Green Touch Bodywork®

Somatic Experiencing® and Green Touch Bodywork® Supervision

The Quiet Season



Rest is how the body comes home

What the winter forest can teach our nervous system



Dear Friends,

Outside my window the forest has gone quiet. The trees are not dying. They are resting, drawing their strength down into the roots.

Our nervous system knows this rhythm too. After a full year, the body asks for slowness, warmth and time. When we listen, we can come home to ourselves, and meet ourselves and others with love and compassion.

I invite you to give yourself this quiet season.

— Arthur Munyer

What winter teaches the nervous system

Rest is not laziness
A settled nervous system is the ground where clarity, warmth and connection can grow.

Slowness lets the body catch up
When we slow down, the body has time to finish what it started and to settle again.

Warmth invites safety
A warm room, a kind voice, a hand that simply rests. The body notices all of it.

Roots grow in the dark
Like the forest in winter, much of our deepest change happens quietly, below the surface.

A SMALL PRACTICE

Three minutes for a dark evening

1. Sit or lie down somewhere warm.
2. Rest one hand gently on your navel, the other on your chest.
3. Let your breath move under your hands. No need to change it.
4. Notice one thing that feels okay right now, and stay with it.

WINTER AT HAUS LÖWEN

Your home away from home

Winter is the quiet season in Hundsbach: frost on the meadow, the horses grazing in the low sun, time to step out of everyday life.

Come for a single session, or stay 3 days, a week or a month in your own private room with a kitchen.

Please get in touch for available dates.

Arthur Munyer

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Haus Löwen · Hundseckstraße 10 · 76596 Forbach-Hundsbach · Black Forest

BOOK A SESSION

+49 176 64 32 71 56 · arthurmunyer.de