

Creative Process-Seminar 7.26. - 8.1. 2026  
in the Ticino Mountains / CH



with Sonja Seng & Regula Friedli

# CREATIVE-Seminar from July 26th – August 1st 2026 in Ces - Ticino (CH)

## Somatics & Tamalpa Life/Art Process® in Nature with Sonja Seng & Regula Friedli

### A Creative immersion in the Ticino mountains:

We start the day feeling fully refreshed: after an invigorating shower under the nearby waterfall, Regula welcomes us to morning **Qi Gong** on the wide mountain meadow plateau of Ces.

Sonja then guides us into **The Creative Process**. Alone, in pairs, or in a group, we immerse ourselves in the surrounding nature. We let ourselves be inspired by the landscape — by the plants, animals and the elements with their very own rhythm and movement.

Based on these body-oriented encounters, we develop "scores" (creative instructions) for our joint improvisations. Whether through dance, drawing, writing or photography — the expression of bodily experience within nature is diverse, unique and immediate. No prior experience necessary. Our sources of inspiration are the "**Nature Explorations**" of the artist couple Anna & Lawrence Halprin (Tamalpa Institute, California) and the "**iLANDing Project**" of the New York based improvisation collective around Jennifer Monson. With a lot of time and space we'll explore and enjoy the beautiful landscape of Ces / Ticino.

### Course leaders:

**Sonja Seng,** Dancer, Body-, Movement- & Dance Therapist, Tamalpa Practitioner,  
M.A.; RMT, ISMETA Arts based research – University Augsburg

**Regula A. Friedli** Tamalpa Graduate, Theater educator, Systemic Forum Theater, [www.theatralis.ch](http://www.theatralis.ch)

**Course costs:** 570 CHF / lower earners / students: 456 CHF, reduction for people from the Euro countries possible on request.

**Accommodation and food** (incl. helping hand in kitchen) / baggage transportation: 520 CHF in a group house or own tent.

**Info:** Sonja Seng: [info-soseng@web.de](mailto:info-soseng@web.de), Tel: +49 (0)551 7707759

**Registration:** Regula Friedli, [www.theatralis.ch](http://www.theatralis.ch), Tel: +41 (0)79 241 91 17

