

DREAMING FROM THE MYCELIUM
OF THE EARTH

E+ TRAINING COURSE

5.12. - 11.12.
Stāmeriena, Latvia

And so I drop
in deepest winter dreaming.
Composing
and decomposing,
drifting under
over
and within.

Descending into earth,
to drink its damp offering
and wander
along threads of mycelium and memory.

I clothe myself in remembrance
of green and growing Spring
wild leeks, wood nettle,
linden and service berries.

I revel in joys of blue and brilliant Summer
raspberries, rose hips,
mugwort and milkweed.

I savour gifts of gilded golden Fall
choke cherries and amaranth seeds,
burdock root, sumac, black walnuts
and Rowen berries picked after the first frost.

I carry these with me,
as I drift in an infinite eddy of
conception,
birth,
growth
and
decay.

And in one exquisite instant
of spirals, cycles, and swirls,
their story is revealed to me.

I understand
how perfectly simple it all is.
And that my role
in that gentle whorl of love and death
and dark and light,
is both deeply valued
and completely insignificant.

by Diane Perazzo

Dreaming from the mycelium of the Earth IS AN INVITATION.

An invitation to the unknown, a place where parts of us live, wait and play with us, most of the time without us even knowing.

An invitation to tend dreams as wild ones that are a crucial part of us.

An invitation to be guided by dreams, movement, art and nature. To allow them to shape shift us, to move with us and within us.

An invitation for us to become a canvas for the mystery to be expressed.

An invitation to become curious about the intelligence that lives beneath our usual ways of knowing. Like mycelium moving quietly beneath the forest floor, much of what shapes us remains unseen.

Dreaming from the mycelium of the Earth will be a wild, nourishingly dark soil of the deep winter time that will combine dream-tending, storytelling, poetry, embodiment and expressive arts with ecological and nature-based education. You will explore various wild and experimental methods that we wish for you to bring into your life and into the life of the people around you. For your story to expand, for resources to be recollected, and through that - to nourish the ones you meet along the way. To nourish the world that is offering to us this mycelium of dreams and thus to be in reciprocity, to be in a larger conversation.

During our time together, we will explore practices of:

dream-tending and dreamwork

embodiment and somatic awareness

movement and expressive arts

storytelling and poetry

deep imagination

nature-based learning

ecological awareness

reflection and council

intercultural exchange

resilience and self-care

THE GUIDES of this journey

SANDRA HOREA

Sandra Horea is in a passionate love affair with the wild depths and the generative deaths. She is a mythic artist - devoting herself to creating and holding spaces of transformation where images, dreams, eroticism and whisperings of Soul and Mystery can move, emerge and feed the gods and goddesses. A priestess of ancient ways wearing the garbs of a modern soul guide.

Over the past 14 years, Sandra Horea has become well known for guiding hundreds of people from across Europe in eco-soulcentric human development practices, Soulcraft and Wild Mind, through her organisation Actions for Change, which she founded and has been coordinating for the past 11 years. Through wild and deep tended spaces, she invites soul to surface, weaving depth psychology, somatic practices, story, poetry and deep imagination into the deep art of becoming.

Her artistry is to listen for what is ready to die, so that deeper love may emerge.

Her work is rooted in her 10-years of experience training and apprentice-guiding as a Soul Initiation Guide (SAIP) for the Animas Valley Institute, a nature-based mystery school based in Colorado, under the mentorship of renowned founder Bill Plotkin and other highly experienced senior guides.



LELDE GUSTA

Lelde is a facilitator, artist, and space-holder from Latvia, dedicated to the transformative power of art, community, and nature-based practices. With over eight years of experience in international projects, she crafts immersive experiences where creativity and deep reflection foster authentic connection and personal growth.

As an artist, Lelde designs workshops for local communities, exploring the interplay between spaces and human interaction. She creates opportunities for artists to express themselves, be seen, and embrace their gifts without hesitation—curating exhibitions and artistic gatherings that nurture both transformations and self-exploration.

Deeply engaged in continuous learning, she has participated in multiple Animas Valley courses and remains passionate about expanding her knowledge. She is also apprenticing Pirts - the traditional Latvian sauna practice - seeking to reconnect with ancestral wisdom and the profound power of contrasts.



PRACTICAL INFORMATION

Project 'Dreaming from the mycelium of the Earth' is made possible with the financial support of the Erasmus+ Programme of the European Union that is administered in Latvia by Agency for International Programs for Youth.

THE PROGRAM IS FOR:

We are calling in people who work with people - those who create spaces for learning, growth, connection and transformation. Youth workers, facilitators, educators, mentors, coaches, guides, artists, community workers, nature-based practitioners - and those whose work doesn't quite fit into a single box.

You don't need to arrive as an expert. We are more interested in your curiosity: your willingness to listen, experiment, participate fully and bring what you discover back into the communities you work with.

You need to be 18+, able to communicate in English, and willing to step into the experience with openness and presence.

Participants can apply to this training if they have a legal residency in LATVIA, ROMANIA, CYPRUS, ITALY, ICELAND, ESTONIA, CZECHIA, SLOVAKIA.

COSTS

Materials, activities, accommodation and food during the program is 100% covered by the Erasmus+ grant. Yet, we as guides and organizations aim to offer much more than this. Therefore, we are inviting (not mandatory!) you can contribute to future projects by making a donation from 80 to 120 Euros based on personal financial possibilities.

No one will be left behind because of the financial endeavor. If you consider yourself a person with fewer opportunities and are in the impossibility to pay even the lower sum of the sliding scale, please tell us so and we will accommodate that need and find other ways of contributing.

TRAVELING

Travel costs will be reimbursed to the participants after the course up to this limit, we are calculating 50 euros off each participant to cover the costs from Riga to the venue, that will be organised by the hosting organisation.

We strongly recommend you to travel Green. Green travel means choosing lower-carbon ways of getting here - such as trains, buses or carpooling. It might take a little longer, but we believe the way we travel matters too. Whenever possible, we invite you to choose this option.

Latvia - 0

Romania - 260

Cyprus - 340

Italy - 340

Iceland - 350

Estonia - 240 (green travel)

Czechia - 370 (green travel)

Slovakia - 260

WHEN AND WHERE



DATES

from 4.12. to 12.12.2026.

4.12.- arrival day, traveling to the location in organized transportation from Riga;

5.12. — 11.12. the training course is 7 full days.

12.12 — departure day, organized transportation to Riga.



LOCATION

The training course will take place in a rural place North-East of Latvia, in guest house "Vonadziņi", Stāmerienas district.

IMPORTANT:

Alcohol, Drug-Free & Low-Technology Space

The practices and experiences we will explore during this training invite us to be fully present - with our bodies, minds, emotions, the land, and one another.

To support a safe, grounded, and intentional space, the entire training will be alcohol and drug-free. We ask all participants to commit to not consuming alcohol or recreational drugs for the full duration of the program.

We also want to intentionally create a low-technology space. Throughout the training, we strongly encourage you to use your phone, laptop, and other digital devices as little as possible - keeping them away whenever they are not truly needed. Technology will not be prohibited, but we invite you to significantly reduce your usual screen time and allow these days to be a small break from the constant digital world.

APPLICATION PROCEDURE AND DEADLINES

[Click here to go to application form](#)

The deadline for application submission is (included): 1st of October

The selection results will be published on 4th of October

For further details and questions you can contact:

Lelde Gusta lelde.gusta@gmail.com - coordinator and guide

Sandra Horea sandra.horea@gmail.com - guide

It is dark outside, our eyes drop heavy, and behind them another world invites us in, whether or not we remember that world upon waking. As our bodies rest, our psyche takes us to forgotten corners of our minds - to be reminded, to feel, to sense, and even to smell parts of our deeper stories that are patiently waiting to be recognised and embodied.



Agency for International
Programs for Youth
Republic of Latvia



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ACTIONS FOR CHANGE