

DIES & DAS

Meditative hike

**DATES**

 09.11.2025 10:00 – 12:00
23.11.2025 10:00 – 12:00

ADDRESS

 6356 Rigi Kaltbad
Switzerland

CONTACT

 0754140755
 y.ziegner@posteo.com

Meditative hike

Guided hike through the Rigi autumn forest

Take in the green of the trees, listen to the birdsong, feel your steps on the earth and perceive the scents of nature. With simple physical and perceptual exercises, this hike offers you the chance to reconnect with the earth, the cosmos and yourself.