

From Caterpillar to Butterfly

Training Course in Italy, Lecce
1st-10th March 2022

The training course



WHAT IS IT ABOUT?

"From Caterpillar to Butterfly' is an 8 days training course organized by VulcanicaMente from Italy bringing together human workers who are willing to explore and develop their inner resources and the vast depth of their potential in order to create transformational experiences, support the authentic growth and embracement of a soulcentric life-style for all young people.

Addressing the intense longing for meaning and fulfillment in this time of great change and crisis, 'From Caterpillar to Butterfly' is introducing and facilitating a soul-centric and visionary perspective of the human development that is revealing how utterly and profound we can mature when we are guided by Soul and Nature.

Based on Bill Plotkin's models of eco-soulcentric human development, this 8-day intensive program is going to be an experiential exploration of our human psyche and its potential as unique expressions of the universal forces and patterns of nature , including the discovery of mindfulness.



The training course

We will work with what we call the Nature-Based Map of the Human Psyche, which identifies and describes the capacities of the human wholeness and The Soulcentric Wheel of Eight Stages of Development which presents a model for a human life rooted in the cycles and qualities of the natural world.

The transformational process of human nature is very similar to the process of the caterpillar transforming into a butterfly. It is a slow, edgy, challenging, exciting and necessary journey of becoming a mature and whole human on Earth.

Participants will be guided on a journey to reconnect with their inner self, body, mind and emotions, to fall in love with life and its beauties, being invited to cultivate their authenticity, imagination and trust, being guided how to grow into a fulfilled and soulful adult becoming a source of heart-based positive transformation for the community.

We will also dedicate time exploring different ways of how to bring ourselves back to the present moment - where true answers can emerge - via still and movement meditation practices.



The training course objectives



discover and explore the The Nature based Map of the Human Psyche and The Soulcentric Wheel of Eight Stages of Development in order to maturely live and contribute to the Earth community;



explore the inner soul gifts, resources and potentials based on the Eco-Soulcentric Human development perspectives in order to find our place in the World and manifest the soul-gifts;



bring to life the hidden resources of the human self through nature-based practices and mindfulness.



create a commUNITY of heart-minded, dedicated people who create transformational learning environments in order to support and guide the authentic growth of all young people.

The project phases



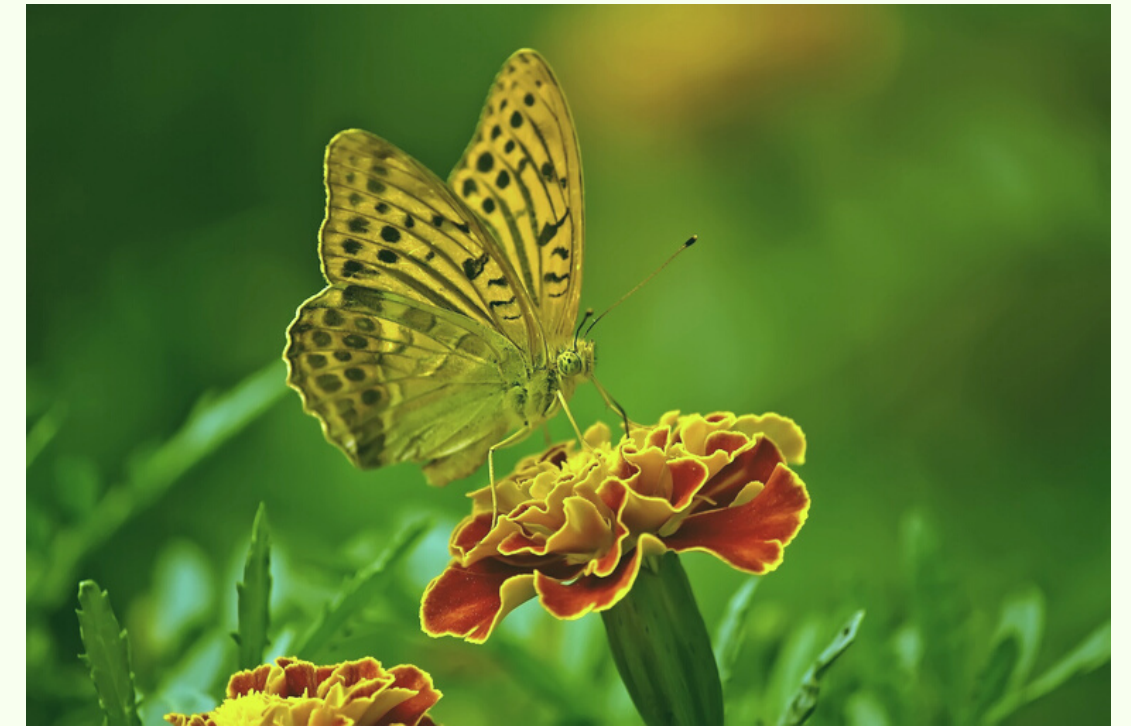
Preparation

- online learning process (reading different materials, articles, watching videos)
- personal work before coming to the program (e.g. journaling on certain questions, self-time in nature and several other invitations).



The training course

deep experiences exploring mind, body and heart mind connection through mindfulness practices and nature-based interventions, such as meditation, embodiment, soul poetry, creative expression, journaling, solo wanders in nature and group work.



A vision with a task

The dissemination phase will be the continuation of the training asking participants to implement at least one ACTION in their own community in order to create a powerful impact on as many people as possible.



The guiding trainers

SANDRA HOREA

Sandra is a human development guide and mentor who creatively and heart-fully invites people to be in intimate and meaningful conversations with their Soul. She calls humans to fall in love with nature, metaphor, symbol, feeling and therefore with themselves and live their bigger lives delivering their gift to the hungry world. As a guide, she creates purposeful spaces of self-discovery incorporating in her work her experience regarding depth psychology and soul-based practices, eco-centric development, embodiment, storytelling, poetry and deep imagination. She has a wide experience of 10 years in working with youth and adults in facilitating spaces of personal and community transformation. At the moment she is studying within Animas Valley Institute from USA and graduated the Wild Mind Program.



The guiding trainers

DÓRA PRESZELLER

Dora has been sharing her passion for education in the past 10+ years organizing workshops, facilitating training courses in 11+ countries in

Europe and Asia for 2000+ people. She is inviting people to integrate the concept of mindfulness in all aspects of life as a meditation trainer as she studied and worked with Thai Buddhist monks for 2,5 years.

As a trainer she shares meditation, effective communication tools, self-empowerment practices and various non-formal educational tools so that everyone can create a sustainable life with more balance and peace.

Her extensive experience has enabled her to help individuals discover their full potentials as a business coach as well. She offers yearly life-transformational retreats worldwide, sharing meditation, DANCEmandala movement meditation, coaching sessions and aquatic bodywork..



The guiding trainers

SARA MARZO

Sara Marzo has 10 years of experience in international projects management and youth work. She is a trainer and facilitator specialized in mindfulness, green mindfulness, ecopsychology, and nature-based methods.

She practices and guides meditation and mindfulness sessions within the organisation, at local and international level since 5 years.

She is co-author of the book: “Mindfulness and Nature: a toolkit for youthwork” realized during the project KA2 “Mind your Mind: Synergies between mindfulness and nature-based methods”. She is a youth worker and volunteering project coordinator, dealing mostly with youth from disadvantaged backgrounds.



Who can participate?

This 8-day intensive training is part of an **Erasmus+ project**, Erasmus+ is a Programme coordinated by the European Commission of the European Union.

The European Union's Erasmus+ programme is a funding scheme to support activities in the fields of Education, Training, Youth and Sport.

Human workers, youth workers, trainers, educators, NGO leaders and workers who are willing to explore and develop themselves and after that to resourcefully inspire their community in a nurturing and generating life enhancing way.

The participants **must be over 18 years and have a good level of English. Full vaccination or less than 6 months covid recovery certificate will a compulsory requirement.**

Participants can apply to this training if they a legal residency in **Romania, Italy, Spain, Sweden, Germany, Estonia, Hungary, Greece.**

*Practical
information*



Practical information

Financial conditions

Materials, activities, accommodation and food are **100% covered** by the Erasmus+ grant.

We are inviting you to contribute to VulcanicaMente's future local projects by making a **donation from 40 to 100 Euros** based on personal financial possibilities. The donation is not compulsory but recommended.

The traveling costs (plane, train, bus) are also **covered** and will be reimbursed to the participants after the course up to this limit:

Italy: no reimbursement

Estonia, Sweden: 360 euros per person

Romania, Spain, Germany, Hungary, Greece: up to 275 euros per person



Community management

We will live for one week as a **conscious community taking care of the place and daily tasks.**

Participants will **share apartments built in Puglia stone in a field** surrounded by olive groves, with only native plants and trees (prickly pears, yucca, rocket, orange trees, blackberry bushes).

We have the honour to have with us Cristhian, our mindful cook with relevant experience in Erasmus+ projects, that will guide us in the kitchen as a space of exploration for **vegetarian food and self-awareness.**

As part of the mindful community experience you will be asked to overtake **simple daily tasks to support the training management, such as washing the dishes, helping in the kitchen, etc.**

*Practical
information*



Covid Situation



IMPORTANT INFORMATION

The Covid-19 pandemic situation in Italy is under control but we are managing the winter wave. We don't know how it is going to unfold but we are very optimistic. Participants will have to follow the **European guidelines for COVID prevention to travel safe.**

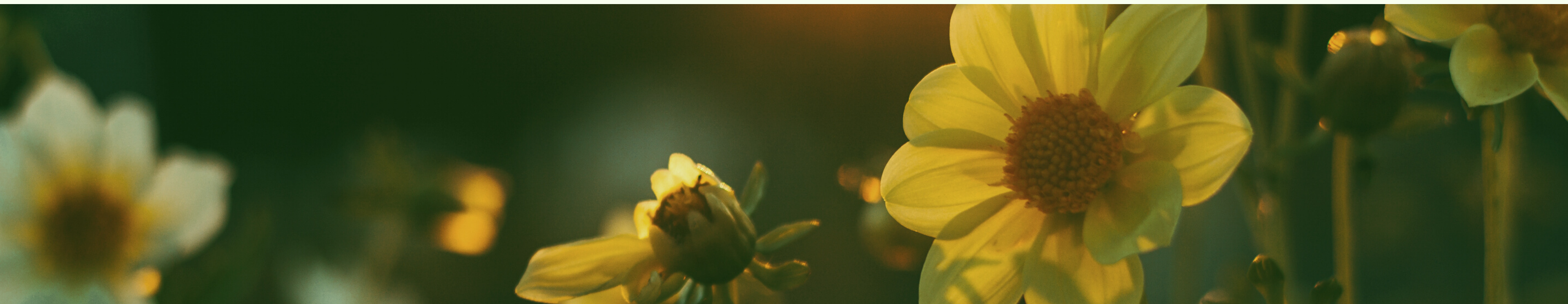
Only vaccinated or fully recovered from less than 4 months can get in Italy prior a compulsory Covid antigen or PCR test.

We will ask you to get a **PCR test before your arrival and show us the proof it.**

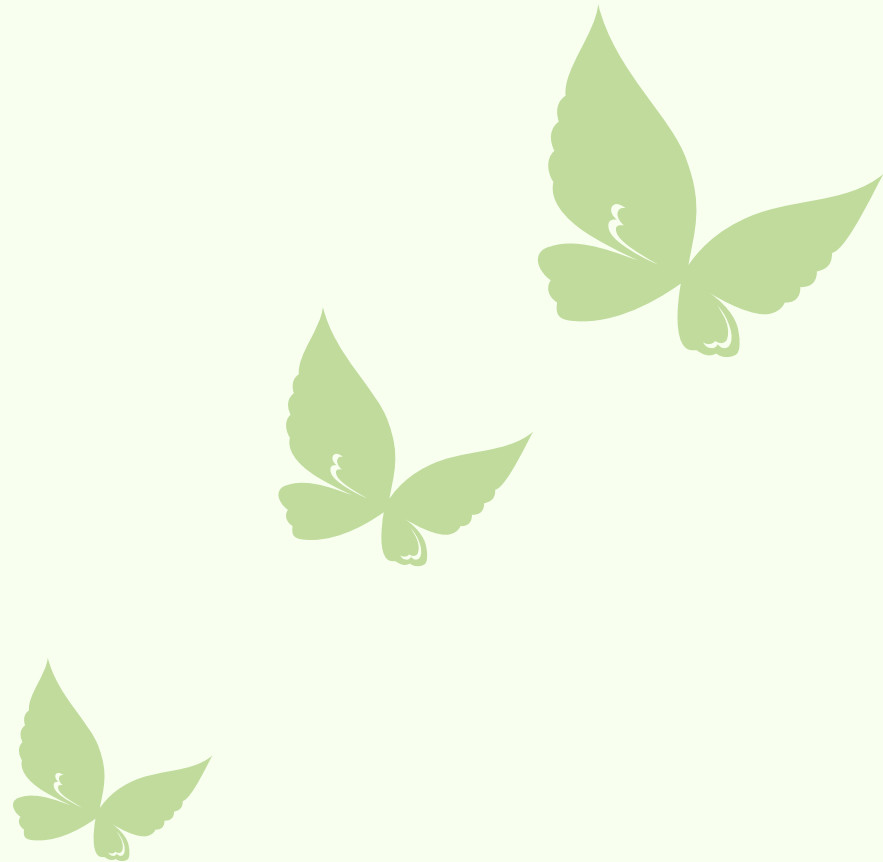
These costs will be reimbursed if they fit in your travel budget.

Flights will not be reimbursed if cancelled, travel insurance is compulsory and on your expenses. VulcanicaMente will not cover any health or Covid consequences.

Participants will be a closed community for one week.



Mindfulness Culture



Part of the preparations is also the embracement of these principles in order to fully benefit from the deep experience:

- **To NOT consume alcohol or drugs** during the training (This is part of our policy for international and local programs).
- **To limit your contact with technology** and use it only for urgent work and urgent conversations.
- **To dedicate yourself to the process, to give your 100%, to give your best.**
- **To engage in meaningful conversations and activities**, that serve you and the others.
- **To respect the spaces and places** in which the program will take place, to consume the necessary **resources with responsibility, humbleness and gratitude.**
- **To be open minded to experience one week of vegetarian diet.**





Where and When?

Dates: 1-10 March 2022

1st March: travelling day

2-9 March: training course

10 March departure day

Venue: Merine, 6 km from Lecce
in the mediterranean countryside

How to apply

Fill in the application form:

<https://forms.gle/75kD7cUVE2SiGuN86>

Deadline: 31st of January (included)

The selections results: 3rd of February

Contact:

Sara Marzo (project coordinator and guide)

vulcanicamente.info@gmail.com





Thank you

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