

## NDB Seasonal sessions - 20230313 Spring

TIME	NAME	DESCRIPTION	ADDITIONAL INFO
17:00 5m	<b>Start &amp; welcome</b>	Draw something related to spring Hold it to the webcam	
17:05 2m	<b>Wordcloud</b>	What rhymes with spring?	
17:07 7m	<b>Turn to your neighbour</b>	Share a spring memory inspired by a word in the wordcloud in snapshots (2 min intro & 5 mins in b/o)	
17:14 5m	<b>Bitterness</b>	Apparently, according to traditional Chinese medical therapy (春 chun 夏 xia 蘇su 松 song), eating bitterness in spring is effective for detoxification in order to remove the waste of body accumulated during the winter.  Invitation: bring back something bitter to taste, go slow while searching...	
17:19 3m	<b>Ritual</b>	Show what you have 3,2,1. take a bit together.....	
17:22 6m	<b>Solo reflection</b>	<ul style="list-style-type: none"> <li>• What toxins have you accumulated throughout the winter months?</li> <li>• What is the bitter lesson because of it?</li> <li>• What would you like to release and what would you like to keep thanks to the bitter lesson?</li> <li>• in 1 sentence: I come to bloom when.....</li> </ul>	
17:28 3m	<b>Artefact</b>	Search for 3 items to symbolize: <ul style="list-style-type: none"> <li>• release</li> <li>• keep</li> <li>• blossom</li> </ul>	
17:31 8m	<b>In pairs: why why why</b>	Listen to each other's sentences (7 minutes)	
17:39 3m	<b>All</b>	After this exploration, what shifts within you? How do you notice that?	
17:42 10m	<b>Open sharing</b>	Open sharing: everyone shares and everyone witness	
17:52 5m	<b>Check-out</b>	Snuggle time	
17:57			

TOTAL LENGTH: 57m