



1 - 9 July 2023
Centro Didattico Valpore - Italy

Streamline

'Streamline – awakening the revelation of inner flow' is a seven days training course organized by Teatro Invisible bringing together human workers who are willing to discover and explore their soul, deep identity and powers and learn how to guide others towards the nature-based and soul-centric transformational development. The training course will take place in the Dolomites Mountains in Italy, in Centro Didattico Valpore.

We are opening the call for participants, youth workers, trainers, educators, NGO leaders and workers who are willing to explore and develop their inspiring and effective working actions through somatic approaches and nature based methods.

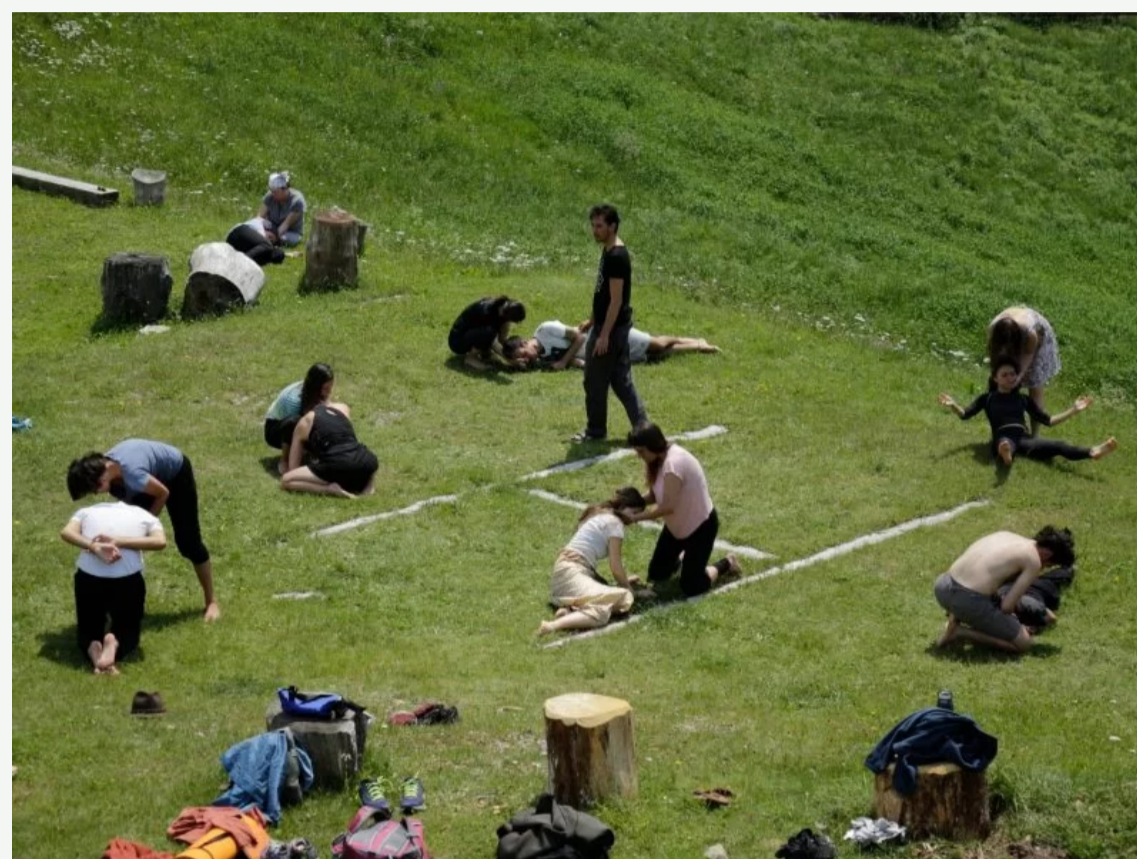
In this program we will in particular use the "Nature and the Human Soul" developmental wheel, developed by Bill Plotkin, as a framework for understanding the different stages of human development and how they correspond with the natural world.



Who is this training for?

We are seeking individuals who are open to self-exploration and personal growth, and who are capable of inspiring their community in a nurturing and life-enhancing manner.

The program requires participants to be at least 18 years old and have a proficient level of English.



Who can apply?

We aim to have an overall of 24 participants from Italy, Slovenia, France, Germany, Spain, Romania, Poland, Latvia & Greece.

We expect you to participate in the whole program. It means coming later or leaving earlier is not allowed. Also prepare for an intensive experience with at least 6 hours of program everyday!

Main topics

- Learning and drawing inspiration from Nature
- Vulnerability: connecting with our inner self, beyond daily masks and armors
- Body-mind connection: embodiment of concepts, attitudes, qualities
- Creativity: encouraging body and mind to explore and express the inner beauty waiting to be awakened
- Connection, inclusion and transformation: cultivating empathy and carefulness towards others and environment, becoming a source of positive transformation for the community

Methodologies

- Nature based activities
- Somatic and kinesthetic learning – holistic based education and body expression
- Connection with inner and outer nature – seeing nature as an inspiration for our lives
- Soul based experiences and practices – discovering the inner gifts
- Creativity expression – cultivating the deep imagination
- Nature and the Human Soul" developmental wheel, developed by Bill Plotkin – This model defines eight stages of human life – Innocent, Explorer, Thespian, Wanderer, Soul Apprentice, Artisan, Master, and Sage – and describes the benefits, tasks and challenges of each
- Breathwork (pranayama, Sufi breathing, Wim Hoff, breathing of expansion)

PRACTICALITIES

Before applying please read all this information

WHEN

Arrival day is 1st of July, departure will be the 9th.

VENUE

The training will be hosted at "Centro didattico ambientale Valpore". Valpore is a self-catering holiday home located in a stunning location: a promontory at an altitude of 1276 meters on the northern slope of Monte Grappa, in the municipality of Seren del Grappa (Belluno).

Valpore website: <https://valpore.org/>

ACCOMMODATION

Valpore is a place of great beauty, nature and simplicity. The rooms are essential, warm and clean, with bunk beds and not much space for else. There is the option to sleep in tents (some will be provided by us, but you can bring your own). Participants must bring their sleeping bags (or sheets) and a pillow case. Phone connection around the house is limited if not absent. You can get it by hiking 15 minutes uphill.

Wi-Fi: we might get hotspot few hours per day gently granted by the keepers, but let's not take it for granted.

If these little discomforts don't scare you, you will be able to fully enjoy the reward in this place, the program and the chef will offer.

TRAVEL AND REIMBURSEMENT

The travel costs of the participants will be refunded after the training course usually within 6 – 8 weeks (after participants send all their travel documents and fulfill closing tasks for the project including dissemination).

We highly encourage and support participants in planning Green travel (train, carpooling, bus).

Maximum amounts:

Slovenia: 180€
 Latvia, Romania, Poland, Spain, Greece, Germany, France: 275€

FOOD

The delicious food will be vegan/vegetarian, prepared with love and care by our cooks.

In order to provide and keep a safe and focused atmosphere for everybody we invite you to agree with an alcohol/drugs-free policy during the whole training course.

COSTS

Participation contribution: we offer the opportunity to self assess your contribution in a sliding scale between 90 – 150 euro (to be paid in cash upon arrival). Considering the participation to 8 full days of activities, please choose an amount that responds to your personal possibilities and that matches the values of balance and reciprocity.

TEAM OF TRAINERS AND TEACHERS

THE CHEF & THE FOOD

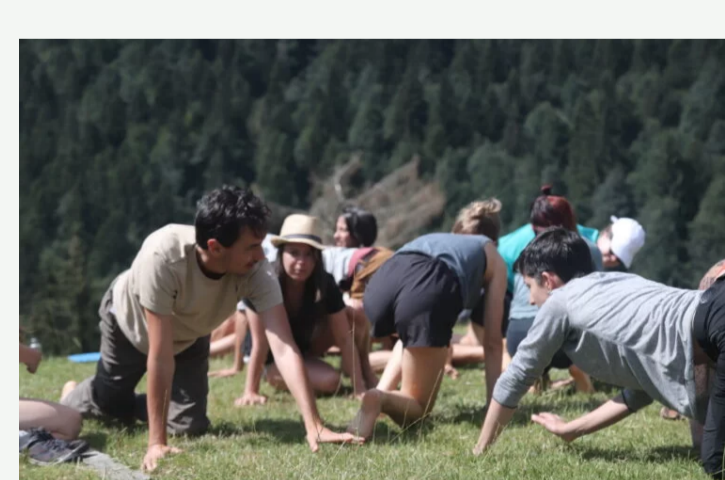
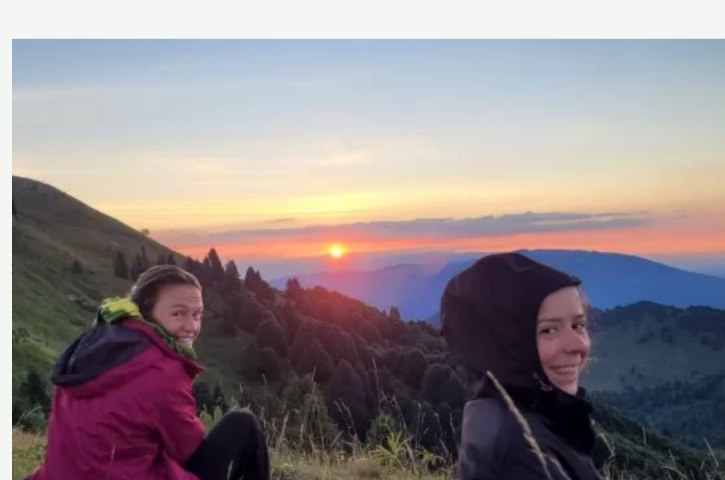
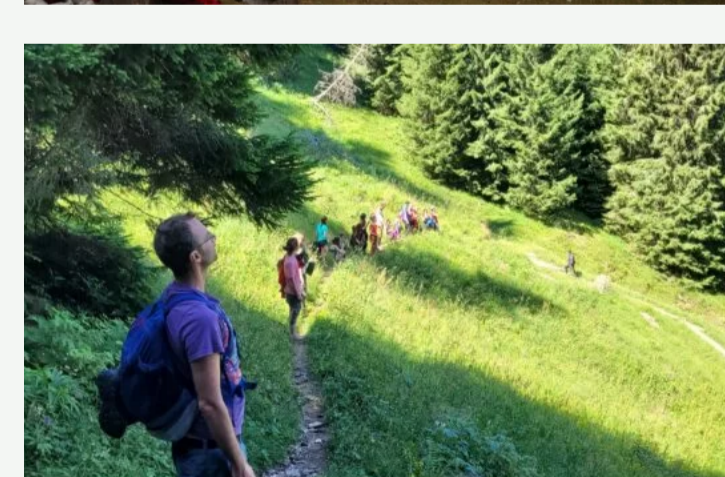
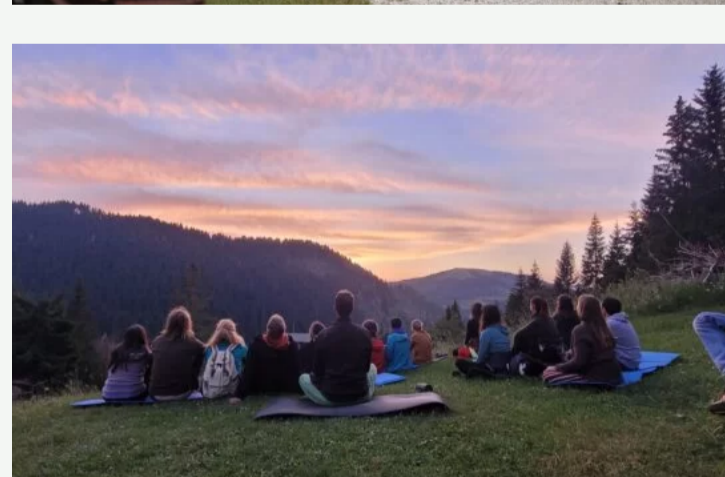
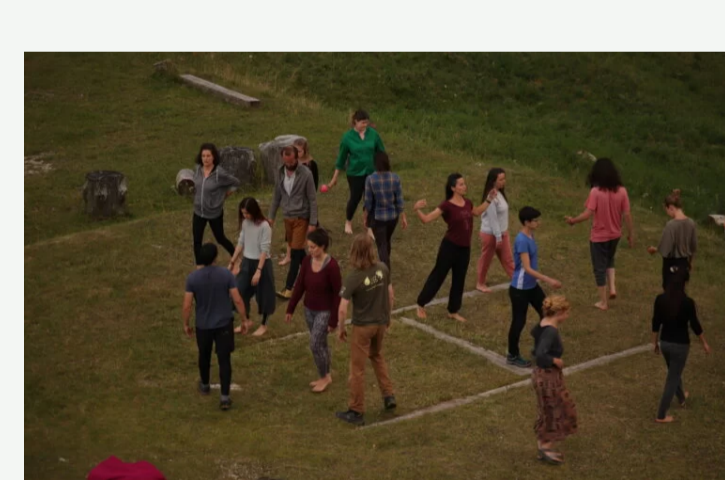
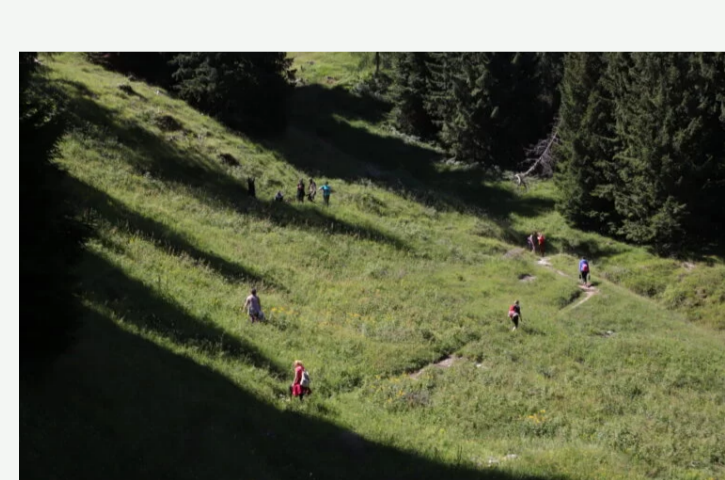
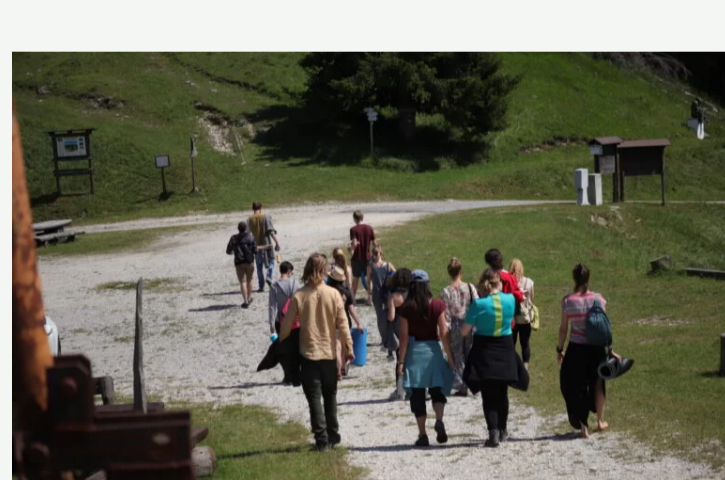


Gemma Paganelli

Welcome to LeGemma, Gemma's healthy kitchen! All the menus are packed with fresh ingredients and delicious matchings, so you can feel good about what you're eating. Gemma gets inspired by current season, vegan/vegetarian equilibrium and multi-cultural cuisine. Harmonise your body, mind, and soul through mindful eating tips, blasting tastes and balanced nutrients.

<https://www.instagram.com/legemmegood/>
<https://www.facebook.com/LeGemma>

PREVIOUSLY, IN VALPORE...



Antonio Cargnello

TRAINER

Antonio is a passionate trainer who loves to craft experiences for self development, group awareness, creative expression and pursuit of a wise and joyful freedom. He facilitates workshops for teenagers, students, youth workers and adults, using and mixing his expertise and experiences from theatrical improvisation, contemporary dance, martial arts and contact improvisation.



Sandra Horea

TRAINER

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. She graduated the Wild Mind Program (focusing on eco-depth psychology of wholeness and healing) within Animas Valley Institute.



Patrik Golob

GUEST TEACHER

Patrik is a nature base and breathwork facilitator and as well studying somatic coaching. If you ask Patrik where is his home he would reply: "In the body, for now", and if you ask him what is the body he would say "It is the extension of the Earth". Patrik is working with healthy masculinities for the health of the communities.

THE DEADLINE FOR APPLICATIONS IS APRIL 14.
RESULTS WILL THEN BE ANNOUNCED WITHIN ONE WEEK

APPLY HERE

For further information or questions: info@teatroinvisible.it