

NATUR - SOUND - HUMANITY

AURAVA

Project Presentation



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VISION

About Aurava

Our oasis is a place of inspiration, inner and outer growth, love, synergy, magic and joy of life.

The focus is on music, nature, culture and personal development.

Appreciation of the abundance of nature and holistic healing through music and sound are of central concern to us.

In our place of power these areas flow dynamically into each other and complement each other. Our doors are open to people who feel drawn to unfold themselves in our magical place. Our event hall offers a platform for workshops, gatherings and services in the holistic health sector.

Our paradise desires to live in a community with different generations and acts as a meeting and recreation place.



Who we are

Team

Aurelio Weibel

Master Gardener
Guitarvirtuoso
Adventurer

Aurelio Weibel, master gardener helps humans to reconnect with nature in sustainable interactions, is a guitar virtuoso and is available for many adventures.



Ava Runa

Sound Master
Astrologer
Dancer

Ava Runa, a sound therapist, offers sound massage and other sound therapy treatments, sings daily, dances like a thunderbird, runs the store and is always ready for a change.

MISSION BACK TO NATURE

Countering the Nature Deficit Syndrome of Mankind

Aurava is a natural oasis with a mission where we live and teach botanical medicine, nutrition, health, forest bathing, reconnecting to the source. A place to heal and reconnect people with nature. We help people to regain their power in and with nature.

We provide people access to native medicinal and food plants through a series of classes and workshops and other programs to reintegrate the healing powers of nature into daily life. Conservation, biodiversity, biodynamic cultivation and holistic ecology are important themes in bringing the interconnectedness of nature back into people's awareness.

In our store people have the opportunity to buy sustainable locally produced food and get an overview of the variety and production possibilities of natural products. In our bistro we serve visitors and course participants with varied and seasonal food and drink.

We cultivate a botanical herb garden and various greenhouses with local healthy and seasonal products. Aurava stands out as exemplary and forward-thinking for sustainable and holistic health with an extensive collection of medicinal plants, a pharmacy for making herbal teas and other preparations, and gardens with culinary herbs, vegetables and berries.

Our mission is to preventively counteract the growing nature deficit syndrome of the population and help people to become aware of it.



AURAVA VALUES

We live in harmony with nature and are a diverse community through our intermingled generations. We use resources collaboratively and share the work of cultivating our forward-thinking biodynamic permaculture land.

We offer forward-thinking and holistic health promotion through sound therapy services and nature experiences.

We maintain a recreation, learning and meeting place with restoration, as well as a small regional sales store.

We promote cultural exchange through workshops and work-on-hand for co-workers in the permaculture garden.

We promote the attractiveness of the region and agrotourism and agrocampaggio, thus increasing the regional added value. We create jobs in the region (e.g. reception, cook, gardener, room cleaning).

Ecologically sustainable construction methods are important to us. This includes the installation of a solar system, rainwater collection, our own biological plantsewage treatment and a sustainable form of heating, as well as shared vehicles.

OUR TREE PILLARS

Current offers



**Nature
Permaculture
Garden Designs**



**Sound healing
Sound experiences**



Being human

OUR THREE PILLARS

Nature

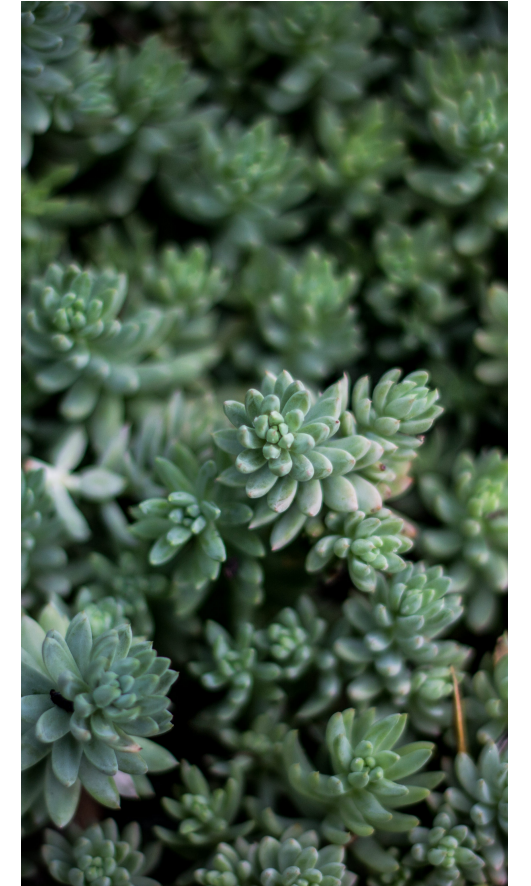
We cultivate self-sufficiency through our garden according to the principle of permaculture. We offer forest products and produce local natural products and food. We run our own medicinal mushroom production. We incorporate renaturation approaches and ideals into our land design. Our infrastructure offers a platform for consultations as well as workshops by external experts.

Sound

Sound meditations, sound journeys, sound improvisations, jams, chanting, tones, sound concerts as well as singing circles are held regularly in rooms or in the surrounding nature. There are various individual treatment offers with the following instruments: Sound massages with singing bowls, gong, shaman drum, monochord, tuning forks, crystal singing bowls, overtone singing and didgeridoo. Tailor-made workshops are offered in all imaginable combinations.

Being human

Living with daily mindfulness and meditation of being in the moment creates contentment, relaxation and clarity. Holistic development on the level of mind, body and soul are important components of personality development for us. This includes the awareness of root traumas from childhood, sexual healing of false values in this regard, healing of the voice, relationship prosperity and species-appropriate accompaniment of children. For this we have tested different methods and pass on our knowledge from our wealth of experience to others. Shamanic rituals and other methods make a valuable holistic contribution to our consultations. Those take place in form of courses, workshops, group events, couples counseling, and much more.





Help us to create a new world

SUPPORT OUR PROJECT

Write us: aurava.love@gmail.com



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