for the painless birth, selection of the species-appropriate midwife, body care through vegan nutrition, laughter therapy, color therapy, tantric communication with the partner and the child. Preparation of the home for the tantric birth with checklist of all necessary preparations.

Phase 3 Tantric birth

The birth is accompanied by our natural midwife. After the birth, coaching is accompanied by weekly consultations and feedback.

Phase 4 Baby companionship

Through the acquired tools, the parents can now accompany the baby with tantric energies. They understand the species-appropriate communication with the child, behave according to the recommendations of the species-appropriate child rearing. Beforehand, the parents read the book „artgerecht“ – das andere Babybuch by Nicolas Schmidt. Bonding tips, baby care, feeding, breastfeeding, sleep, holding/diaper-free, carrying, species-appropriate play, situational aids, baby communication. If questions arise, an appointment is booked for consultation with Aurava. This guidance is offered for the first 2.5 years.

Phase 5 Early childhood companionship from 2,5 – 6 years

After 2.5 years of age, species-appropriate coaching can be continued. The counselling sessions are arranged individually.

Phase 6 Childhood companionship from 6 – 12 years

After the age of 6, species-appropriate coaching can be continued. The counselling sessions are arranged individually.



11. Studios/Cultural rooms/Events

Studios

On our property there is a spacious meeting area with a communal kitchen, several guest rooms and rooms for the community, a large attic for our offers, a therapy room and studios with different areas.

In the outbuildings there is a workshop, a working laboratory and event rooms. If more studios and working spaces are needed, yurts or construction tents can be made available. These may be used by our guests and workshop participants.

Cultural weeks

Twice a year the Aurava Culture Weeks are held. During these weeks, the doors are open to everyone for a week, so that visitors can get an insight into our field of activity and the work of the artists who live with us. Thus, a cultural exchange and market takes place, where works of art can be purchased. This week is accompanied by local food and performances.

Festival

Twice a year the big Aurava – Festival is held according to our guidelines. The first time in the middle of May as the "fruitition festival" and the second time as a „harvest festival“ in autumn. A rich food offer from our own garden and from the neighbourhood (external providers) round off this experience in addition to the musical offer.

Special Events

On the equinoxes, as well as the winter and summer solstices, festivals and ceremonies are held to honour this special time.

Courses and Workshops

For all our offers, courses and workshops are held by us and guest speakers in our cultural spaces, e.g. drumming course in the forest. The premises can be booked by external organizers for private or public events.



12. Summary

The Aurava Association embodies the realization of our vision. Our vision is to revive a long lost way of life that is close to nature. We create a creative place where people can experience BEING human. This is a very important task for a healthy society.

We create a retreat. A retreat is a time to step out of your daily life and be open to reflection and listening to what life is telling you. It is a time of vital renewal and learning as well as a time of rest and restoration of health.

Our goal is to pass on tools and experiences for people to become healthy again, to connect with nature, internalize it and return to their environment strengthened in its effectiveness. There, these people continue to inspire others and carry Aurava's vision out into the world.

