

GROWTH EMBODIED

Learning through Kinesthetic, nature
and ritual based approaches

CALL FOR PARTICIPANTS

The project "**Growth embodied**" is an eight days training course in the frame of Erasmus+ program that will take place in Germany, from 1st to 10th of May 2018 (travel days included).

This training is designed for youth workers, trainers, educators, NGO leaders, and more generally for people who are willing to:

- explore the **expressive potential of the body** through Contact improvisation and dance
- develop a **strong presence** through performative arts
- spend time outdoor for physical activities, no matter the weather :)
- foster their **sense of community** through ritual based practices
- gather new tools and inspirations for their work and activities with youngsters

The participants must be over 18 years and must be able to understand and communicate in English. Participants can apply to this training if they are travelling from (and to) Germany, Italy, Czech Republic, Poland, Romania, Latvia, Slovenia, Spain, France.

ACTIVITIES - METHODOLOGIES - RESOURCES

During this training course we will:

- explore the **principles of the creative process** - a way to remove mental, emotional and physical barriers in order to bring impression and expression in a vital flow based on Anna Halprins life art process
- investigate ways of authentic expression and conscious connection through **theatre, dance and contact improvisation**
- explore **systemic ritual tools and the medicine wheel** in order to get direction and clarity on our life path. Inspired by rituals of indigeonous tribes (Mexica and Lakota tribes) and body based work with archetypes we will strengthen the connectedness within the community and unleash hidden inner potential
- **play with and within the forest** to revitalize our body and spirits and as source of inspiration and stillness to fully connect to our essence and find out what we really seek for



TRAINERS

Antonio Cargnello (Ita)

Antonio is an passionate trainer who loves to craft experiences for self development, group awareness, creative expression and pursuit of a wise and joyful freedom. He regularly facilitates workshops, for teenagers, students, youth workers and adults, using and mixing his expertise and experiences from theatrical improvisation, contemporary dance, martial arts and contact improvisation.

Caroline Asal (Ger)

As a cultural pedagoge, dance and yogateacher she is working with kids, teenagers, young adults and seniors in order to support them to get in contact with themselves and their vitality. Body awareness, authentic ways of expression and emotional work is the main focus of her work.

Strongly inspired by rituals of indigenous people, she loves to create and facilitate community based rituals in order to awake awareness, connection (between each other, to ourselves and to what surrounds us) and authentic soul-expression.





WHEN AND WHERE

Dates: from 1st (arrival) to 10th (departure) of May 2019

Venue: The training course will take place in Seilbitz (Germany), in Waldheim structure which offer a large green area for activities and forest all around. Participants will be hosted in 2 large rooms (10 and 15 beds).

PARTICIPATION FEE AND TRAVEL COST REIMBURSMENT

Materials, activities, accommodation and food are partially covered by the Erasmus+ grant. We set a participation fee of 150€. We want to offer the opportunity to participate with a reduced fee (100€) up to a max of 8 people with limited economic resources.

The 75% of the travelling costs (up to a max of 275€ for participants travelling from out of Germany) will be reimbursed to the participants after the course.

HOW TO APPLY

If you want to participate in this training you have to fill in the application form available at this link:
https://docs.google.com/forms/d/17atkthiRYryXvt_B6E6epL6iER2Uk4CtOSCYTVk-lsE/

The deadline for applications submission is 28th of February 2019 (included).
The selections results will be published in maximum 2 weeks after the deadline.

Contact:

For further details and questions you can contact the team at: embodiedjourney@gmail.com