



Pilgrimage and outdoor guided activities
as a tool for personal development,
learning and transformation:

WANDERFUL!

12. – 20. 5. 2017, Maria Stock Pilgrim Trail, Czechia

***We invite you to join the 3rd edition of WANDERFUL! pilgrimage
on the Maria Stock Pilgrim Trail in West Bohemia, Czechia.***

***Wanderful! is an experiential training course
and a journey through our inner and outer landscapes.***

In 2015 we were exploring traditional stages of pilgrim's transformational process.

In 2016 Solstice and Saint John's rituals were our red thread.

In 2017... you can live and co-create the journey with us.

FOR WHOM:

youth workers, guides, mentors, trainers and educators, who:

- ★ wish to experience pilgrimage and reflect on their own inner process,
- ★ are interested in exploring the potential of pilgrimage and outdoor guided activities as a tool for personal development, learning and transformation,
- ★ are ready to spend one week walking in Czech landscape, in very basic conditions, in community with 20 people from different countries and cultures,
- ★ are able to work in English.

**The main aim of the course is to explore pilgrimage and outdoor guided activities
as a tool for personal development, learning and transformation.**

For this we will use the personal experience of a pilgrim who leaves his/her certainties behind and starts his/her journey out towards unknown landscape, finds him/herself in new unusual situations. In the same time he/she has possibilities available for learning from those moments. Further these experiences will be systematically used and analysed as an example for the transfer into participants' realities.

Natural Spirit ★ www.naturalspirit.cz ★ wanderful@naturalspirit.cz

Group of 20 youth workers / guides / pilgrims from different countries and cultures will walk together through Czech landscape.

We will be sleeping outside, cooking for ourselves, sharing different approaches and tools connected with community and nature based youth work. In the beginning there will be more of personal experience and individual reflection. Towards the end the focus will be more on how to use this experience back home in favour of our youngsters and communities.

PROGRAMME ELEMENTS:

- ★ **learning about pilgrimage** in different times and cultures;
- ★ **discovering possible use of pilgrimage** in education, youth work and training;
- ★ **sharing different examples of pilgrimage** – spiritual, activist, artistic,...
- ★ exploring our characters, values, roles, strengths and shadows as guides;
- ★ adapting pilgrimage to our realities, target groups, resources, personal styles;
- ★ how to be in service – to myself, to the community, to the environment, to higher purpose;
- ★ discovering our ways of dealing with challenges and potential of difficulties,
- ★ how to prepare a pilgrimage, what to expect, what to have in mind for the logistics;
- ★ collecting the outcomes of the week, integrating the experience, future planning.



If you are interested to participate, apply here by April 7th 2017: <https://goo.gl/PvXX1z>

If you find this offer later, you can still apply, we will inform you about the current situation.

Natural Spirit is a platform for meaningful education in harmony with inner and outer nature.

Your Wonderful! guides will be:



Honza Látal

is from South Bohemia, active in education and training since 2002, loves running in forests, plays instruments, does body performances, collects stones and Norwegian music. Is passionate about macro photography, interested in religions and cultures, loves connecting nature, art and spirituality in learning. Recently works as a nature guide and uses natural elements in coaching and self development.



Helena Kosková

is a community worker, trainer, therapist, Council facilitator and gardener with passion for journeys, both inner and outer. She loves cooking on fire, swimming in cooling creeks and African dance. Recently she is mainly involved in nature based activities of Natural Spirit and therapeutic practice in Prague, using Pessu Boyden System Psychomotor, a mind-body approach to emotional well-being.



Vojta Tutr

lives in Prague, is active in training since 2001, studied history of religion, interested about religious traditions, history and philosophy. Loves walking and surviving in the nature in all seasons and circumstances. Is active member of editorial board of “Dingir” periodical on contemporary religious phenomena. He is interested in homebrewing and cooking. At present works in project for talent support.

COSTS:

Food, accommodation (including 3 nights under roof), material, preparations: **110€**

Programme facilitation, administrations, logistics: **90€**

Your bonus contribution to the team of trainers: **you choose** according to your satisfaction.

Flashes and sparkles of **Wonderful! 2016 in pictures**: <https://goo.gl/W3lt9U>

Facebook event: <https://www.facebook.com/events/406946949659383/>

BUEN CAMINO!

Natural Spirit ★ www.naturalspirit.cz ★ wonderful@naturalspirit.cz