

# Soulmerge

Training Course  
Buchov, Czechia

26 August - 1 September 2024



Erasmus+

CARE HUB



# Premise

Youth belonging to marginalized groups are much **less likely to experience a successful transition to adulthood**, disabling them from participation, independence and self-sufficiency.

We realise how much we as **youth workers ourselves are affected by our own biases**, stereotypes, and prejudices towards disadvantaged groups, and how it hinders our capacity to support them.

It is important to focus on this issue and **get tools** that will help us to **advocate for all young people**, regardless of their background or identity.

Research suggests that yoga can help us to be **fully present with the human being in front of us**, as well as **regulate our emotions and deal with stressors**.



# Aim of the project

- To **introduce yoga philosophy and methodology** into European youth work,
- To **deconstruct the out-dated limiting attitudes** towards yoga and mainstream it in European youth work,
- To **explore, provide, exchange, and develop innovative educational approaches** that we can use in order to improve our work with youth that is subject to prejudices and discrimination,
- To **increase our capacities, motivation, and wellbeing.**




# Learning

- how to **use yoga, breathing techniques,** and other related practices in youth work,
- how to **address biases and stereotypes** in youth work,
- developing **innovative approaches to support marginalized youth,**
- how to promote **inclusive practices,**
- how to integrate yoga to enhance **wellbeing.**



# Overview

Training will be held in **English**.

 The training is **children friendly** = parents can apply ([LINK](#)) to bring their kids, we will provide care and support during training sessions.



## Buchov, Czechia



26. 8. – 1. 9. 2024

- Arrival day: 25. 8. 2024
- Departure day: 2. 9. 2024



# Location

See <https://www.centrum-buchov.cz/>

- The venue is surrounded by forests and meadows, not far from Prague.
- Workshops will be held in spacious room with wooden floor.
- Participants will sleep in shared rooms.
- Vegetarian/vegan food prepared by professional chefs from the facility.

# Meet our team



**Meesha Weingartová**

Trainer

She practices yoga for more than 10 years and she has been attending yoga teacher classes in Ashtanga Shala Prague since 2019. She is knowledgeable on yoga philosophy, exercises, breathwork, mantras singing and ohm chanting, and mindfulness. Michaela has traveled and studied in several different countries, such as Denmark, Sweden and the United Kingdom. She has received her B.A. in Political science and International relations and M.A. in Journalism. She has worked for the last 8 years in Prague as a Project Manager for One World human right documentary film festival, Konsent and the Czechs Government office - Department of equality of women and men. Through these experiences Michaela carries an intercultural mindset and is used to working with people from different backgrounds.

# Meet our team



**Ivan Kobelev**

Trainer

He has been in youth work since 2010. As a freelance facilitator, he has delivered programs in 20 countries, incl. South Africa, Egypt, Russia, for over 70 different youth-led organisations, among them also UN, universities, French-German Youth Office. In 2016-2019, he focused on Peace Education under UNOY Peacebuilders. In 2019-2023, on sexual violence prevention under Konsent. He took part in yoga and meditation silent retreat in Thailand in 2017 and practiced yoga since 2014. He piloted a training combining non-formal education and yoga in 2021. He applies nature based learning, theatre of the oppressed, non-violent communication, mindfulness, and coaching.



# Meet our team



He is a freelance facilitator and project coordinator with over six years of expertise in the education sector, collaborating with non-profit organizations like the Duke of Edinburgh International Award, ReCreativity, and Sytev, as well as corporate engagements. He prepared and implemented numerous Erasmus+ projects. Utilizing methods such as non-formal education, experiential learning, gamification, and digital media. He focuses on offering career counselling and guidance to empower youth in exploring their interests, and pursuing their goals. He also holds a degree in Psychology.

**Richard Kotrč**

Production

# Participants

- Youth workers: Mentors, Volunteers, Social workers, Teachers, Educators
- Resident in any of the 9 countries: Czechia, Estonia, Italy, Spain, Portugal, Slovakia, Poland, Bulgaria, or Belgium,
- Able to work in English,
- Over 18 years old.



# Travel

<b>Country</b>	<b>Travel subsidy</b>	<b>Green travel subsidy</b>
Czechia	23 EUR	-
Slovakia, Poland	210 EUR	260 EUR
Estonia, Italy, Spain, Bulgaria or Belgium	320 EUR	370 EUR
Portugal	360 EUR	410 EUR

# Green travel

Using low-emission means of transport for the main part of the travel, such as **by bus, train, or carpooling.**

If you choose green travel, you can enjoy extra budget for a 1-day stopover on your way to us and back, there is a maximum reimbursement of 45 EUR per stopover (except Czechia).

**IMPORTANT:** You must collect any receipts that you wish to have reimbursed!

# FEE

The course is co-funded by participants' contribution. It is to cover extra costs and to allow participation of those who would not be able otherwise.

However, **money should not be an obstacle** for your participation. Join the course even if you can not pay the fee.

The fee is on the scale of **0-120 Eur** and it is paid in cash during the course.

# Click to apply now

Applications are reviewed on rolling basis so apply without delays.

For further questions you can contact organisers at [carehubcz@gmail.com](mailto:carehubcz@gmail.com)

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