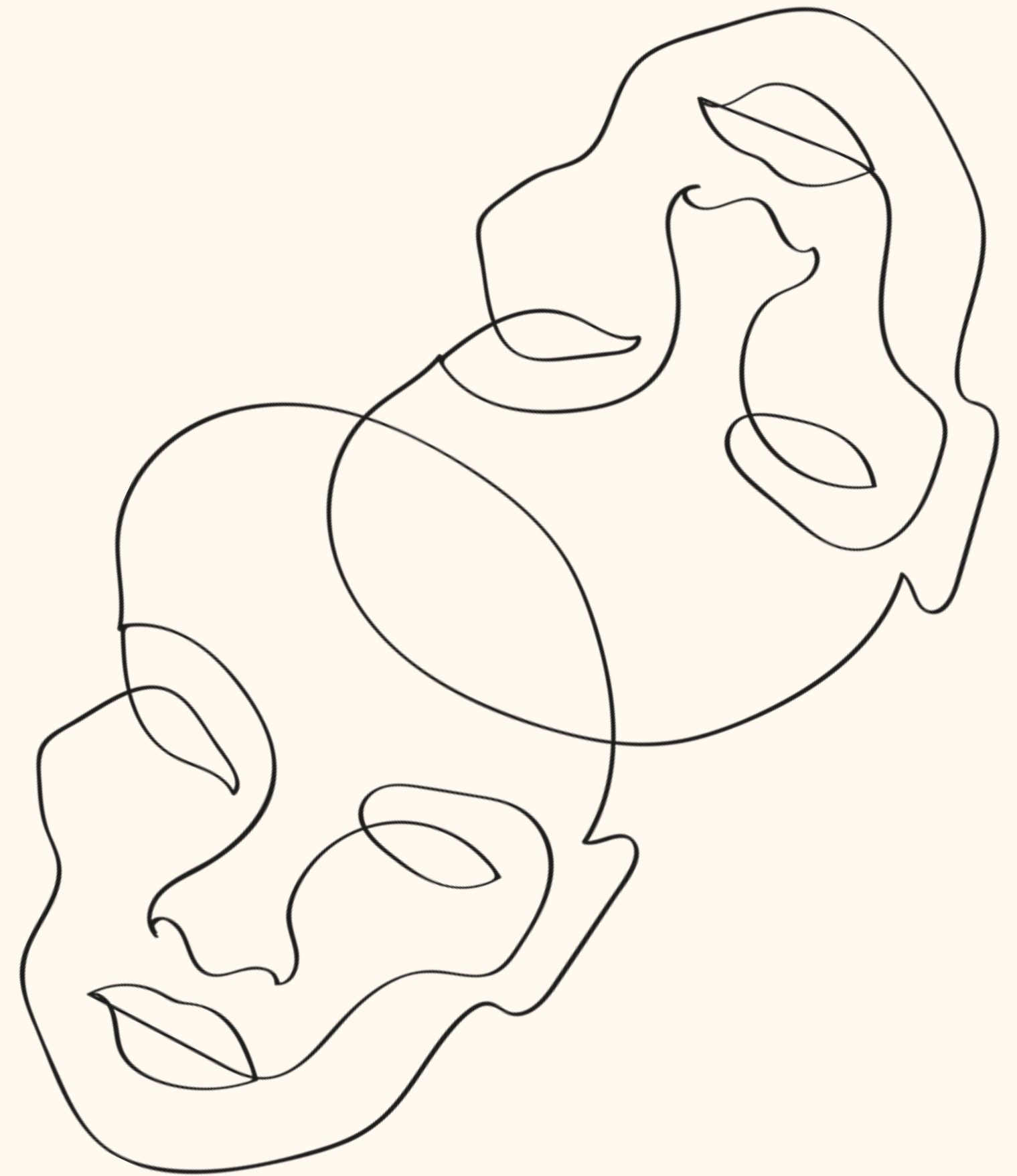


ELEMENTS OF CONNECTION

ONE DAY RETREAT ON HOW TO USE
MOVEMENT IN WORKING WITH TRAUMA

18TH OF APRIL 2022
OMMEN, THE NETHERLANDS



Anatta
FOUNDATION



Co-funded by the
Erasmus+ Programme
of the European Union



The retreat "Elements of connection" is for everyone who wants to know how trauma works. What is trauma? How to recognise it when working with people?

It is especially recommended for people who work with people, such as coaches, youth workers, teachers, managers of teams etc. You will learn how to respond to traumatic reactions and how to use movement in order to reframe the experience of the person.

We meet in the beautiful city of Ommen, in Olde Vechte Foundation, near the river and the forest. Connection to nature is an important element of the event. We have designed the retreat in a way that learning happens with ease, in a playful way.

Our intention is that everyone who attends this retreat will leave recharged, with a sense of peace and connection.

The event will happen in Olde Vechte Foundation, **Ommen, the Netherlands**

18th of April (Monday)

10.00 - 19.30

WHERE & WHEN





PROGRAMME

The retreat is a part of the international project "Wise Mind", funded by the Erasmus + programme. The aim of the project is to support people who face trauma-based behaviours.

10:00 - 11:00 Yoga practice

11:00 - 11:20 Tea & Coffee Break

11:20 - 12:30 How does trauma work

12:30 - 14:00 Home-made vegan lunch under the sun

14:00 - 17:00 Recognising trauma & first response

17:00 - 17:30 Tea & Coffee Break

17:30 - 19:00 Surprise by a guest facilitator

19:00 - 19:30 Closing the day with open sharing

ORGANISER

The event is organised by Anatta Foundation, the Netherlands. The team of the foundation is committed to promoting mental health and well-being. Our method is based on strengthening the connections between humans and nature.

The Anatta Foundation is committed to a sustainable transition to a future in which people are happy, realize their own potential and contribute to the society they want to belong to. And all in harmony with healthy ecosystems.

More about us and our events you can read [here](#).



FACILITATOR

Joanna Nikolova

Joanna is a youth worker and a coach. She works with people from vulnerable backgrounds and expats.

Her background is in Cultural Anthropology and Theatre and in the past years she specialized in coaching and Nonviolent communication.

She facilitates training courses on Body Awareness, Conflict Resolution, Communication skills and Theatre of the Oppressed.



REGISTER

REGISTER HERE

The event is fully covered by the Erasmus + Programme. However, the places are limited, so we ask you to register and after you receive an email, to confirm your participation.



connect.thambos@gmail.com

