



# Info for UHT Instructors CNT Practitioners UHT and CNT Trainees

## 01 Why come together?

UHT Switzerland offers this meeting opportunity to create space and time - to see each other as the UHT Community Switzerland.

- get to know old and new UHT instructors
- exchange and share how things are going for us and what we are doing
- reconnect with the practices
- inform about changes in the UHT branches
- find out about interesting events

## 02 The place ?

Bern is centrally located and about the same distance for everyone and there are rooms available where we can meet. The meeting point will be communicated one week before the meeting date, as it may vary depending on the size of the group.

## 03 Time ?

- 16.00 - 16.15 Arriving
- 16.15 - 17.00 Sharing
- 17.00 - 18.30 Meditation, Massage, Information etc.
- 18.30 - 18.45 Closing
- 19.00 - ? "Option" - we go for a dinner together