



HOTEL AM BADERSEE

ZUGSPITZDORF GRAINAU



GET INSPIRED WITH NATURESPONSE®

OPEN-AIR MEETINGS

NATURE RESONANCE TEAM PRACTICE WITH





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Dear guests,
Dear event planners,
Dear trainers and organizers,

NATURESPONSE® is a combination of group practice out in the Nature to boost your team spirit and company growth, and a new way of thinking for individual awareness.

In a natural environment humans develop a notably stronger feeling of presence and awareness, they tend to build a collective structure and easily define common goals. The exercises in this brochure can be integrated in your event as a team building activity or a group workshop. Suited for groups up to 50 people, they are easy to organize and would require no additional costs. Due to this brochure that we provide to group supervisors, each group can start out for practice independently. The two different NATURE RESONANCE rounds will take you around Lake Badersee. The only requirement for the participants is sturdy footwear and weather-appropriate clothing.

We wish you lots of success with your team practice.

Yours sincerely,
MICE Team - Hotel am Badersee

OPEN-AIR TEAM ACTIVITIES & WORKSHOPS

NATURE RESONANCE EXERCISES WITH



The two Lake Badersee Rounds with Nature Resonance Exercises: RELAXED RECREATION and EMPOWERED COMMITMENT – will take your group further.

The successful future belongs to functioning communities of individuals that are able to build successful communication patterns. The turquoise Lake Badersee with its round walk presents itself as a seasonal nature show completed with an impressive panorama of Mount Zugspitze in the backdrop. Use it as a new creative form of group building powered by the Nature itself: NATURESPONSE®, or just the movements following the impulse of the Nature, work as naturally as the Nature itself! You will feel already from the first station that your “I” systematically becomes a “WE”. The feeling of belonging comes into focus due to visibility and feedback from each individual – because everyone is needed!

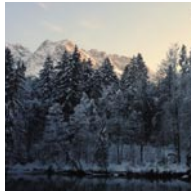
Similar to Lake Badersee, that is fed by internal headwaters instead of external inflows, our whole Nature Resonance practice boosts the group power with each individual’s internal

resources and their current mood. And exactly the way the Nature around the Badersee transforms itself to every season and time of the day, you can start out for group practice anytime.

To provide an inspiring and sustained frame for your event, we have developed two rounds, with seven exercises per round that make a “flow”. Mind that every single round and every repetition at a given time of the day will produce a different effect – with an individual result depending on the situation. Choose your options and see for yourself:

- Which round does my group need at the moment – RELAXED RECREATION or EMPOWERED COMMITMENT?
- Which exercises present a quick and efficient starting or closing of the day?
- Which exercises could – also as repetition – enrich your day structure, here or in your usual office?

Use the natural creativity and intelligence our body develops in resonance with the Nature.



RECOMMENDATIONS

FOR USE IN GROUPS

How do I get the most out of this brochure?

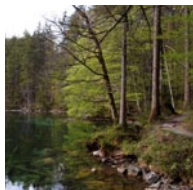
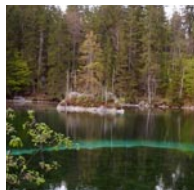
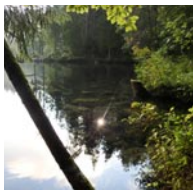
- Familiarize yourself with the stations and the exercises, choose the stations or a whole round according to the desired **effect and time frame**. **Communicate** the procedure and time frame to your group.
- **Exercises** make sense daily, e.g. at the start and/or closing.
- Make sure your group is **open to practice Nature Resonance**.
- Groups **exceeding 10 people** get divided, individual guide is required for each subgroup.
- Decide and **communicate in advance, whether or not you would share your experiences**, and which way.
- Make sure group members can align their experiences in a **safe atmosphere**.
- **Respect the Nature and the animals, stay on the path** - unless the instructions are different.
- For a **long-term effect** and best memories: switch your mobile phones to flight mode.

Due to slow movement and long standstill phases, it is recommended that participants wear weather-appropriate clothes and footwear, and get enough to drink.

BADERSEE ROUND FOR TEAMS

TO LET IT GO





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NATURAL RELAXED RECREATION

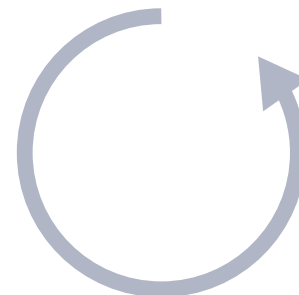
For a sustained vitalizing effect you need both: strain and relaxation, incitement and release.

The Nature Resonance Round **counter clockwise** around Lake Badersee beginning with the "VIEW SPACE 1" exactly boosts the **ability to release, stay free and open for new things in life** – individually and as a group. The "Badersee Nymph" salutes you from the crystal-clear water as a model for relaxation...

Too little time?

For all those who don't have time for the entire NATURAL RELAXED RECREATION TRAIL, we recommend the following steps for a relaxed start, a refreshing break in your day program or a convivial closing:

VIEW SPACE 1  or FREE STYLE Trail .



NATURAL RELAXED RECREATION



1 VIEW SPACE 1 | RELEASE & GET LIGHTER

BACKGROUND: Before a new beginning, it makes sense to get “empty”.

BREATH: Breathing with your gut – deliberately let your breath go deeper in your gut, focusing your attention inside while breathing IN with: “Let...”, and breathing OUT with “...go!”.

MOVEMENT: Free swinging: swing your arms with individual tempo around the vertical body (release) – find your own right movements, or swing forward during breathing OUT and imagine every time that you give something away and get lighter.

BADERSEE ROUND FOR TEAMS

TO LET IT GO



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2 ROCK SPACE | GIVE AWAY WEIGHT, FEEL STABLE

BACKGROUND: To obtain lightness, it helps to regularly give away your weight to feel your own force and stability.

BREATH: “Earth breathing” – breathe IN and imagine the air gets in your body through your feet, then breathe OUT through your feet as well.

MOVEMENT: Giving away your weight: with one or both arms lean against a rock or a tree and slowly push against it. Ideally, do it with sufficient ankle stretching to get a better feeling of your own force!



NATURAL RELAXED RECREATION

Example Character Tree



Central Stone



Example Character Tree



Example Character Tree



3

FOCUS SPACE / MIRROR SPACE |

UNEXPECTED SEEING & ACCEPTING

BACKGROUND: For the inner balance you need to come to peace with everything that doesn't go as expected.

BREATH: During a slow 360° rotation on the central stone breathe without pausing IN and OUT ("breath wheel") to catch a flow that brings inner quiet and awakens your attentiveness.

MOVEMENT: From the central stone choose one of the surrounding character trees and let the tree work. Strain and relax your both hands: "I come to peace with ..." (e.g. sidedness, misalignment, competition, overstraining, lack of space, being ignored, etc.)

BADERSEE ROUND FOR TEAMS

TO LET IT GO



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4 U-TURN | CHANGE PERSPEKTIVES, WIDEN YOUR VIEW ANGLE

BACKGROUND: Changing perspective makes you feel awake and alert for everything happening around you. Approach the forest as you go to the “closed” lake cove first, then turn around and approach the lake with a new view angle in the “open” – feel the difference!

MOVEMENT: Nordic Walking technique with your fingers spread, first focus to swing your arms back (let it go), then starting from the U-turn focus to swing your arms forward (opening) – probably with a smile?

BREATH TIP: Start to breath more intensively from the U-turn point!



NATURAL RELAXED RECREATION



The earthy hollow to the right of the path

5

BALANCE SPACE | FROM EARTH & WATER

BACKGROUND: Learn to percept natural elements as a source of power.

BREATH: At the “earthy spot” on the right of the path as a compact group standing close to each other: count to 5 while breathing IN and take the same duration to breath OUT. In between, count to 5 to stop your breath and enjoy this “inner balance space”.

MOVEMENT: Each person finds their position on the lake shore with slightly bouncing soil. The hands embrace an imaginary ball, lift it from the ground to the height of your heart, and push the ball forwards in the direction of the water - and then again over your heart back to the ground. Your hands work autonomously so you will hold the ball the right way depending on whether you lift or push it. Try it a few times and discover your right “ball size”.

BADERSEE ROUND FOR TEAMS

TO LET IT GO



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6 EASY WALK | TRUST YOUR OWN AGILITY & FLEXIBILITY

BACKGROUND: This breath and fine motor skills path enables trust in your own attentiveness, agility and flexibility.

MOVEMENT: Walk on the roots in even, light steps until your body naturally develops more attention when walking. Try to walk this way without stepping on the Nature's feet – when there are no more roots on the path. Swing your arms to gain more movement. How do you adapt yourself to the things that come in real life? Do you feel they are easy to cope with?

BREATH TIP: Find your right breathing rhythm: are there 4, 5, 6 or more steps during breathing IN and how many are there during breathing OUT?



NATURAL RELAXED RECREATION



7 FREE STYLE TRAIL | DEMONSTRATE & INTEGRATE ALL YOU HAVE

BACKGROUND: “That’s ME!” – a present for your group: Let the participants show themselves with movement and phantasy on the small Free Style Trail to the left of the Badersee round walk!

BREATH: Take 3 quick intensive breaths at the start and there you go!

MOVEMENT: Each person gets a “catwalk” to fit their unique “free style move”: with full body use or rather minimalistic, smooth or powerful? On agreement, the group awards everyone with (silent) attention or applause.

BADERSEE ROUND FOR TEAMS

TO BOOST



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NATURAL EMPOWERED COMMITMENT



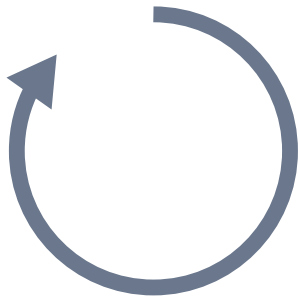
NATURAL EMPOWERED COMMITMENT

For a sustained group effect “in one strand” you would require a common view and a natural connection:

The Nature Resonance Round **clockwise** around Lake Badersee begins with the **Y/N PREFERENCE TREES**. It makes individual positioning possible and visible, and offers exercises that **connect and boost the team feeling**. Team practice feels even more authentic here on the lake ground, as the Nature itself functions as a connected community!

Too little time?

For all those who don't have time for the entire NATURAL EMPOWERED COMMITMENT TRAIL, we recommend the following for a dynamic start, a refreshing break in your day program or a uniting closing: the Y/N PREFERENCE TREES **1**, the GOAL TREE **2** or the FIRE ROCK **3**.



BADERSEE ROUND FOR TEAMS

TO BOOST



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1 Y/N PREFERENCE TREES | SEE & MANIFEST YOUR INTERNAL OPINION

BACKGROUND: The internal opinion on chosen questions can be truly manifested - by each person for themselves or in the group.

MOVEMENT: Select two trees with a few meter distance to each other and attribute the values of YES=100% and NO=0% accordingly. Ask the questions that are currently relevant for your group. Alternatively, each team member can ask a personal question to the whole group, which can be answered with YES or NO, or with a percentage value. Next, everyone finds their own "opinion position" between the two Y-100% and N-0% poles. Stopping position changes with a signal adds even more dynamics to the exercise. There should be no "undecided", as the neutral middle is inhabited by a small fir tree.

BREATH TIP: A joint loudly audible breathing OUT is recommended at the start, as well as between the questions, in order to get free for the next question.



NATURAL EMPOWERED COMMITMENT



2 GOAL TREE | FOCUS ON THE ESSENTIAL

BACKGROUND: The “Curve Tree” is as non-linear as the life itself and can provide exciting findings as the GOAL TREE (OF THE DAY).

BREATH: Smooth gut or heart breath – deliberately focus on conducting your breath in the direction of your heart or in the gut area to support the “moment of truth”.

MOVEMENT: At the same time look for your individual position, with your eyes on the tree in the center, keeping the defined topic or question in mind. As soon as everyone has found their standpoint, let the constellation work in silence or exchange your impressions. Possible questions: “What do we believe as a team, what unites us? Are we really living our values? How closely connected do we feel on the topic X (...)?”

BADERSEE ROUND FOR TEAMS

TO BOOST



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3 FIRE ROCK | RECHARGE & CONNECT WITH THE GROUP

BACKGROUND: Use the power of the rock that has lots of experience behind it.

BREATH FOR EVERYONE: “Fire breathing” – with powerful straining of your gut muscles in the direction of your spine, the breathing OUT goes automatically. Attention: extremely invigorating, 10 repetitions in 3 blocks.

MOVEMENT: Individual “free style” winner sidestep with your back to the fire rock, everyone looking at the lake. BRAVO!



NATURAL EMPOWERED COMMITMENT



Accepting Spot



Giving Spot



4 GIVING / ACCEPTING SPOTS | USE YOUR BODY INTELLIGENCE

BACKGROUND: To consciously experience your own attitude to giving and accepting, use these spots on the lake shore: the “green space” below the trees – corresponding to accepting – or the “wild root spot” – corresponding to spreading or multiplying.

MOVEMENT: Find a spot for yourself and open your arms as wide as you can from your body (=spread), or move your arms from outside to your body (=accept). By changing your position a few times in combination with both “diagnostic movements”, your body intelligence tells you the best way to do it.

BREATH TIP: Active breathing with your upper breast – to keep your head busy in the meanwhile, count the breath length in seconds in order to extend the breathing OUT.

BADERSEE ROUND FOR TEAMS

TO BOOST



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5 MY BEST PLACE! ON THE WATER ROCKS |

GET POWER ON THE RIGHT SPOT

BACKGROUND: We show ourselves with our positioning - the positioning shows the person.

MOVEMENT: With your head and body feeling: How much risk would you take to get the desired “best view” spot? What is the limit for your curiosity and joy, at which particular moment does it get stressful? By smartly changing your focus, you can take the pressure away. How far is everyone busy with their own positioning, how much attention they pay to the others and what happens when “my best place” is no longer available?

BREATH TIP: When every group member has discovered and occupied their place, use a signal for everyone to focus on the thought “I AM” while breathing IN, and pronounce “WE ARE” while breathing OUT.



NATURAL EMPOWERED COMMITMENT



6 LIFE-IS-LIFE TREE | TRUST THE POSITIVE LIFE DYNAMICS

BACKGROUND: More courage and composure about your own singularity makes things simpler and clearer – as individual as well as in a group.

BREATH TIP: With your eyes on the tree, breathe IN and think: “Who or what am I really?” and while breathing OUT let your mind produce new answers every time, stay open for surprises: “Life is Life and ME is ME!”

MOVEMENT: To complete, make a step with your group to help strengthen the thymus gland. Looking at each other, let everyone tap in the middle of their thorax as a “tribe drum concert” – how loud are WE?

BADERSEE ROUND FOR TEAMS

TO BOOST



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7 VIEW SPACE 2 | SEE & SHARE VISIONS

BACKGROUND: Visions with radiant power for the future need a space with a perspective and a huge portion of inner purity. The starting point to embark for the Next and the New is every single one of us...

MOVEMENT: Get a stable standpoint that corresponds to openness for positive, new things. Then spread your upper body by stretching your arms on the sides, and hold this position as a group for some time. Then let the participants briefly share their impressions about their position and the common picture in a few words.

BREATH TIP: Multiple breathing rounds with the whole team, keeping eye contact with each other and focusing your mind on "I am here!"



This project is a cooperation with NATURESPONSE®
NEW MOVEMENT IN RESONANCE WITH THE NATURE
www.sabine-schulz-kommunikation.com/naturesponse



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