

# From Tension to Flow



Training course  
**7- 13 July** (travel excl.)

Talsi, Latvia



Agency for International  
Programs for Youth  
Republic of Latvia



Co-funded by  
the European Union

# About the project

Conflict often shows up as **tension – between people, perspectives, and expectations**. In this training course, we invite you to explore how that tension **can become movement, connection, and flow**. Together we will create a space where you can experience conflict not as something to **avoid**, but as an **opportunity** to learn, grow, and build deeper understanding of the young people you work with .

*The main goal is to strengthen your ability as a youth worker to transform tension and conflict into opportunities for learning, cooperation, and growth.*



Together we will explore how conflict appears in:

- emotions
- communication
- body reactions

You will experience interactive workshops, embodiment practices, role plays and peer learning while discovering practical tools for youth work.



# How we will learn

➤ **Understanding conflict dynamics** – exploring conflict cycles, emotional regulation, empathy, and different conflict strategies used in youth work.

➤ **Creative and experiential methods** – improvisation theatre, physical theatre, Playfight elements, and interactive exercises to explore conflict, boundaries, and cooperation.

➤ **Embodied learning** – body awareness practices inspired by the Feldenkrais method, breathing, mindfulness, and recognising tension patterns in the body.

➤ **Practical tools for youth work** – active listening (Zwiegespräch), the 7 tension levels (Jacques Lecoq), reflection practices, and digital tools (Padlet, Canva) to support learning and application in real youth work settings.





# Who are we looking for?

## Participants who:

- Work with young people in non-formal education settings such as youth centres, schools, community organisations, or who work in support roles (e.g. social centres).
- Have experience managing group dynamics or navigating conflict situations
- Are fully committed to participate in all phases of the project (preparation, training course and organization of a follow up activity).
- Are motivated to apply the tools they learn in their local work with young people.
- Are at least **22 years old** and able to communicate and work fluently in English.
- Are resident of the **Czech Republic, Germany, Poland, Greece, Spain or Latvia**

# Timeline

Online Preparation

11 May - 5 July 2026

Connect with other participants early via our dedicated WhatsApp group. Use the Padlet board to access practical information and co-prepare for the training together.

Arrival Day

6 July 2026  
@19:00

Training Course

7 - 13 July 2026

Departure Day

14 July 2026  
@9am

Follow-Up

Until 14  
September 2026

Apply the training tools to your local work with young people. Organise a follow-up activity in your community and submit a brief report within two month of the project's conclusion.

# Daily schedule

## Day 1 – Opening & Group Connection

Project opening and introduction to the training.  
Getting to know each other and building a safe group environment.  
Introduction to the theme: conflict from tension to flow.  
Group agreements, reflection groups and Youthpass.

## Day 3 – Creativity in Conflict

Exploring conflict through clowning and humour.  
Developing flexibility in expression and reactions.  
Group work in nature and embodied practices.  
Reflection groups.

## Day 5 – Integration & Facilitation Skills

Integration of learning through conflict laboratory exercises.  
Participants start designing their own workshops.  
Facilitation skills development and peer feedback.



## Day 2 – Body Awareness & Conflict Exploration

Introduction to the Feldenkrais Method and body-based awareness.  
Exploring the concept of “7 tensions of flow”.  
Somatic and movement-based conflict exploration.  
Physical theatre and experiential exercises.

## Day 4 – Listening & Awareness

Active listening in conflict situations.  
Awareness and analysis of personal conflict patterns.  
Embodied conflict analysis practices.  
Playfight session – working with boundaries and safe confrontation.

## Day 6 – Practice & Sharing

Participants deliver their workshops (parallel sessions).  
Learning through practice, feedback and observation.  
Open space for exchange of methods.



## Day 7 – Reflection & Future Steps

Final integration of the learning journey.  
Youthpass reflection and self-assessment.  
Follow-up planning and application in local work.  
Closing ceremony and farewell evening.

# Follow-up after the project

➤ We invite *From Tension to Flow* to continue creating impact beyond the training itself. After returning home, each of you will carry the experience further by organising a **follow-up** activity in your local context — *for example, a workshop in a youth centre, a session at school, or an activity with colleagues.* In this way, the methods explored during the training will reach young people, fellow educators, and local communities.

➤ You will also be encouraged to share your experience and key insights **within your professional networks and online communities**, helping the project's learning outcomes travel further and support long-term impact in youth work practice.

These follow-up actions should be completed within a little over two months after the training, with support from the organising team and sending organisations. Completion of the **follow-up activity** is part of your commitment and is linked to travel **reimbursement**.

# Travel and practicalities

This project is co-funded by the Erasmus+ programme, covering accommodation, food, materials, and travel costs up to the maximum allowed per country. Green travel options (bus, train, carpooling) are available for Czechia and Poland. Sustainable means of transport (green travel) is defined as the travel that uses low emissions means of transport for at least 50% of the journey.

Country	Regular travel (plane)	Green travel (bus, train, etc.)
Czechia, Poland,	309 EUR	417 EUR
Germany	309 EUR	-
Greece, Spain	395 EUR	-
Latvia	-	28 EUR

*All participants must have valid travel and health insurance. Please bring your European Health Insurance Card (EHIC) with you.*

If selected, you will receive a confirmation email with travel details, reimbursement conditions, and other practical information.

Please book your trip ONLY after receiving the confirmation email.

To receive your travel reimbursement, you will need to complete the following within one month after the training:

- Complete the evaluation forms
- Submit all travel documents and the reimbursement form
- Organize and report on your follow-up activity

# The venue

More information: [www.laumas.lv](http://www.laumas.lv)

The training will take place at Laumas Nature Park, a unique location in Latvia known for its forest trails, meadows, bird-watching trails, and well-equipped workshop spaces. The environment offers a special combination of indoor learning and outdoor activities.

This peaceful and inspiring setting will support mindfulness practices, movement exercises, and reflective learning.

Laumas Nature Park is located near Talsi (120km from Riga). It takes approximately 2,5h to reach it by public transport.

There will be shared rooms for **2-4 people**. Some rooms have a private bathroom, while others have a shared bathroom.

The venue offers a calm and relaxing atmosphere, allowing you to fully immerse yourself in the experience. It will be our home throughout the programme, so we will all share responsibility for taking care of the space, including keeping common areas clean and tidy.

**Meals** will be prepared by the venue's kitchen team, and participants will enjoy delicious **vegetarian** meals.

2-3 times per week **meat** will be served also.





Apply here



**The application deadline is 26th of April.**

Shortly after the deadline, all applicants will be notified of the selection results.

Selected participants will receive a confirmation email with important information about the next steps.

# Trainers



Laura Šuspāne brings a calm, attentive, and deeply human presence. With her background in human behaviour, counselling in education, and group facilitation, she helps to understand conflict not only as an external challenge, but also as an inner process connected to emotions, patterns, and self-awareness. What makes Laura especially valuable in this training is her ability to combine knowledge, sensitivity, and practical guidance, creating a space where you can learn with depth, safety, and genuine curiosity.



Sebastian Uteht brings a playful, unconventional, and expressive energy to this Training. With more than ten years of experience in theatre and circus arts, he invites you to explore conflict through movement, humour, improvisation, and embodied presence. As well as the Feldenkrais Method and Somatic Experiencing, he creates learning spaces where tension can be approached with curiosity. What makes Sebastian especially valuable in this training is his ability to open new perspectives on conflict, helping you to step out of familiar patterns and discover more flexible, human, and imaginative ways of responding.



Laura Freimane brings a warm, creative, and embodied approach to *From Tension to Flow*. Drawing from her experience in embodiment, improvisation, theatre, Playfight, and breathwork, she creates spaces where you can explore conflict not only through discussion, but also through movement, play, and direct experience. Her strength lies in helping people feel safe enough to express themselves. Laura brings both sensitivity and structure to the training, helping you to turn tension into awareness, connection, and practical learning you can carry into your youth work.

# About Design Yourself

*Design Yourself is the space where we return to what is alive in us – to breath, movement, presence, creativity, and connection. We create learning experiences that invite young people and youth workers to grow not only through knowledge, but through feeling, exploring, and daring to meet themselves more honestly. For us, it is about shaping a more conscious way of being in the world and bringing that aliveness back into our communities.*



DESIGN YOURSELF



DESIGN YOURSELF

FOR ANY QUESTIONS WRITE TO US AT:  
[PARTICIPANTSDY@GMAIL.COM](mailto:PARTICIPANTSDY@GMAIL.COM)