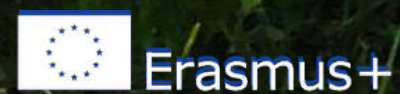


Flow

AN EMBODIED RETREAT
Czech Republic · 1-9 September 2021

YUnique





in the flow is

- a 7 day long training course to explore the unique combination of embodiment and mindfulness techniques that can be used in daily life
- a moment to relax, tune in with yourself and nature, focus on simplicity, a space to get into your own flow
- an opportunity to move, play, observe, listen, share, experiment, challenge ourselves, learn from within and from each other, get to know new people, ways & attitudes, and create this experience together.

We will be 30 people from 9 countries, going through **experiential movement**, mindfulness, rituals, reflections, meditations, **community building** ventures, **nature**-based activities, improv techniques and more. In the flow training will also have a strong component focused on **co-creating** the program and learning from each other. All of this will be guided by an experienced team in a supportive and **safe** environment.



About

Cultivate your personal and professional life while using your body & mindfulness tools

Discover methods to tune in into the unfolding moment and nourish your ability to be present

Train your sense of initiative and improve the quality of your actions

Find ways to be more resilient and empathic

Become familiar with different dimensions of listening & expressing yourself

Leave behind old patterns and automatic responses, developing more options

Refresh curiosity and playfulness in approaching your daily life and work

What can you get out of it



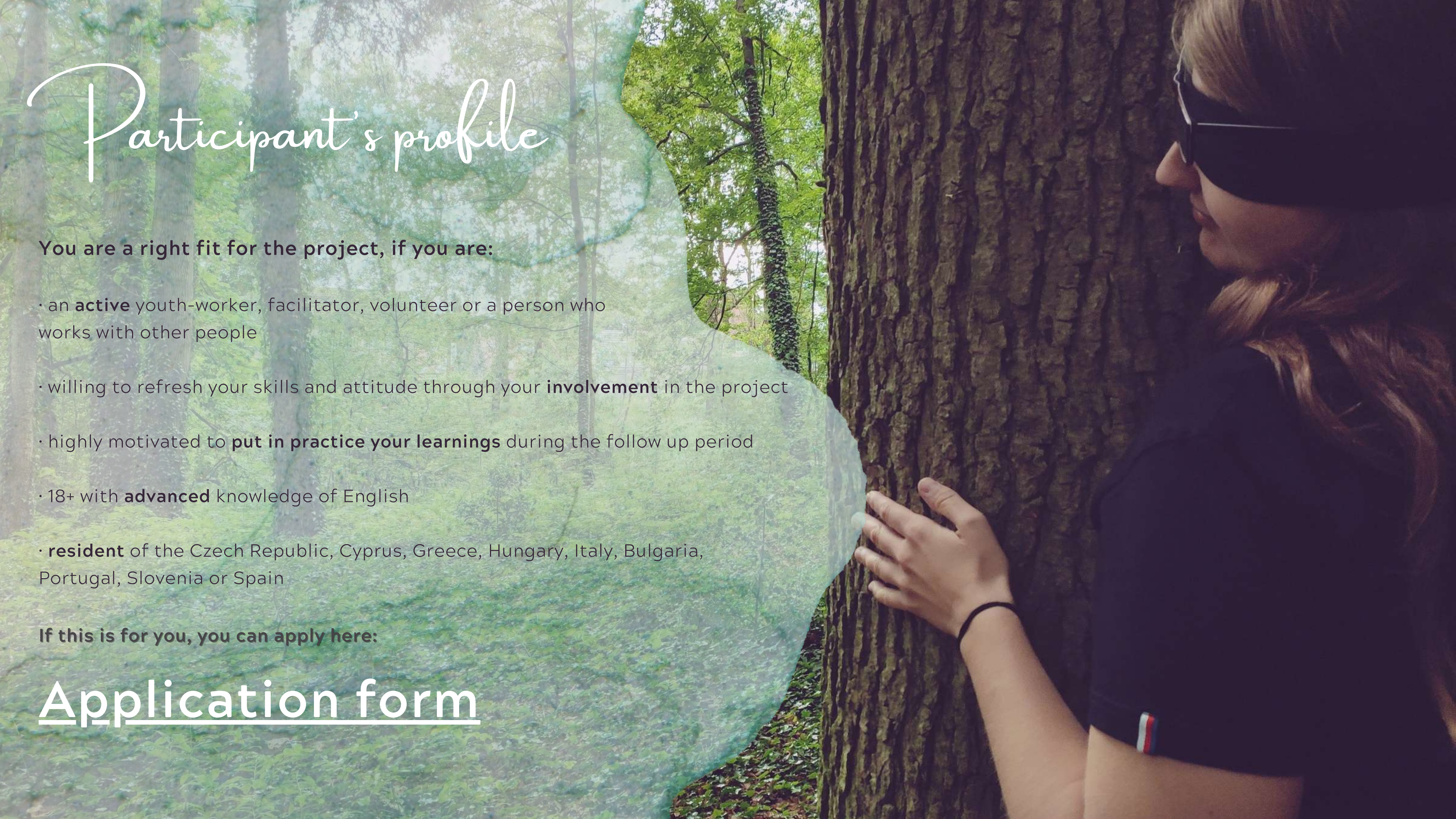
Participant's profile

You are a right fit for the project, if you are:

- an **active** youth-worker, facilitator, volunteer or a person who works with other people
- willing to refresh your skills and attitude through your **involvement** in the project
- highly motivated to **put in practice your learnings** during the follow up period
- 18+ with **advanced** knowledge of English
- **resident** of the Czech Republic, Cyprus, Greece, Hungary, Italy, Bulgaria, Portugal, Slovenia or Spain

If this is for you, you can apply here:

[Application form](#)



AUGUST 2021

1 SEP 2021

2 SEP 2021 @10AM

8 SEP 2021 @8PM

9 SEP 2021

OCT - NOV 2021

ONLINE
PREPARATION

ARRIVAL DAY

PROGRAM
STARTS

PROGRAM
ENDS

DEPARTURE
DAY

FOLLOW UP

Our journey starts already before we meet in Czechia all together. There will be space to connect to each other through our common facebook group.

After the TC, the journey continues. We will find a way to put our learnings into practice in order to create meaningful changes in our communities.



Timeline

VERONIKA PAVLOVA

Veronika is a trainer, facilitator and coach working in the non-formal field since 2014.

She is enthusiastic about embodied approaches as she sees the body as a powerful tool for self-awareness, self-expression and a domain of change. She also loves to create nature based activities, rituals and & meditation and cultivate a safe space for people to grow and learn.



DESPOINA RAFAILIDOU

Despoina creates and coordinates educational programs for adults and young people around the topics of embodied learning and nature-based education. Her vision is to offer a learning environment that is fun and transforming for everyone involved. She does that mainly from the backstage where she can keep an eye that everything runs nice smoothly.

the team

ANDREJ DOBEŠ

Andrej is a naturally curious kid exploring the universal magic of life on his travels around the world and in different roles in multi-culti educational youth projects and initiatives. His main passion and mission is experimenting with different methods and tools and trying to bring “mind-fool” and playful approach into youth work through nature, mindfulness and movement based activities.

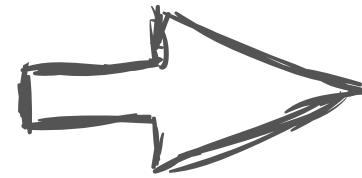


DOMINIK ARGAN

Dominik is an explorer of life, who finds his home in the world of youth in 2019. From that moment he is making a comfortable and safe place everywhere he goes for everyone he meets on his journey. He likes to go with the flow, take and understand every situation as it is and as a chance to grow, improve or understand more. His passion is to bring balance everywhere he goes and help everywhere it is needed. His work is usually combining nature, human mind and body.

Coming together during covid-19

We are happy that you are interested in joining our project. Before applying though, we would like to invite you to check what it takes to participate in our international events like this in times of **COVID-19**. Please read this document thoroughly and see if you are in line with these measures.



COVID-19 STRATEGY

The strategy is basically saying that...

- Our aim is to hold the course **without a mask**, without risking our safety.
- We are following the national regulations that are valid on the period the project is happening
- If COVID tests are required to enter/exit the country, the **participants are responsible to cover the costs**. For the tests before departing, YOUnique will support with organising a testing process
- If there will be any COVID incident during the course, **YOUnique will support you to organize all needed processes** (testing, quarantine in different accommodation etc)



The accommodation

We will stay in a **modern farmhouse**, in the wonderful nature of the **Vysočina region**, at a small village called **Habří**. There will be shared rooms (**4-10 people**), toilet and shower in each room. The place provides a calm and relaxing atmosphere for you to immerse fully into the experience.

This space will be our **home** for the entire program which means that we take care of it by ourselves (eg. washing dishes, cleaning the rooms).

More information [here](#).

A man with a shaved head and a goatee, wearing a black t-shirt, is smiling and looking towards the camera. He is standing in a kitchen, with a sink and a faucet visible behind him. In the foreground, there is a green egg carton containing several brown eggs. The background shows kitchen shelves with various items, including a green bowl and a metal pot.

inclusive & mindful kitchen

Our meals will be vegetarian and will be made by our beloved cook, Cristhian.

Cristhian is a nomad chef, traveller, dreamer, writer and so many more.

Why inclusive? What and how we eat is part of the program. During the course, Cristhian will be interacting with the group through his food, and not only.

Why mindful? Cristhian is cooking with love and intentions. Intentions to nurture the body, the soul, the spirit. He will also offer his experience and guidance on mindful eating.

You can find more about Cristhian and his work [here](#).

Participant's contribution

The training is funded through the **Erasmus+ program**, thus accommodation, food, materials, the program, and the travel costs up to the maximum allowed amount are fully covered.

There will be a **participant's contribution** on a sliding scale from **0-75€**.

Reimbursement

You will be reimbursed the exact amount of travel money, provided that it is within the set limit, after you send all the travel tickets. The travel insurance is included in this budget.

- Czech Republic 20€
- Slovenia, Hungary 180€
- Bulgaria, Italy, Greece 275€
- Cyprus 360€
- Spain 530€

Partners

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MOAVE Slovenia

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YOUnique organisation was born out of the vision of creating opportunities for young people and youth workers to realize their unique potential for the benefit of their own and the whole society.

Our goal is to create space that is there for **YOU** to experiment, explore & experience the potential that **YOU** have, realize your own **YOUNIQUENESS**, and make one step further.

About
the organisation

Contact

YOUNIQUE ORGANISATION



Hranice, Czech Republic



younique.organization@gmail.com



[YOUnique](#)

