

---

# *Finding the Red Thread*

## *Creativity, Passion, and the Dance of the Feminine*

*In Einsiedeln, Switzerland, May 21 - 28, 2024*

---

*with Marlene Schiwy & Sheila Langston*



courtesy of Valérie Dumas: <https://www.valeriedumas.fr>

*On foot*

*I had to walk through the solar systems,  
before I found the first thread of my red dress.*

*Already, I sense myself.*

*Somewhere in space hangs my heart,  
sparks fly from it, shaking the air,  
to other reckless hearts.*

Edith Södergran

In childhood we know what we love and long for. Our hunger for life is passionate and fierce. Through the years we lose the vivid certainty of what it is we love the most, what thrills our heart and senses, what brings us ecstasy and joy. We spend our lives yearning to reclaim the pure passion that ignites our bodies and souls, inspires our creativity, and brings us fully alive.

Come and join the circle of reckless hearts as we gather in Einsiedeln to celebrate the red thread of our creativity and passion for life. Through movement and writing, breath, sound and song, dreamwork and active imagination – we will write, dance, and sing our way back to the vibrant red thread at the heart of our existence.

Pack your suitcase, journal, and dancing skirt for the journey of a lifetime. Our schedule will allow time and spaciousness to wander through the streets of Einsiedeln with your notebook (or with other reckless hearts!) and stop at the Café Tulipan for afternoon cappuccino and apple strudel or poppy seed cake. Come discover what awaits you in Einsiedeln – in both outer and inner worlds.



---

## Registration and Cost

---

This program is open to anyone who has done a previous program with one of the instructors or by telephone consultation. If you are interested in participating please contact us by email or telephone.

The registration fee is all-inclusive except travel costs (see below).  
A nonrefundable deposit of \$500 is due at time of enrolment.

Private room paid in full before February 1st, 2024: CAD \$3650 in Canada;  
USD \$3650 outside Canada

Private room paid in full after February 1st, 2024: CAD \$3875 in Canada;  
USD \$3875 outside Canada

Registration fee includes:

- Seven nights accommodation in private room with bathroom
- All meals, from dinner on May 21st through breakfast on May 28th, 2024  
(7 breakfasts, 7 lunches, 7 dinners)
- Workshop tuition
- All materials and supplies
- List of recommended reading

Registration is complete upon full payment and written agreement to program conditions, as stated on the registration form. In case of cancellation before March 1st, 2024, 50% of your payment will be refunded. Due to costs incurred, no refund is possible after March 1st, 2024. (Please consider purchasing trip cancellation insurance.)

\*Participants are responsible for travel costs.

### PLEASE NOTE:

Participants are free to contact Hotel Allegro and arrange to arrive a night early if desired. Reservations and payment for the additional night must be arranged directly with the Hotel Allegro. Please contact the Hotel as soon as possible since space is limited - [info@hotel-allegro.ch](mailto:info@hotel-allegro.ch).

In the unlikely event that one of the instructors had to withdraw from the program, alternate arrangements would be made and the workshop would proceed as scheduled. No refunds would be issued.

The accommodation and meal portion of the registration fee is based on the exchange rate between the Swiss franc and the dollar. If this rate should change significantly before April 1st 2024 it may be necessary to make a slight adjustment to the fee and you would be notified.

---

## Location

---



An hour's train ride from Zürich, Einsiedeln is a beautiful Swiss village at the foothills of the Alps, surrounded by mountains and lakes, forests and hiking trails. At the heart of the village is Einsiedeln Abbey, the famous Benedictine monastery dating back to the 10th Century, and dedicated to "Our Lady of the Hermits." Its stunning Baroque church holds the chapel for the Black Madonna where the monks sing vespers in praise of the dark feminine.



Einsiedeln has many cozy cafés and tea rooms that are ideal for writers. An important stop for pilgrims on the ancient Camino pilgrimage route, it is also home to Daimon Press, the revered Jungian publisher, which we will visit one afternoon so we can browse through the feast of Jungian books. We will also make a pilgrimage to Küsnacht and visit the home of C. G. Jung, which opened to the public in March 2018.

In a beautiful workshop room surrounded by fields, forest and lake, we will dance, write and sing our wild way back to the red thread at the heart of our lives.

## Accommodation and Meals

We will be staying at the Hotel Allegro, a short walk from both the train station and the beautiful Benedictine Abbey. All rooms have private bathrooms.

We will be sharing meals in a private dining room. Meals are served buffet style and food is abundant and delicious. The typical Swiss breakfast buffet includes coffee, tea, juice, yoghurt and fruit, a variety of cereal and muesli, fresh baked breads, eggs, cheeses, and cold cuts. Vegetarian lunches and three course dinners include salad bar. Please let us know of any dietary restrictions or food allergies on the registration form.

## Schedule

Participants should plan to arrive in Einsiedeln on May 21st, 2024 in time for the Welcome dinner at 6 pm. Our workshop will begin at 7:30 pm. A detailed schedule of the week will be sent to all registrants.

Our final session will take place the evening of May 27th. Breakfast the next morning is included in the fee. Participants can plan to depart Einsiedeln on May 28th. Information regarding travel from Zürich Airport will be sent to registered participants.

---



---

## The Instructors

---

Sheila Langston is a practicing Jungian analyst in Vancouver. Trained in Zurich, with a background in theatre and dance, Sheila offers a unique blend of body, voice and psyche in all her work. She works with individual clients in person and via Zoom, and has lectured and taught internationally for many years. As well, Sheila leads study groups, locally and online. Myth and dreams, creativity and the expressions of the soul are the cornerstones of her work and of her life.

Her website is [www.sheilalangston.com](http://www.sheilalangston.com).  
Contact Sheila at [sheilangston@gmail.com](mailto:sheilangston@gmail.com)  
or call 778-239-8774.

Marlene Schiwy, Ph.D, has led women's writing circles, Jungian workshops and body soul writing retreats in Canada and internationally for more than three decades. With extensive background in literature, music, and depth psychology, Marlene has published three books and many articles. Her current focus is a Body Soul Writing Teacher Training Program for women. Soulwork and a lifelong love of the creative process have been the essence of Marlene's life and vocation.

Her website is [www.marleneschiwy.com](http://www.marleneschiwy.com)  
Contact Marlene at [mschiwy03@gmail.com](mailto:mschiwy03@gmail.com)  
or call 604-734-3554.





---

# *Application and Registration*

---

Finding the Red Thread  
Creativity, Passion, and the Dance of the Feminine  
Einsiedeln, Switzerland  
May 21st - 28th, 2024

Name:

Complete mailing address:

Telephone:

Email:

Contact person and telephone number in case of emergency:

\* Please list titles and approximate dates of courses, workshops, or retreats you have previously done with Marlene or Sheila.

\* What draws you to this workshop at this time in your life? What are your hopes and expectations?

\* Please describe any forms of creative expression and soulwork you are currently engaged in (for example: writing, voicework, art, movement, dreamwork, etc.).

\* Please describe any previous acquaintance with the work of Jung or Jungian writers.

---

## Application and Registration - Page 2

---

- \* Do you have any health issues or physical limitations we should be aware of?
  
- \* Please describe any allergies or dietary restrictions you may have.
  
- \* Is there anything else you would like us to know?
  
- \* Please note that in the unlikely event that one of the instructors had to withdraw from the program, alternate arrangements would be made and the workshop would proceed as scheduled. No refunds would be issued.
  
- \* Program fee, before February 1st, 2024: CAD \$3650 in Canada; USD \$3650 outside Canada
  
- \* Program fee, after February 1st, 2024: CAD \$3875 in Canada; USD \$3875 outside Canada
  
- \* A nonrefundable deposit of \$500 is due at time of enrolment.
  
- \* Registration is complete upon full payment of tuition fee and written agreement to program conditions. In case of cancellation before March 1st, 2024, 50% of your payment will be refunded. Due to costs incurred, no refund is possible after March 1st, 2024. (You may want to consider purchasing trip cancellation insurance.)
  
- \* Please sign and date below to indicate that you understand and agree to these conditions of registration.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

IN Canada you may pay by e-transfer or personal cheque. Please contact Marlene.  
OUTSIDE Canada please pay by Paypal or bank transfer. Please contact Sheila before making payment.

Marlene Schiwy  
104-2890 Point Grey Road  
Vancouver, B.C. Canada V6K 1A9

To send this form electronically, please complete, sign, and scan, and send to Marlene at:  
mschiwy03@gmail.com