



Embroiding HEALTH

well-being training & collective **creation**

14-25 july 2025
Cornac, France

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Tiliade mission

Tiliade is a french based non-profit organization connecting creative professionals, artists, non formal educators and trainers working with arts and youth, adults and children, for experiences of co-creation, skill sharing, civic activity and community building.

Embodying Health: **cultivating serenity** through well-being & creativity

We are all becoming aware of the impact that the societal and environmental atmosphere can have on our state of being. A profound sense of helplessness and deep pessimism can be felt. Today, it is increasingly difficult to engage.

This is due to the significant rise in anxiety in our society, particularly among young people.

With Embodying Health, we want to shine a light on this ailment of our time. We aim to open dialogue, provide tools to foster calmness, and, above all, explore ways to talk about it and develop concrete and creative solutions to bring a new sense of serenity to our world.

Embodying Health is a therapeutic and creative retreat that fosters individual responsibility to nourish the collective. Through well-being practices (such as yoga and meditation) and personal creative expression (dance, writing, painting), we will explore, with the help of collective intelligence, the realm of possibilities to create seeds of serenity to sow within ourselves and around us.

Embodying Health will invite 30 youth workers & artists from France, Greece, Poland, Romania, Portugal, Turkey and beyond to a training & residency fostering mental health through somatic practices and collective creativity. **A 10 days co-living & co-creating full immersive healthy art experience!**



Our programme

Mornings will be dedicated to embodied, somatic practices and free creative expression. Afternoons will be time to exchange about personal and collective project evolution in peer groups, sometimes in plenary ; to consult individually with Embodying Health trainers and/or to join technical workshops to enrich your practice. Evenings will be open for participants willing to propose activities to each other.

Day 1 | Who is who?

Day 2 | Embodying Health team building

Day 3 | Somatic Practices

Day 4 | Your heartbeat

Day 5 | Embodying Health storytelling

Day 6 | Embodying Health collective creation

Day 7 | Free day

Day 8 | Embodying Health dream

Day 9 | Embodying Health event

Day 10 | Evaluation & learning outcomes

Learning methods

Our methodology is based on somatic, creative practices, experiential learning (learn by doing it!), interdisciplinary exchange (widen your panel of knowledge!) outdoor education and non-formal education principles (explore the power of collective intelligence!) Participants will learn through testing designed methods and reflecting upon the experience. Using a participatory approach, we encourage the exchange of experience between the participants and with the local community, fostering peer learning. We are looking for diverse participants profiles to foster co-learning and enrich everyone's projects with the expertise and perspective of others, to help you develop a mesmerising collective adventure!



Atypical trainers

Meet here the two pillars of our project, who dreamt it and made it happen. Together, they will host and animate Atypical programme.

Anne Merlin

Anne is a creativity explorer. Whilst studying visual arts and interaction design in France, she discovered the magic of creativity mixed with collective intelligence and social action. Excited about the whole thing, she co-founded Nomadways in 2014 and Tiliade in 2021 where she crafts and animates workshops mixing performing and visual arts, to explore new ways to co-create and learn in Europe and beyond. She lived all over the world, experimenting with ever more creative ways to interact and discover one another in multilingual or non verbal settings. Along the way, she collected myriads of tools & methods for collaborative creation, nature-based learning, emotional intelligence, specializing in storytelling, team dynamics and project design using creativity, movement, emotions and stories to foster well-being, cooperation & social action.

Jayaji Julien Dejean

Jayaji defies conventional categorization. Shaped by societal challenges yet fiercely retaining his integrity and authenticity, he has carved a unique path dedicated to empowering individuals. Jayaji's journey spans diverse disciplines. He has served as a teacher of spiritual practices like Yoga and Flow, alongside artistic pursuits in visual arts, acting, and writing. This multifaceted background, enriched by both triumphs and obstacles, has equipped him with a profound understanding of the human experience. Jayaji's passion lies in transmission, sharing his learnings with attentiveness and empathy. He envisions education as a collaborative journey, guiding individuals towards discovering their agency and responsibility within the world. Driven by the belief that a better world hinges on personal empowerment, Jayaji facilitates spiritual and creative processes. These methods aim to liberate participants emotionally, reignite creative expression, and cultivate a vibrant zest for life.



Atypical location

Atypical activities will take place in France, in the Occitanie region, in the village of Cornac. It is located 6km from Bretenoux-Biars train station, 50km from Brive-la-Gaillarde, 200km from Toulouse, 250km from Bordeaux, 500km from Paris. You can [find it here on the map](#).

Your home

We will host you in the beautiful village of Cornac, close to nature, forest, river streams and lush hills. The accomodation that we offer is rudimentary, please be ready for it. Our home is an ancient farm, with collective dormitory, bathrooms and shared tents, in a 4000m² garden. Sheets are provided and we kindly ask you to bring your own toiletry. Note that there is no WIFI there, nor ATM or shop in the village. We will work in Cornac village ballroom, where our vegetarian meals will also be prepared and served by Camille, our fantastic cook! And an associative cafe will be open every evening.

Occitanie region

Occitanie is one of few parts of France to have it all: the sea, with the Mediterranean coast; the mountains, with the Pyrenees; the city, with its two big metropolises, Toulouse and Montpellier, and the countryside, endlessly rolling out its typical scenery, picturesque villages and protected natural landscapes. This is where, in the greenest heart of the region, Symbiosis will happen.



Travel to our venue

We require all participants and organisers to engage in green travel, using exclusively sustainable low-emissions means of transport such as bus, train or car-pooling (no plane!). You can enjoy up to 6 days of travelling! We will be able to reimburse your travel costs up to a maximum amount of 320€, thanks to the support of the Erasmus+ programme.

Tickets booking & reimbursement

To book your tickets, remember to:

- > arrive on July 14 at 9PM latest in Cornac or Bretenoux-Biars train station
- > leave on July 25 at 8AM earliest from Cornac

Our space is [located here](#).

To join us, book a train going to Bretenoux-Biars on sncf-connect.com

You can also use carpooling services such as blablacar.com

Once your travel plans are set, let us know. We will organise collective pick ups to bring everyone to Cornac for our activities.

We will be able to reimburse your green travel costs up to a maximum amount of 320€. Food, accomodation and activities are provided for free, co-funded by the Erasmus+ programme. Note that we will ask you to organise a dissemination activity in order to get reimbursed for your travel. We also ask for a symbolic donation of 50€ minimum for your participation, deductible from your travel reimbursement. The amount collected will be dedicated to Tiliade team training. It will support our organisation crew to design and propose ever better creative community projects.

To get reimbursed for your transport costs, remember to:

- travel green, using exclusively low-emissions means: bus, train or car-pooling. No plane!
- keep all your original tickets: we will need them for our accounting.
- organise a dissemination activity to share what you learnt during the training



To do know...

If selected, you can now:

1. book your ecological transport to
 - > arrive on July 14 at 9PM latest near Cornac
 - > leave on July 25 at 8AM earliest from Cornac
2. send us your booking info at assotiliade@gmail.com
3. fill in this **participant form**... to confirm your participation!

...And until we meet

When packing, remember to take:

- your toiletry: towel(s), soap(s), ...
- comfortable outdoor and movement clothes
- comfortable hiking shoes
- a headlamp
- your European health insurance card and personal travel insurance info





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TILIADE - collective art
training



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In association with :

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