



# Natur-Ally

Erasmus+ Training course

**7 - 16 April 2024**  
**Sattenhausen - Germany**

## Natur-Ally

The project "Natur-Ally" is an eight days Erasmus+ training course, from 7th to 16th of April 2024.

Natur-Ally aims to create a flowing setting that explores the principles of learning by connecting with nature (inner and outside nature) as a limitless guide. The program encourages slowing down, being present, embracing authenticity, and rediscovering our natural rhythm through keen observation of our surroundings.

The advantages of nature-based mindfulness techniques have an impact on the central and vegetative neural systems, boosting vitality and creativity over time, lowering stress, enhancing memory, and enhancing a sense of belonging.

With this initiative, we want to incorporate all of this into youth work and empower it with all of the benefits of these methodologies, which are also appropriate for a larger involvement of young people from disadvantaged backgrounds and support a sustainable approach towards education activities and daily life.

With the term "nature" we refer to a dual meaning, encompassing both our intrinsic human qualities, such as body, psyche, emotions and and the external environment with its natural phenomena. It signifies the interconnection between our inner selves and the ever-changing world that surrounds us. In acknowledging this apparent duality, we embrace a holistic perspective, recognizing that understanding our internal nature is inseparable from comprehending the complexities of the external world.

### AIMS:

1. Improve youth workers' knowledge and skills about Movement, Nature-based mindfulness and the benefits for young people
2. Increase the motivation and inspiration of youth workers to work effectively with enthusiasm and empathy.

### 3. Implement follow-up action plans with young people in the countries involved.

#### 4. Implementing Body-based and Nature-based mindfulness methodology in youth work of all partners organisations.

In this context we have created "Natur-Ally" which aims to improve well-being, adaptability and resilience of 28 youth workers who in turn will be able to create spaces for the positive development of young people, making use of mindfulness interventions through the nature-based approach. Much research shows that mindfulness contributes to cognitive development, skills and performance



## Important Note

This training course is designed to help you explore your body and mind through movement, somatic, breathing, meditation and touch. We will use a variety of techniques, including Dance, Fluentbody, Contact Improvisation, Pranayama, Theatrical exercises, Self-Regulation practices to help you become more aware of your body's sensations, emotions and thoughts.

We also intend to introduce some "challenges": an extended session of Contact Improvisation Jam, an invitation to experience empty belly (aka fasting, at least on meal during the week), early morning group awakening (from shaking movements to meditation).

The training course is open to people (whose focus is working with/for other people) of all ages and experience levels. However, it is important to be open and interested in investigating these approaches. If you are not comfortable with touch or movement, if you are not open to exploration with meditation or working outdoor, this course may not be right for you.

### Working methods

- Dance, Dance, Dance
- Movement and Nature based activities
- Somatic and kinesthetic learning, holistic based education and body expression
- Contact Improvisation, Playfight, Theatrical scores
- Colorful nuances of Yoga, The Art of Doing Nothing
- Experiencing daily Yogic practices as a tool for strengthening

### During Natur-Ally we will:

- investigate your relation to learning and discover the power of non-formal education
- dive into our connection with nature with body-awareness and body-based training
- learn from observation of nature, be inspired by its richness, and collect ideas to adopt in your work and personal life
- explore our inner landscape through dance, contact-improvisation, and somatic practices

community awareness and responsibility

- Early morning challenges
- Movement-Breath-Meditation, energizing the body mind system.

experiment mindfulness in nature and merge in the moment

develop your creativity and your imagination through art

awaken our inner child, learn to play and to open your eyes with curiosity

live a community experience based on cooperation, sharing, and caring

express ourselves with authenticity through time devoted to introspection and sharing circles



### Who is this training for?

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

- Engage in an experience based learning process which involves a holistic examination of oneself
- explore the expressive potential of the body through contact improvisation and dance
- experience meditation and breathing techniques with curiosity and openmindedness
- foster their sense of community
- gather new tools and inspirations for their work and activities with youngsters



### Who can apply?

The training is designed for youth workers, volunteers and those who work with other people. It aims to refresh skills and attitudes to our daily work as well as our personal lives and to the greater world.

We aim to have an overall of 28 participants from Germany, Italy, Slovenia, Czech Republic, France, Poland, Latvia, Greece.

Participants must be over 18 and have a communicative level of English language, so they can participate fully in the program.

We expect you to participate in the whole program. It means coming later or leaving earlier is not allowed. Also prepare for an intensive experience with at least 6 hours of program everyday!

## PRACTICALITIES

Before applying please read all this information

### TRAVEL AND REIMBURSEMENT

More detailed information about the travel reimbursement will be provided to selected participants and will be assisted by the project coordinator.

## WHEN

Arrival day is 7th of April, departure will be the 16th of April.

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## VENUE

The training course will take place in the small village of Sattenhausen in the center of Germany. We will be accommodated in a half-timbered house with modern, simple equipment and shared rooms with bunk beds.

The village is surrounded by a lush forest and field landscape that will allow us to revitalize our bodies and spirits and is a source of inspiration and stillness.

Venue: <http://sattenhausen.de/freizeitheim.html>

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## FOOD

The delicious food will be vegan/vegetarian, prepared with love and care by our cooks. In order to provide and keep a safe and focused atmosphere for everybody we invite you to agree with an alcohol/drugs-free policy during the whole training course.

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The travel costs of the participants will be refunded after the training course usually within 6 - 8 weeks (after participants send all their travel documents and fulfill closing tasks for the project including dissemination).

We highly encourage and support participants to plan Green travel (train, carpooling, bus).

Maximum amounts:

Germany: 20€

Italy, Slovenia, Czech Republic, France, Latvia, Poland & Greece: 275€

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## COSTS

Participation contribution: we offer the opportunity to self assess your contribution in a sliding scale between 100 - 200 euro (to be paid in cash upon arrival). Considering the participation to 8 full days of activities, please choose an amount that responds to your personal possibilities and that matches the values of balance and reciprocity.

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## TEAM



### Caroline Asal

As a cultural pedagogue, dance and yoga teacher 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 and authentic expression.



### Antonio Cargnello

Antonio is a passionate trainer who loves to craft experiences for self development, group awareness, creative expression and pursuit of a wise and joyful freedom. He 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.



### Kristaps Ditke

Kristaps focuses on facilitating the human battery recharge and looking for healthy ways of energy discharge while putting the energy into meaningful expressions that leads towards self development and enthusiasm towards life in general. Kristaps is also Sudarshan Kriya instructor.

## THE CHEF & THE FOOD



### Rafael Seva

Born and raised in the Brazilian Amazon region, has been studying and working in the areas of vegetarian cooking, natural therapies and holistic health for more than 10 years. In 2017 he moves to Portugal and starts a Kundalini Yoga teacher formation at the Ashram Guru Ram Das, moving there after a while and leading the kitchen of the ashram with the cooking team Dharti Prasad. He has the experience of cooking for a spiritual community as well as for groups and events in Portugal and other countries, integrating nutrition and flavour, enjoyment and consciousness work through serving plant-based food.

**THE DEADLINE FOR APPLICATIONS IS 28TH OF JANUARY 2023.  
RESULTS WILL THEN BE ANNOUNCED WITHIN ONE WEEK**

**APPLY  
HERE**

For further information or questions: [embodiedjourney@gmail.com](mailto:embodiedjourney@gmail.com)

