



About the project

'The Art of Wholeness is a 7 days training course bringing together youth workers and human workers who are willing to explore and develop their inner resources in order to create transformational experiences, support the authentic growth of all young people and build more open, soul-rooted and inspiring communities.

The Art of Wholeness is the reclamation and the cultivation of our innate gifts and capacities. Much of our human wholeness has been (and still is) suppressed in our culture, buried in the realm of the unconscious and it is our invitation and responsibility to claim it back by owning and embodying those gifts that are patiently waiting to be (re)discovered. Furthermore, it is our responsibility as youth workers to support youth to reclaim their own gifts.

In this program we will be exploring archetypal resources, based on the Nature based Map of the Human Psyche developed by Bill Plotkin.

Participants will be guided on a journey to reconnect with their inner self, body, mind and emotions, to express openly and creatively, and by being invited to get out of their comfort zone to cultivate trust, openness and connection with themselves, others and nature as the foundation for becoming a source of heart-based positive transformation for the community.

About the way we work

The methods

The methods used during the training will be based on non-formal education and experiential learning and include:

- exploration of the innate human resources
- creative expression (singing, music, dance, movement, storytelling, writing, arts)
- connection with nature
- deepening questions, mirroring, tracking
- holistic education, soul-based work
- mindfulness and meditation
- rituals and practices based on wisdom of native cultures
- somatic and embodied learning

Entering the realm of experience

The participation in this training requires a preparation phase. Those who will be accepted in the training should follow an online learning process (reading different materials, articles, watching videos) related to the topic of the training.

The participants will receive several suggestions for personal work before coming to the program (e.g. journaling on certain questions, self-time in nature and several other invitations).

Applying to this program requires also the commitment to follow the preparation process.

Soul-based work

During the training we wish to create profound experiences. Knowledge, information and facts are very important and will be provided within the training, but what moves us, what drives us to create a long-lasting impact in our field of activity is the joined elements of both intellectual understanding and deep experience processes that unlock the personal wisdom and deep knowing.

Art-based and ritual-based work

We'll explore the landscape of the psyche through a variety of art practices, including creative expression, self-designed ceremony, solo exercises while wandering on the land, group work, embodiment, movement, voice dialogue, journaling, singing and deep imagery work.

A vision with a task

After the training course we want to pay special attention to the dissemination activities, which will contribute to a learning journey and inner growth of youth work. This phase will be as important as the training itself. We want to create a powerful impact through our project. As a continuation of the experience **each participant will have to implement at least one ACTION in their own community.**

The guiding trainers:

ELENI MICHAEL

Eleni Michail loves old trees, sunrises and singing. She likes to immerse herself into mountains and valleys and to initiate deep conversations with the beings around (children, elders, insects, birds, water, Earth, Moon).

Eleni is a Mindfulness Teacher, a Soul Mentor and an Educator passionate about inspiring change and supporting people to tune into their authenticity and lead meaningful lives. She believes that every person is uniquely gifted and wonder-ful. Through her work she dedicatedly creates a space in which people can reconnect with their inner wisdom, as well as the wisdom of the earth.

She studied Primary School Teaching and holds a master's degree in Educational Management and Leadership. She has more than 11 years of experience in organizing and delivering local and international educational programmes based on experiential learning. In her work, she uses elements of Positive Psychology and Eco-centric development. She works a lot with nature and outdoor experiential learning, offering opportunities for growth for children, young people and adults.

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.

Practical information

This 7-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.

Who can participate?

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.

Participants can apply to this training if they are legal residents in Romania, Cyprus, Latvia.

What are the costs?

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

We are inviting (not mandatory!) you to contribute to future projects by making a donation from 40 to 80 Euros based on personal financial possibilities.

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

Country	Number of participants	Travel cost
Romania	9	275
Latvia	7	360
Cyprus	7	0

Creating a safe space in the context of Covid pandemic:

- All participants are asked to come with a certified negative rapid test taken 48 hours before their arrival to the venue (The cost for testing is not covered by the organisers).
- We strongly encourage everyone to make health insurance that covers covid emergencies and refundable tickets.

When and Where?

Where: mountains of Cyprus, near Amiantos village

Accommodation will be in shared apartments (4-6 people per apartment) on beds and sofa-beds.

We will be enjoying vegan diet.

Dates: from 16th to 24th March 2022

16th March– arrival day in Cyprus and traveling to the location;

17th – 23th March– the training course (7 full days);

24th March– departure day

Application procedure and deadline:

If you want to participate in this training you have to fill in the application form available at this link and wait for the selection results:

<https://forms.gle/6nJhg5eJV4L7Q44P7>

The deadline for applications submission is 13th February 2022 (included).
The selections results will be published on 15th February 2022.

Looking forward to welcoming you in this transformational space!

Contact us:

Christina Michael – inspirationpathcyprus@gmail.com