



“The Power of Being a Woman Understanding your body, mind and emotions” International creative workshop for women

Project type: Grundtvig Workshop

Location: Mazury, Poland

Dates: 14.06.2013 – 20.06.2013

Project Title: *"The power of being a Woman. Understanding your body, mind and emotions. International creative workshops for women".*

The main objective of the workshop is personal development, creativity and imagination boosting, development of self-awareness and the reduction of tensions and stress. The workshop itself is designed to promote healthy lifestyle, vegetarian food, openness and tolerance.

Workshop Activities: Main activities include bodywork, relaxation, discussions, spontaneous dance and meditation. During five days participants will make contact with their own bodies and their inner potential as well as they will get in touch with other participants. They will experience themselves, get more grounding and learn to open towards present feelings, such as fear, pleasure, aggression, sadness. They will learn how to deal with stress and reduce tensions, share their experiences and gain practical skills to transfer the energy and power awoken during the workshop into their day-to-day lives

Schedule

Day 1 (14.06) – Arrival (Meeting Point in Warsaw and bus trip to the Workshop location)

Day 2 (15.06) - Making contact with your body

Day 3 (16.06) - Relaxing the mind

Day 4 (17.06) - Connecting with your womanhood

Day 5 (18.06) - Creativity and passion

Day 6 (19.06) - Understanding your emotions

The last day will be focused on transposing your own power and energy into everyday life and on transferring the experiences and the risen awareness in daily life. A ritual with singing, dancing, fire and music will be organized to celebrate the community and to experience the integration and balance between body and mind.

Day 7 (20.06) – Returning

Location: The workshop will be held in “Lipowy Dom”, a perfect place to relax, with a peaceful environment, where it will be easy to switch off from day-to-day chaos and stressful life (www.lipowydom.pl). Participants will be located in shared rooms with bathrooms. Vegetarian food will be prepared by the hosts and there will be 3 meals every day.

Target Group: Adult women (+18) from european countries.

Number of participants: 15

Cost: 100% of the costs are covered by organizers.

(NOTE: Participants will only be asked to initially cover their travel expenses to Warsaw, that will be reimbursed during/after the workshop by the Organization.)

Working language will be English

Workshop organizer: kobiety.lodz.pl

Contact details:

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How to apply: Send fulfilled Application Form until **12th April** to projects.kobiety@gmail.com.