

PARTNER INFO



@reinisauzins

EMBODIED HORIZONS

Creating meaningful learning experiences through awareness, creativity, nature, and community.

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Poland

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Natalia Banaszkiewicz - Founder & Coordinator

WHO WE ARE

Embodied Horizons is a non-profit association based in Poland, created to support young people and adults in their personal and collective growth. We focus on non-formal holistic education, presence-based practices, community-centered learning, and creative expression. Our mission is to create safe and inspiring spaces where participants can deepen their awareness, cultivate emotional resilience, and reconnect with nature and each other.

Our association is newly established, but our members have personal experience in coaching, facilitation, community living, volunteering, and international exchange projects. We are motivated to learn and grow together with our partners and to bring creativity, responsibility, and fresh energy into Erasmus+ projects.



OUR VISION

We believe that education can be a transformative experience.

Our long-term vision is to create international learning opportunities where young people can explore who they are, develop practical life skills, and contribute positively to their communities.

Through Erasmus+ projects, local initiatives, and international partnerships, we hope to build a growing network of organizations that share values of presence, empathy, creativity, sustainability, and lifelong learning.



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FOCUS AREAS

Well-being & Mental Health

Supporting emotional resilience, self-awareness, stress management, and healthy relationships through experiential learning and reflective practices.

Embodiment & Mindfulness

Helping participants reconnect with themselves through body awareness, movement, mindfulness, grounding practices, and presence-based learning.

Creative Expression

Using art, storytelling, photography, theatre, music, movement, and other creative methods as powerful tools for learning and personal growth.

Nature & Regenerative Living

Exploring how nature can become a learning environment that supports reflection, resilience, sustainability, and deeper human connection.

Community & Connection

Creating safe spaces for dialogue, authentic connection, Nonviolent Communication, cooperation, and intercultural understanding.



HOW WE WORK

We believe that people learn best when they...

- ✓ experience instead of only listening
- ✓ reflect instead of memorizing
- ✓ participate instead of observing
- ✓ feel safe enough to be themselves
- ✓ connect with others through authentic dialogue
- ✓ have space to integrate what they learn

Therefore, our projects often include:

- experiential learning
- reflection circles
- mindfulness practices
- outdoor education
- creative workshops
- peer learning
- small group activities
- intercultural dialogue
- embodiment practices
- journaling
- movement sessions
- nature connection

**“DANCE IS THE
HIDDEN
LANGUAGE OF
THE SOUL”
– MARTHA
GRAHAM**



WHAT WE OFFER AS A PARTNER

- participant recruitment in Poland
- participant preparation and pre-departure meetings
- dissemination activities
- communication and promotion
- social media content
- photography & video documentation
- workshop facilitation (where relevant)
- participant support before, during, and after the project
- Youthpass reflection
- enthusiasm for building long-term partnerships

**“YOU CANNOT
STOP THE
WAVES, BUT
YOU CAN LEARN
TO SURF.”
– JON KABAT-
ZINN**



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LET'S CREATE SOMETHING MEANINGFUL TOGETHER



We are always open to new partnerships with organizations that believe in the power of non-formal education, meaningful human connection, and international cooperation.

Whether you are looking for a reliable Erasmus+ partner, planning a Youth Exchange, Training Course, or developing a long-term collaboration, we would love to hear from you.

Let's build projects that leave a lasting impact — on people, communities, and the future.