

CREATIVE CIRCLES: SOUND, ART & BODY WORK

Organized by
Association Lojtra
and partners

Exploring expression and connection through circle-based practices
*27. 10. - 2. 11. 2025, Ponoviče, Litija, Slovenia



WHAT IS IT ABOUT

Following the inspiration of our earlier training **Tuning Up**, this new training builds on our experience of creating together through sound and movement — expanding the focus to also embrace visual art and broader forms of body work.

Over five days, we will gather in **circles and spirals of learning**, exploring how sound, art, and body-based practices can help us connect more deeply with ourselves, with others, and with the natural world. The programme blends youth work methods with creative workshops led by our team and visiting artists from the fields of sound, dance, body work, and visual art.



... You will experiment with different ways of co-creating: from circle sounding and movement improvisation to collaborative art-making. We will explore **sound as more than music** — as a way of moving together, listening deeply, and expressing what words cannot capture. We will also approach **body work** as more than dance — drawing from guided movement, breath-based practices, and other embodied tools.

This is a **learning-by-doing** space: you will try new methods, reflect on them, and adapt them for your own youth work practice. You will also be invited to engage with your own creativity in a natural environment, where each day will weave together personal expression, group connection, and moments of quiet reflection.

*27. 10. is arrival day and 2. 11. 2025 is departure day



Co-funded by
the European Union

WHO IS IT FOR?

- Youth workers, educators, youth mentors, trainers — with some or no prior experience in sound, art, or body work.
- People who wish to integrate circle-based creative methods with outdoor and experiential learning in youth work field.
- People curious about the connection between creativity, embodiment, and youth work.

WHAT TO EXPECT?

- Co-facilitation with visiting artists bringing fresh perspectives and practices.
- A supportive environment to try new tools, whether you are a beginner or experienced trainer/youth worker.
- Activities designed to connect you with nature while deepening creative skills.
- No prior musical or artistic skills required — only openness and curiosity.

PROGRAMME FLOW

We begin with a welcome circle to create our shared learning space. First we will focus on connecting through playful creative activities, exploring sound, art, and body work in circles.

Then we dive into specific practices — such as circle dance, sound journeys, collaborative art-making, and embodied movement — all guided by our team and guest artists.

The final day is dedicated to integration: creating together, reflecting on learning, and exploring how to bring these practices into your own work with young people. The journey ends with a closing spiral and farewell circle, harvesting our shared experiences.



LOGISTICAL INFO

Project is co-funded by Erasmus+: Youth programme of the European Union. Maximum travel costs funded:

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR

We strongly encourage you to travel **in a green and sustainable way**. The closest main city is Ljubljana, reachable by bus (e.g. Flixbus) or train. Nearby airports are Ljubljana Brnik, Trieste, Venice (Italy), and Zagreb (Croatia), with shuttle services (e.g. GoOpti), trains, or buses available to reach Litija.

Accommodation will be provided at a hilltop location surrounded by forest and beautiful nature, close to the town of Litija in Slovenia. Sleeping will be organised in shared rooms, or if you prefer more privacy, you are welcome to set up a tent (we can also provide tents). As the training takes place in autumn, a warm sleeping bag is recommended.

The location is equipped with two showers, three toilets, a large kitchen, and several covered spaces in traditional Slovenian buildings called Štala (barn) and Toplar.

ABOUT LOJTRA

Društvo Lojtra is an organisation working with youth from Slovenia working in the fields of sustainability, creativity, and experiential learning. We create spaces where people can explore, connect, and grow — often outdoors and always in a participatory way. Our projects range from local community initiatives to international trainings, with a focus on bringing together creative expression, nature connection, and practical tools for youth work. With years of experience organizing Erasmus+ and similar activities, we love to co-create learning spaces where everyone — participants, facilitators, and visiting artists alike — can inspire and learn from one another.

www.drustvolojtra.si

<https://tunegreen.eu/>

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Apply here (till 10th of September 2025)

Questions or any support needed, reach to: tina@drustvolojtra.si

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