

TEAM OF THE @EMBODIEDCHANGE PROJECT PRESENTS

# EMBODIMENT AND CHANGE

INTERNATIONAL FORUM ABOUT BODY AND MOVEMENT BASED LEARNING APPROACHES  
LAUKU KURORTS • KAZDANGA • LATVIA • SEPTEMBER 6th to 8th 2019



**Youth workers, education experts, trainers, facilitators and teachers, [Room of Fulfilled Dreams](#), [Nomadways](#) and [Teatro Invisible](#) invites you to spend a creative and moving weekend in a beautiful rural area, and participate in an international forum devoted to body and movement based learning tools. This weekend event will take place from September 6th to 8th, 2019, near Kazdanga, in Latvia, gathering over 50 participants from all Europe.**

The forum is a part of a strategic partnership project called [Embodied Change](#) which was designed with a goal to elaborate body and movement based learning methods for boosting young people's participation and entrepreneurial mindset. Main theme uniting all the activities of the project is embodied learning - its main concepts, principles, approaches and various methods, viewing the physical body as a domain of learning and change.

During the event we will share outcomes of this project and offer diverse movement workshops in order to provide a practical insight into what embodied learning means. You will receive also a brand new embodied learning toolkit. Besides, you will have a chance to network, gain new ideas and methods, as well as find new perspectives how to look at yourself and importance of body in educational context. If interested, application form is available [here](#) until August 1st 2019.



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## OUR APPROACH

The forum will be based on principles of non-formal education, body and movement based learning, and will require active participation. Different movement disciplines will be represented there. Team of the facilitators will take care for creating supportive and inspiring learning environment, where you could exchange experience, best practices, experiment with new ways of being and master challenges that contribute to your professional and personal growth. Working language of the event will be English.



## CONDITIONS

### ACCOMMODATION

Event will be hosted in [Lauku Kurorts](#), Udensozozes, Kazdanga, LV-3457. We will share simple, but new and nice rooms. Some will be more private, some more like a hostel accommodation.

Meals will be provided during the event. In the complex you will have a chance to enjoy sauna, hot tub, swim or paddle board. WiFi will be available.

Closest bus stop is in Kazdanga, within 3 km walk. There are no shops and ATMs. We can't promise to pick you up, unless you totally can't find a good connection or get lost. You can join project's [Facebook group](#) to find out if someone would like to share a ride.

### FINANCES

There is no participation fee. Costs for participants' accommodation during the event, for meals included in the program and materials will be covered from the project budget. Please, note that **travel and travel insurance costs are not covered.**

Note, that participants from abroad are welcome to check-in at the guest house on September 5th. Latvian participants are welcome to arrive on September 6th, in the morning. Departure for all is on September 7th late evening or September 8th morning.

### WHAT TO BRING

Take comfortable clothes and shoes for indoor and outdoor activities, swimming suite, something that is warm and something that protects from rain. Bring something against mosquitoes and ticks.

Bring exercise mat and small blanket or sleeping bag to be warm also in more meditative or still moments.

EHIC card and travel insurance will help a lot in case of health problems and travel troubles.

You might bring materials representing your organization, projects or other activities. There will be a designated place for sharing them.





## BUS CONNECTIONS

Latvia has airports in Riga and Liepaja. We recommend following bus connections:

### September 5

FROM RIGA

12:40-15:13 Riga-Skrunda

15:20-15:46 Skrunda-Kazdanga

13:45-16:23 Riga-Kuldiga

17:24-18:06 Kuldiga-Aizpute

18:35-18:46 Aizpute-Kazdanga

18:20-21:25 Riga-Kazdanga

Buses FROM LIEPAJA to Kazdanga leave at 03:15, 04:15, 07:10, 08:25, 10:45, 11:58, 12:10, 13:41, 17:20 and 18:46.

### September 6

FROM RIGA

07:05-09:35 Riga-Skrunda

Ride might be provided, but request in advance.

### September 8

TO RIGA

08:25-11:30 Kazdanga-Riga

Purchase ticket well in advance!

TO LIEPAJA

14:19-15:45 Kazdanga-Liepaja

19:09-20:20 Kazdanga-Liepaja

You can check timetables and purchase tickets [here](#) and [here](#). **For buses on Fridays and Sundays it is crucial to purchase ticket in advance.**

Tickets are available online 10 days before the trip. You must print your ticket.

Hitchhiking is also popular in Latvia, but we'd recommend to do it together with someone. There are also carpooling groups on Facebook for trips to [Kuldiga](#) and [Aizpute](#).

## OTHER NOTES

This event and other activities within the Embodied Change project were possible thanks to financial support from [Erasmus+: Youth Programme](#). During one of the workshops you will have a chance to learn more about preparing and implementing strategic partnership projects, and do not hesitate to contact us also via e-mail if you have concrete questions regarding strategic partnerships or other opportunities within Erasmus+ Youth Programme.

We hope you will enjoy this event, and we will do our best to make it great. To give a chance to even more people to learn and benefit from the forum, we invite also you to spread a word about this event and your experiences there. Use hashtags [#embodiedchangeLV](#) and [#erasmusplusLV](#) and share on social media how do you prepare for the forum, your insights, learning points, questions and feedback during and after event!



## CONTACTS

More information about other activities within the Embodied Change project is available on its [Facebook page](#) and [website](#).

If you can not find suitable transport connections, get lost or experience some other troubles, or if you have questions, contact our Latvian host for assistance - Inese Priedite, +371 29752136, [info@piepildi.org](mailto:info@piepildi.org). You are welcome to use [Facebook page](#) of this event to team up and share a ride or take bus together.



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# EMBODIMENT AND CHANGE

## SEP 5 • ARRIVALS OF THOSE TRAVELLING FROM ABROAD

19:30-20:30

Dinner

21:00-24:00

**Sauna and Hot Tub**

## SEP 6 • WORKSHOPS

08:30-09:30

**Morning Exercising**  
with Ilze Jece, outdoors

08:30-10:00

Breakfast and Arrivals of the Local Participants

10:30-12:30

**Official Opening of the Program**  
with team of @embodiedchange and elements of getting to know each other, indoors

12:30-14:30

Lunch Break

14:30-16:30

**Introduction to Embodied Learning**  
with Inese Priedite, indoors

**Expressive Body**  
with Sara Celeghin, outdoors

17:00-19:00

**The Mask's Morphology**  
with Helene Cavaignac, indoors

**Inner Landscape**  
with Sandra Gojic, outdoors

19:00-20:00

Dinner

20:30-22:00

**Cello Meditation**  
with Ilze Jece and Ieva Skendere

21:00-24:00

**Sauna and Hot Tub**



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# EMBODIMENT AND CHANGE

## SEP 7 • WORKSHOPS

08:30-09:30

**Hacking Strategic Partnerships**  
with team of @embodiedchange, indoors

**Morning Exercising**  
with Ilze Jece, outdoors

08:30-10:00

Breakfast

10:30-12:30

**Expressing Without Words**  
with Gabriel Vivas Martinez, indoors

**Music in the Woods**  
with Valentin Voisin, outdoors

12:30-14:30

Lunch Break

14:30-16:30

**Superposition of States**  
with Ri Shirotsuki, indoors

**Embodied Writing**  
with Inese Priedite, outdoors

17:00-19:00

**Me/We Movement Structures**  
with Kristine Brinina, indoors

**Theatre and Improvisation**  
with Sara Celeghein, outdoors

19:00-20:00

Dinner

20:30-21:00

**Closing of the Event**  
with team of @embodiedchange

21:00-23:00

**Elemental Dance**  
with Kasia Stepien

21:00-24:00

**Sauna and Hot Tub**

## SEP 8 • BREAKFAST AND DEPARTURES

\*Please, note, that this program is subject to change and will be adjusted in accordance to the arrival and departure times of the participants.



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# EMBODIMENT AND CHANGE

## Morning Exercising

Fusion of somatic movement exploration with functional exercise to both be able to tune in whatever body is sensing and experiencing, as well as to get yourself ready and energetic to be fully present for the upcoming day.

Morning exercises will be offered by Ilze Jece - social change facilitator and movement and bodywork educator with years of experience in social and environmental activism. In the training courses she integrates movement, bodywork, acrobatics and various pedagogical tools to create a playful and inspiring learning process.

## Introduction to Embodied Learning

With help of short movement exercises we will discover main principles of embodied learning, as well as explore several useful theoretical models that help to understand importance and possible approaches to the body in the learning process.

Facilitator of this session, Inese Priedite, works as trainer in non-formal education since 2007, cooperating with organisations and institutions from all Europe. One of her interests is creative learning approaches and methods, as well as boosting creativity and innovation, thus in her work she combines different body and movement based activities with creative writing, storytelling, drawing and photography.

## Expressive Body

A guided exploration about different qualities of movement, energy and shapes. We will start with listening and becoming more aware of our breathing, and then put focus on our possibilities and limitations, exploring and playing with them. This workshop includes working alone, in pairs and groups to reveal our inner patterns related to the confidence and fear. We'll also learn to be at ease with ourselves, others and our surroundings.

Workshop will be led by Sara Celeghin, actress, circus performer, artist and organiser of various cultural events. She is giving life to different materials by making puppets and carving wood sculptures. Sara has developed her educational approach by working together with masters from different parts of the world.

## The Mask's Morphology

The face is a basic part of human anatomy and can express many different emotions. This workshop proposes, in a first part, a psycho-morphological exploration of the face by the observation of the curves, the forms, the asymmetries and their consequences on the personality. Then, in a second part, we will learn a fun and simple mask making technique.

You will make masks with Helene Cavaignac, an activist and educator. Her passion is performing arts - pantonime, clowning, mask and costume making and improvisation - and she uses these tools to empower young people. Helene also lives in the countryside to grow her vegetables and do various handicrafts.

## Inner Landscape

Contact Improvisation is a wonderful approach to body movement and a gentle tool for nurturing connection with ourselves and others. Through stillness, movement exploration and partner work, we will be getting closer to our inner rhythms and we will work on allowing our individual impulses to become alive in the present moment. It's through individual and partner improvisation that we will learn to recognise our borders, habits and patterns and discover the space for change and personal growth.

You will be exploring with Sandra Gojic, an independent educator passionate about movement, inner diversity and creating spaces where human being can express their authentic selves. At the moment she is exploring connection between contact improvisation and place-based education, as a tool for empowering local communities.



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## **Cello Meditation**

This session will be a combination of restorative movement and meditative sounds of bells and cello. We will flow through movements that help your body come into a restful state of bliss and balance. The session will guide your way into relaxing and will activate parasympathetic nervous system, which is responsible for rejuvenation and renewal of the body and calmness of the mind. Come with comfortable clothing to move in, your mat and a blanket to feel warm and cosy.

## **Hacking Strategic Partnerships**

This is the session for those who are looking for new partners and new opportunities. We will meet around some pre-breakfast drinks and snacks, and coordinator of this event will share with you some tips and tricks how to prepare and manage a strategic partnership project for innovation within Erasmus+ programme. After that, these people, who would like to work on new projects together with others, will have a chance to present their ideas, working teams will be created, and project development work can go on during the breakfast and rest of the day.

## **Expressing Without Words: Body and Voice Work with Young People with Disabilities**

The aim of this workshop is to provide an overview of the body expression and voice improvisation techniques that Gabriel Vivas Martinez, facilitator of this session, is using in his work with young people who have cognitive disabilities. Through a series of practical exercises, we will experience the methodologies ourselves, and then we will share moments of reflection and exchange, where we will discover the opportunities that these creative tools offer in the work with young people who have special education needs.

Gabriel Vivas Martínez is actor and trainer based in London. He has received training in Social Theatre and Disabilities and holds a Master's Degree in Artistic, Literary and Culture Studies. Gabriel has experience working with Body-Voice Expression Methodologies with minorities - young people with disabilities, young migrants and refugees, Roma community and LGBTIQ+ people in different countries. He is currently studying an MA in Applied Theatre at the Royal Central School of Speech and Drama.

## **Embodied Writing**

In this workshop we will explore how body and movement based work can help us to awaken our imagination and be used in the process of creation. Several movement exercises will be combined with creative and reflective writing exercises, working on short stories, poems, and other texts.

## **Music in the Woods**

Within this workshop we will build simple music instruments from natural materials found in the forest and enjoy a collective jam using our new instruments. Instruments that can be built in the forest include primitive xylophone, wood and stone percussion, whistles, rhombus, earth bass guitar and other string and wind instruments.

Host of this workshop - Valentin Voisin - is a musician and youth worker whose specialisation is music activities and projects. He is making instruments, exploring sounds and researching music therapy.

# EMBODIMENT AND CHANGE

## Slowed Down Body and Mind: Superposition of States

No judging. No measurements. Just letting your body and mind be as they are and watching in between. We will explore basic techniques of Japanese BUTO performance and dance art and use them to understand, how physical and mental slowing down can affect our actions, reactions and decisions. We will try to avoid social behaviour patterns and go inside our inner natural body and consciousness to understand real needs of ourselves. We will learn how to see things without subjective evaluation and how to use it in the educational process.

Ri Shirotsuki (Maria Shaurova) is a film and performing arts director, choreographer, performer and teacher. She has MA in Film Directing and Multimedia Performing Arts. She studied contemporary, classical and experimental dance techniques with Latvian, European, Russian and Ukrainian professional dancers and choreographers. She studied Japanese Buto art with Simona Orinska, and performed with Buto performance art group Ideagnosis.

## Me/We Movement Structures

Choreographer Kristine Brinina is interested in the social aspect of dance, encouraging both individual freedom of the person, and at the same time developing ability to cooperate, be kind and interact with other people, space and time. She invites to free yourself, but also not get obsessed with yourself - to focus not only on ME but also to be aware of WE. One of the keywords of this session is "trust". The workshop will be based on elements of games and improvisation, which don't require special previous experience or knowledge. It will be active, fun, positive time that might allow you to learn something new about yourself.

Kristine Brinina is a independent choreographer and dancer who lives and works in Latvia. Graduated from the Dance Department of the Latvian Academy of Culture in Riga in 2011 and has since been active as a solo artist, also working in collaboration with other artists and non-professionals. Her work is inspired by daily life, situations and encounters with strangers, which she transmits on stage with empathy and humour. In 2014 Kristine moved to the countryside in Cirava where, together with her husband, they run artist residency in an old watermill, testing and trying to practice different ways of local involvement.

## Theatre and Improvisation

Mix of theatre exercises to develop participants' relationship with notions of space, consciousness of the others, ourselves, our body, of the risk and of solidarity, the desire of expression, playing with emotions, self-confidence and trusting the others and our moving identity.

## Elemental Dance

This free-form moving meditation will take us on experiential journey of connection with our bodies, each other and the inner and outer 5 elements of nature - Air, Earth, Water, Fire and Ether. There are no fixed steps, we allow our bodies to be moved, accepting and bringing to movement what is present in the moment. We will discover the freedom of our own authentic expression, our unique rhythm, recognising and transforming our habitual patterns. Through movement, mindfulness, breathing techniques, individual and partner exercises we will enter a deep practice of getting 'out of our heads', and trusting the wisdom of our bodies, we will learn how to listen - to ourselves, each other and the natural rhythms.

Kasia Stepien weaves together her passion for embodied practices, nature and communities, inspiring mindful re-connection with self, others and the Earth. She is certified 5Elements Dance facilitator, mindfulness practitioner, explorer and activist. In her work she creates heart-based spaces supporting young people and adults on their journeys to wholeness, based on compassion, authentic expression, self-awareness and play.





TEAM OF THE PROJECT

Sara Celeghin, Italy



Ilze Jece, Latvia



Anne Merlin, France



Inese Priedite, Latvia



Antonio Camgello, Italy



Leo Zbanke, France



OUR GUEST FACILITATORS



Ri Shirotsuki, Latvia



Helene Cavaignac, France



Kasia Stepien, Poland



Kristine Brinina, Latvia



Gabriel Martinez, Spain

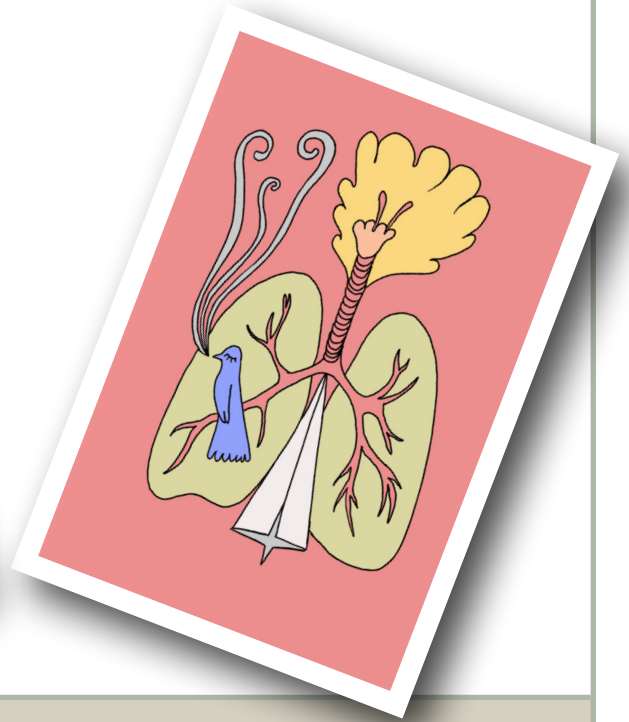


Sandra Gojic, Ireland



Valentin Voisin, France

EXTRA GOODIES



Thanks to support from Erasmus+ all participants of the event will receive also three sets of associative cards designed for body and movement based activities and reflection - together with a booklet containing different ideas how to use these cards. Also during the event you will have a chance to experience how to use this toolkit in educational and personal development work. Enjoy!

