

Mindful Balance: Exploring Yoga, Wellness, and Plant-Based Living**27 June – 4 July 2025 | Bansko, Bulgaria**

Project Number: 2024-1-BG01-KA151-YOU-000203198

Overview

Mindful Balance is a unique training and self-development event designed for youth workers to reconnect with their inner energy, physical health, and emotional wellbeing. Blending theory and practice, this holistic experience will introduce participants to a deeper understanding of yoga, plant-based nutrition, mindful living, and personal balance.

The programme is co-funded by Erasmus+ and has been made possible despite the generally high market costs for such highly specialised events. Thanks to careful organisation and strong partnerships with field experts, this activity is an exceptional opportunity rarely possible within standard Erasmus+ funding.

This Mobility Project for Youth Workers, co-funded by the Erasmus+ Programme and supported by Champions Factory, aims to foster professional development, international collaboration, and innovative approaches in youth engagement through sports, policy, and cultural exchange.

Project Objectives

- Strengthen international networks among youth workers
- Increase knowledge on innovative youth engagement strategies in sports and education
- Facilitate the development of new youth work project ideas at national and European levels

**Participants' Profile**

The activity welcomes youth workers, trainers, and educators who meet the following criteria:

- Background: 18+ years old, active in youth work, non-formal education, sports, or community development
 - Interest: Highly motivated to expand their skills in youth engagement and international cooperation
 - Experience: Previous involvement in youth work, volunteering, or coaching
- Language: Fluent in English to ensure meaningful communication and engagement
- Ideal participants are open-minded, proactive, and eager to contribute ideas and apply newly gained knowledge within their local communities.

Practical Information

- Location: MPM Hotel Sport, Bansko, Bulgaria
- Dress code: Comfortable and sporty clothes; sunscreen; any personal medication needed

- Application deadline: 31 May 2025 <https://forms.gle/Ddzs4QyH6Pvi7Ugb7>
- Facilitated by experts from Champions Factory and [Vitarama](#)

Programme Elements

- Plant-based gourmet meals, prepared with advanced methods for maximum nutritional benefit
- Natural superfoods and dietary supplements to support overall health
- Daily yoga classes, physical exercises, and aqua-gym sessions
- Relaxation, breathing, and meditation practices
- Guided mountain walks and hikes in the beautiful Bansko area
- Lectures and workshops on nutrition, holistic health, and vegan cooking
- Focus on emotional balance, inner peace, and energy restoration
- Holistic therapies and massages (optional)
- A calm, safe environment with fresh air, pure water, and outstanding natural beauty
- Wellness programmes for detox, rejuvenation, and optional SPA experiences



This is a rare blend of advanced expertise and practical experience, brought together in a secure and inspiring environment.

Costs and Travel

• Participation fee: €200

(This type of event is typically far outside the scope of Erasmus+ funding, but we have secured the funding and it is a rare, exclusive opportunity for participants. The higher fee reflects the exceptionally high real market costs for accommodation, full vegan meals, and specialised sessions with expert therapists and facilitators.). To be paid via bank transfer within 2 weeks before the start of the activity.

- Travel costs: Will be reimbursed according to Erasmus+ rules for distance and country. Before booking, participants must confirm the route, dates and costs with the host Champions Factory. Unconfirmed bookings will not be refunded.
- Insurance: will be covered for the full duration of the activity

Contact

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Don't miss this exceptional experience to learn, recharge, and grow!