

# EMBODIED

# UNITY

MOVEMENT AND PRESENCE AS  
PATHWAYS TO CONNECTION



29<sup>TH</sup> JUNE - 8<sup>TH</sup> JULY 2026

DOLINA HARMONII, KOPANIEC,  
POLAND



Co-funded by  
the European Union

**Erasmus+ Training Course**

FUNDACJA  
FREEDOM  
UNIVERSE



*"**The body** is not an object to be fixed, but **a process** to be experienced. When we bring awareness to the body, we begin to access a different kind of intelligence — one that is intuitive, grounded, and deeply connected to our sense of self."*

— Thomas Hanna



# INTRODUCTION

***Embodied Unity*** is an international training course that offers a **holistic, body-based approach to personal development, community building and youth work**. It supports participants in reconnecting with themselves and others through **embodiment, mindfulness, musical improvisation and relational practices**, fostering emotional intelligence and meaningful human connections.

The project creates a space where learning happens through experience. By integrating somatic awareness, movement, and presence, **participants deepen their understanding of emotions, the nervous system, and the role of the body** in shaping how we relate to ourselves and others, especially in community-based settings.

Through embodied and creative practices, participants develop tools for **self-expression and regulation, emotional intelligence, and grounding**. They learn how to listen to the body, recognize internal states, and respond with greater awareness and choice.

# INTRODUCTION

A key focus of the training is **interconnectedness**. Participants explore **how to build authentic, supportive relationships based on presence, trust, and empathy**. By experiencing co-regulation and being seen and heard in a group, they strengthen their capacity to **create safe and inclusive spaces for others**.

The programme also empowers youth workers with **practical, transferable methods**. Participants co-create and test activities that can be implemented in their local contexts, supporting young people in developing emotional awareness, resilience, and a sense of belonging.

By combining embodiment, mindfulness, artistic expression and community-based learning, **Embodied Unity supports participants in becoming more grounded, connected, and responsive** – both in their personal lives and in their work with others.

# BASIC INFORMATION



This **8-days** training course will be implemented with **active involvement** of youth workers coming from all participating countries.

There will be **24** participants from 8 countries:  
**Poland, Italy, Hungary, Spain, Cyprus, Greece, France and Slovenia.**

TC will take place in Kopaniec, the foothills of **Izera Mountains** in the **south-west of Poland**. The venue will be supporting the learning process - calm, peaceful and surrounded by **nature**.

On this project we have **SOBRIETY POLICY**. No alcohol and drugs are allowed.

# IN THIS PROJECT YOU WILL...

- Deepen **presence in your body** and awareness of your inner state
- **Reconnect with your emotions, needs, and bodily sensations** while learning to regulate them
- Practice mindfulness, artistic expression and somatic tools for **grounding, stress release and development of emotional intelligence**
- Explore **movement and body awareness practices** (such as contact improvisation, breathwork, intuitive movement and dance) that support **community-building**
- Have a chance to **boost your creative energy** through musical and other creative improvisational methods
- Learn how to build **safe, supportive connections** and co-create **spaces of trust and empathy** for others
- Gain **practical tools and confidence** to apply embodied approaches in youth work, community spaces and daily life

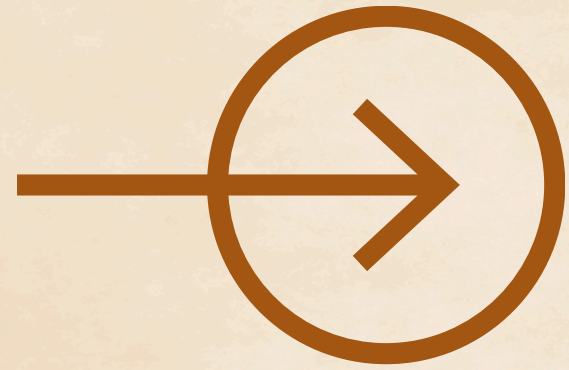
# PARTICIPANTS

## THE PROJECT IS FOR YOU IF:

- you are a **resident of Poland, Italy, Hungary, Spain, Cyprus, Greece, France or Slovenia.**
- you are **over 18 years old** and have at least a **good level of spoken English.**
- You have relevant **experience working for people:** you are a youth worker, trainer, educator, teacher, youth leader, mentor, coach, social worker or similar.
- You are ready to do a **FOLLOW UP activity** after the training.
- You feel a **strong calling** for this topic and **motivation** to contribute.

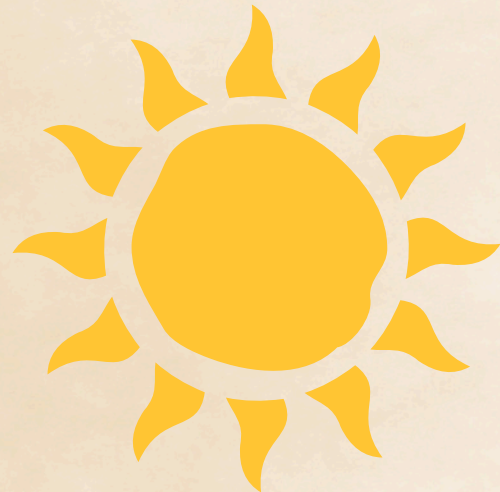


# PROJECT TIMEFRAME



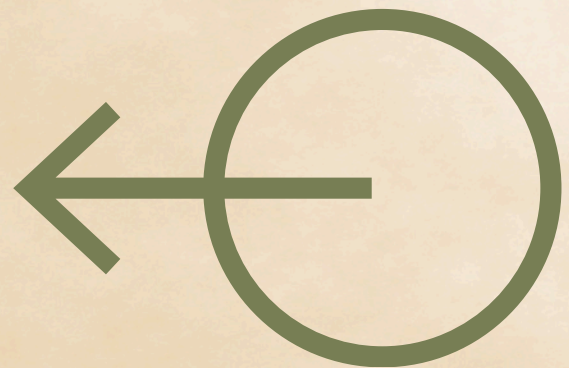
## ARRIVAL

**Monday 29th June 2026 till 6pm  
to Piechowice or Jelenia Góra**



## PROGRAMME DAYS

**30th June - 7th July 2026 (8  
days)**



## DEPARTURE

**Wednesday morning, 8th July,  
from Piechowice or Jelenia Góra**

- You are expected to participate in the whole programme. Coming later or leaving earlier is not possible.
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- You are allowed to arrive or depart max 2 days before or 2 days after the mobility.
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- In case you decide to use that extra time, keep in mind that you will not be supported with food or accommodation.
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# PROJECT PHASES

**By deciding to join in this training, you declare to take part and actively involve in the following:**

## PREPARATION

preparational tasks given online before the mobility

## MOBILITY

sessions and processes during the training in Poland

## FOLLOW UP

implementation of a workshop in your local community within 2 month after the TC & sharing the project results

## EVALUATION

online evaluation of the impact of the training after the TC

# VENUE



You will be accommodated at the retreat centre **"Dolina Harmonii"** that is located at the foothills of **Izera Mountains in south-west Poland**. It will be a **remote area in nature**, surrounded by hills, meadows and forests, chosen with intention to create a calm space for the group to focus on learning.

You will be sharing rooms in smaller groups of people **(2 -4)**, some of the rooms have **shared bathrooms**.



There will be **3 meals a day** and smaller breaks with tea, coffee and snacks. The meals will be **vegetarian and vegan**.

**Sobriety policy** is to be respected also during your time-off. Our intention is to create a safe space for authentic expression and connection.

# PRACTICAL INFORMATION



## Travelling

The closest bigger cities are Wrocław and Prague. There you can find trains or Flixbus to reach Piechowice or Jelenia Góra. From there we will pick you up by cars or by an organized minibus.

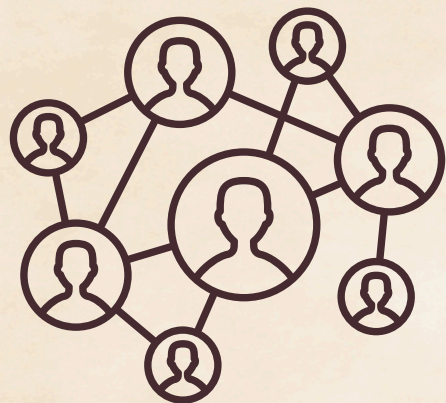
All participants are required to have valid **health insurance** in Poland. It may be European Health Insurance Card (EHIC) or other relevant private insurance.



**Co-funded by  
the European Union**

Accommodation, food, travel and activities are **financed by the Erasmus+ Programme of the European Union Commission.**

Travel costs will be reimbursed according to the available limits. Transfers to participants will be done up to 6 months after the mobility only if you previously provide us with all travel documents (tickets, invoices) and if you take part in all the phases of the project (FOLLOW UP and EVALUATION after the mobility too).



# PARTNER ORGANISATIONS

Country	Organization	E-mail address / contact person	Max amount reimbursed	Max amount reimbursed with Green Travel
Poland	Freedom Universe	freedomuniverseprojects@gmail.com	211	285
Hungary	Inspiráció 21 Alapítvány	inspiracio21@gmail.com	211	285
Slovenia	Drustvo AIA	drustvo.aia@gmail.com	309	417
France	Les Philentropes	production.lesphilentropes@gmail.com	309	417
Italy	YOUth Connect	international@youth-connect.com	309	417
Spain	Orígens Menorca	origensmenorca@gmail.com	309	-
Greece	Olotites	ohmywholenesse@gmail.com	309	-
Cyprus	Island Hub	andrie.kyprianou@googlemail.com	395	-

**Green Travel** grant applies if you travel by sustainable means of transport as a bus, train, full car etc.

- we encourage you for it  for details contact us



## **SYLWIA NOWAK**

Sylwia loves to accompany people on the journey of discovering who they truly are. She is a self-awareness guide, youth leader, event manager and vice-president of Freedom Universe Foundation. Coordinates and facilitates E+ projects, and conducts workshops around self-connection, deep listening and intuitive dance. Graduated in Pedagogy in the field of Adult Education with Coaching, in Dance and Art Therapy as well as completed the Holistic School for Trainers. Passionate about personal growth, community building and contact improvisation dance. It brings her joy to witness human beings opening up and expressing their hearts.



## **SANYI LŐRINCZ**

Sanyi is a trainer with nearly 20 years of dance experience. He integrates somatic and mindfulness-based practices with a Gestalt-centered approach, focusing on building awareness and encouraging experimentation. His sessions create engaging and explorative spaces for self-awareness, personal growth, and authentic expression. He believes in the transformative power of human connection and presence while bringing body focus and intuitive experience to balance out the overemphasis on rational problem-solving in today's technology-driven world.

# TEAM OF TRAINERS



## **NICOLA LAZAZZARA**

Nico is a trainer and educator who is passionate about community building, artistic expression and bringing presence and awareness to daily life. With a background in formal musical education and in improv theatre, he aims at holding safe spaces where creativity and expression can flourish without judgement and where people can relate authentically to each other in a spontaneous yet mindful way. After 8 years of Vipassana meditation and of body awareness practices, he strongly believes in the body as the most effective way to bring presence and quality to relationships and to improve mental health and well-being.

# APPLICATION AND SELECTION OF PARTICIPANTS

**Fill in the online application form by the 24th April if you want to participate.** We will assess your application and inform you whether you are selected as a participant.

We ask you to apply only if you are fully committed and available to participate in the whole programme.

Selection is done based on the **profile** and **motivation** of applicants. We recommend you fill in the application form carefully.

To get to know you better we are ask you to record a **1-2 minute long video** about yourself, your motivation etc. Please upload it to Google Drive or a private YouTube channel and attach the link to the application form in the dedicated question. Remember to give public access to the file so that we can watch it.



# ABOUT THE HOST ORGANISATION

**FREEDOM  
UNIVERSE**



Freedom Universe is a non-governmental, non-profit organization based in Łódź, central Poland. It was established in December 2021. **The mission of our NGO is to create a society in which there is freedom of self-expression and the presence of values such as authenticity, mutual understanding and support, acceptance and respect for diversity.** We want to create spaces for creative and artistic activities, lifelong learning and personal growth. It is important for us to empower people by raising the awareness that each person can create their own reality. Also, connection with nature is fundamental for us as we care about sustainability and protecting our Mother Earth.

We work both locally and internationally. In Poland **we organized 4 editions of FRUN festival for nearly 1000 people**, local events and workshops. Internationally we are involved in Erasmus+ projects. Our main fields of interest are personal development, community building, arts and environmental issues. Young people are our main target group – we would like to offer them tools for their personal growth, developing self-awareness, creativity and soft skills such as leadership, deep listening and communication.

# CONTACT




**FREEDOM  
UNIVERSE**



**Freedom Universe Foundation**

Facebook page: [LINK](#) 

Instagram: [LINK](#) 

**Project e-mail:** [freedomuniverseprojects@gmail.com](mailto:freedomuniverseprojects@gmail.com)

**Foundation e-mail:** [freedomuniverse.ngo@gmail.com](mailto:freedomuniverse.ngo@gmail.com)



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This project is co-funded by the Erasmus+ programme of the European Union.  
If you would like to find out more about the program, please visit  
<http://ec.europa.eu/programmes/erasmusplus/>

