

Your Heart Beats I - Tamalpa Life Art workshop experience

16-24. July, 2023 Bátonyterenye, Hungary

CALL FOR PARTICIPANTS!

For helping professionals who are interested in developing new artistic approaches to creative resourcing and self-development.



What is Your Heart Beats?

With the implementation of Your Heart Beats! (KA2 small scale partnership project) we wish to address adult educators and helping professionals working with various target groups through the 2 x 7 days residential learning activities. The overall goal is to increase their resilience skill set and well being to be able to integrate it in the field of work and personal life.



INTRODUCTION of the 7 days workshop experience:

This first seven days workshop “Your Heart Beats I” Alive Arts will be introducing the Tamalpa Life Art Process®

Tamalpa Life /Art Process ® is an internationally recognised expressive arts approach, which combines movement, visual art, and creative writing to access the innate wisdom of the body and the transformative power of the imagination. This work supports personal, interpersonal and social change, teaching new models of health, education, psychology and art.

The Tamalpa Life Art Process offers embodied creative Life Tools to enhance personal growth and professional development. A holistic approach to support physical, emotional, mental health and Wellbeing.



Creative director of State Theta Galleries www.statetheta.com and Alive Arts, Audicia Lynne Morley RSMT RSME has been working in the field of movement based expressive arts for the last 30 years and is programme director for Tamalpa UK.

The proposed programme (the schedule is subject to change):

[Your Heart Beats I. proposed activities.pdf](#)



About Tamalpa UK:

Tamalpa UK is a social enterprise that launched in Folkestone's Creative Quarter in April 2012. It is one of five international "Tamalpa branches" invited by the Tamalpa Institute in California to teach the Level 1 Tamalpa Life Art® training programme. The other four branches to launch are in South Korea, Germany, Latin America and France. Tamalpa UK's programme maintains the high standards of an Approved Training Programme of the International Somatic Movement Education and Therapy Association (ISMETA). Tamalpa graduates who have completed all 3 Levels of the Tamalpa training meet all requirements to become Registered Somatic Movement Educators (RSME) and Therapist (RSMT)

More information: www.tamalpa-uk.org



CURRENT EVENT DETAILS

- Facilitator: Audicia Lynne Morley, Scotland www.statetheta.com
- **Arrival date: 16.07.2023**
- **Programme days: 17.07 - 23.07.2023**
- **Departure date: 24.07.2023**
- **Venue: Három Kincs Völgye, 3078 Bátorfyerenye, Bükkvölgyi major 1., Hungary; https://haromkincsvolgye.hu/index_en.html**
- Participants: 24 participants.
From **Hungary, Slovenia, Romania, Bulgaria, Portugal, Spain, Italy**

PARTICIPANT PROFILE

- **Trainers, social workers, psychologists, teachers.**
- Helping professionals working for **3-5 years** continuously on the field.
- Helping professionals/volunteers/members/staff of partner organizations.
- Having a medium / good level of English.
- Able to participate during the whole “Your Heart Beats I.” training course.



CONDITIONS

The Your Heart Beats I programme is financed by Erasmus+ and requires co-funding from your side. **All costs related to board and lodging will be covered by Erasmus+. Travel costs to Hungary will be reimbursed up to 100%** if you manage your travel in the allocated budget and upon the presentation of the tickets, invoices and proof of payment. Whilst from your side, there is a **50 EUR participation fee (contribution to the program) to be paid**. Further details will be sent to the selected participants.

The **allocated travel budget** are as follows:

Country of origin	Maximum travel budget / person
Hungary	20 EUR
Italy	275 EUR
Portugal	360 EUR
Romania	180 EUR
Spain	360 EUR
Bulgaria	275 EUR
Serbia	180 EUR
Slovenia	180 EUR

HOW TO APPLY?

Till **2nd of June** please fill in the online application form at:

<https://forms.gle/VvwML1FX9xKuE9WV9>

You'll be informed about the results of the selection by **5th of June, 2023** the latest.





MORE about the organizer Origó Múhely:

The Origó Múhely/Origo Workshop was founded in 2021 summer as a registered Nonprofit LTD. organization, however many of its original members had already been developing and testing mental health and related non-formal (online and offline) methods for more than 10-15 years. The aim of the workshop/organization is to create space and time for well-being, recreation and resilience building for young people and for their youth workers, psychologists, social workers, teachers, youth leaders. Its ars poetica is to find inner balance, healthy relationships in life and in purpose (work), run sustainable life, and the ability to resource oneself and others.

Website: www.theorigoworkshop.com

About State Theta Galleries:

State Theta Galleries was founded in 2008 as a dedicated centre for the development of movement, health and the arts in East Lothian, Scotland.

The vision of the Galleries is to support personal, community, and professional development through offering high quality and diverse artistic programmes in the Creative and Healing Arts in addition to hosting Exhibitions, Special Events and a Complementary Health Practice.

www.statetheta.com

About Alive Arts:

Alive Arts is a creative social enterprise company based in Scotland supporting personal, professional and community well being through the arts, healing practices and indigenous wisdom teachings. Founded by Audicia Lynne Morley RSME RSMT to develop a synthesis of transformative practices and innovative approaches designed to enhance health and well being and Arts for Peace practices. www.alivearts.org

FURTHER INFORMATION

For further information please contact :

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