

# Breathe for a second

Erasmus + Training Course

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**20-28 September 2022.**  
Laguna de Cameros, La Rioja,  
Spain



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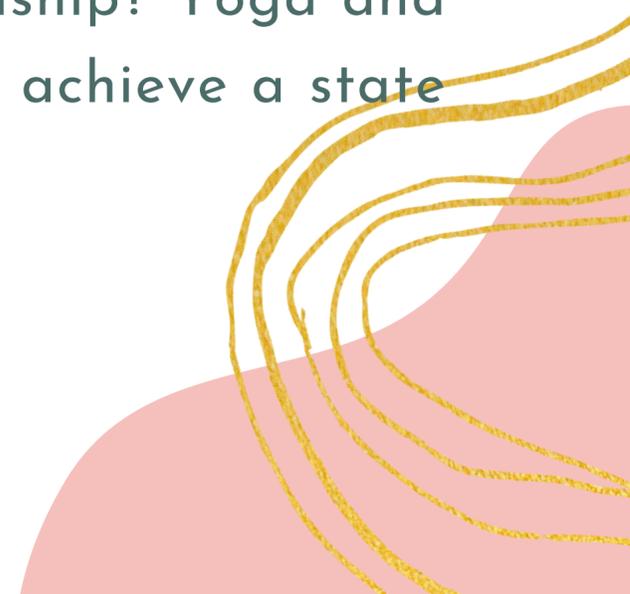
# Context

This project aims to bring yoga and mindfulness closer to the youth, especially those who are not familiarized with it and therefore in most need.

The practice of yoga is an invitation for reflection and meditation. It combines the physical and the mental gathering our physical and mental energy in the possibility of focusing in the present moment.

Doctors recommend a few minutes of yoga and meditation in a daily basis as in order to achieve a healthy well-being. According to statistics, youth is in a process of regression in every aspect that refers to physical activity and concentration ever since the irruption of technology as we conceive it today. A sedentary lifestyle on the physical side and stress on the mental one are consequences of this decline in personal care that yoga aims to alleviate.

How to make individuals (mainly the youngest) aware of the importance of this reflective behavior and encourage them to practice yoga to preserve their personal balance, their health, their creativity, their energy and active citizenship? Yoga and meditation can offer us the necessary tools to achieve a state of peace, well-being and happiness.



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# Objectives

1. Enable a group of young workers from different countries and cultures to acquire new skills on the benefits of practicing yoga and meditation, as well as on the means to use this potential in the interest of young people.
2. Encourage youth workers to improve their knowledge and working methods and seek to take the initiative in the practice of yoga, meditation and mindful living, in a context of non-formal education for the sake of youth and others from local communities.
3. Allow participants to understand in practice the value of yoga within a certain group. In fact, yoga and mindfulness do a lot of good for the proper functioning of a team, reinforcing the ties within a team as the efficiency of all skyrockets both in quantitative and qualitative terms.
4. Allow the young workers who will participate in the training to launch experimental workshops aimed at various audiences, inspired by the skills acquired.
5. Create online educational material on yoga, meditation and the practice of full attention or mindfulness so that young people can make use of videos and bulletins in their learning of basic teachings of these subjects.

# Activities

The project will touch upon the topics of yoga, mindfulness, intercultural learning, relaxation and personal development to ensure a meaningful and useful experience. We will combine loads of practice with small bites of theory. Some masterclasses with a good amount of non formal methods. Programmed tasks with moments where YOU will be the one leading the show.

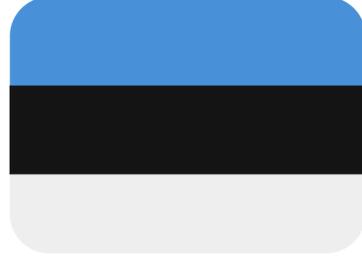


| DATE             | 20/09  | 21/09                      | 22/09  | 23/09                                     | 24/09                                      | 25/09  | 26/09                                   | 27/09  | 28/09                           |  |
|------------------|--|----------------------------|--|---|--|--|---|--|---------------------------------|--|
| DAY              | Day 1  | Day 2                      | Day 3  | Day 4                                     | Day 5                                      | Day 6  | Day 7                                   | Day 8  | Day 9                           |  |
| <b>Aim</b>       | Welcome  | Getting to know each other | Validating our emotions  | Exploring the philosophy of yoga together | Reconnecting with Nature                   | Reaching into our creativity                         | The importance of the Breathing         | Conclusion and next steps                      | Farewell                        |  |
|                  | 8:00   | <b>BREAKFAST</b>           |  |   |  |  |   |  |                                 |  |
| <b>Morning</b>   | 9:00- 11:00  | Arrival of participants    | Introduction (Organization, facilitators and participants) and presentation of the activities of the program | Gymkana                                   | Mindfulness                                | Meditation with the surroundings                     | Building a Mindfulness activity         | Breathing techniques                           | Working with local groups       |  |
|                  | 11:00-11:30  |                            | <b>BREAK</b>   |   |  |  |   |  |                                 |  |
| 11:30- 13:00     | Erasmus +, Youthpass. Expectations of the participants |                            | Yoga practice / team building  | Learning to guide a yoga practice         | Outdoor yoga practice                      | Yoga practice  | Yoga practice                           | Working with local groups                      |                                 |  |
| 13:00- 16:00     | <b>LUNCH</b>   |                            |  |   |  |  |   |  |                                 |  |
| <b>Afternoon</b> | 16:00- 16:30   | Arrival of participants    | Introduction to Yoga and Meditation  | Recognizing and allowing our emotions     | Guided relaxation                          | Discovering "La Rioja" and visiting of youth Council | Relaxation for awakening our creativity | Meditation for answering questions             | Final evaluation                |  |
|                  | 16:30- 18:00   |                            |  | How to use an emotions circle             | Learning how to create a guided relaxation |  | Presentation of a yoga pose             | Guiding your own relaxation                    | Youth Pass                      |  |
|                  | 18:00-18:30  |                            | <b>BREAK</b>   |   |  |  |   |  |                                 |  |
|                  | 18:30- 20:00   |                            | Yoga Practice  | Youthpass                                 | Creation of the working groups             | Mid-term evaluation                                  | Wheel of life                           | Yoga pose presentation / Evaluation of the day | Next steps / Closing meditation |  |
|                  | 20:00  | <b>DINNER</b>              |  |   |  |  |   |  |                                 |  |
| <b>Evening</b>   | 21:00-22:30  | Free time                  | Journaling   | Magazine                                  | Intercultural evening                      | Free time  | New moon ritual                         | Finishing the magazine                         | Good bye party                  |  |

Departure of participants

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# Participants



- 3 participants per country.
  - Youth workers, volunteers, youngsters.
  - People engaged in the topic.
  - Good physical condition.
  - Independent English user
  - Mindfull attitude
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# Destination

The project will be held in Laguna de Cameros a mountain village in La Rioja, north of Spain. It is part of a Biosphere Reserve and one of the best places of the area to see stars as it is considered as a "sky park".



# Accommodation



We will be hosted in a rural Hotel booked only for us. Participants will be located in shared multinational rooms of 2-3- 4 participants according to the needs.



All meals will be vegetarian with vegan options, and coffee breaks will also be provided by the organization. The house is known for providing a healthy space. For this reason, participants are expected to take care of themselves and the surrounding. Alcohol consumption or later sleeping times will not be recommended with the exception of the international night.

# Selection process

Inscription process will be open until the 15th of July. You should contact your country NGO as they will be responsible of creating each national group. You will have to fill in a questionnaire to be selected as a project participant: <https://forms.gle/Q7WsFh2uH7pQ2dso8>

LATER ON, WE WILL INFORM AND GUIDE YOU WITH THE TRAVELLING PURCHASE AND ANY MEASURES TO TAKE IN CONSIDERATION.



SELECTED PARTICIPANTS WILL BE COMMUNICATED VIA EMAIL MAXIMUM 5 DAYS AFTER THE SELECTION PROCESS IS CLOSED.

## What to bring

- Your travel tickets (bus/train tickets, boarding passes...);
- Health insurance (European Health card)
- Raincoat and warm clothes.
- Comfortable clothes and hiking boots.
- Your special needs.
- Musical instruments & Board games!
- Your best motivation and good mood :)
- An open mind and sense of humour.
- Energizers.
- Food, drinks, materials for intercultural nights.

# Travelling

Participants are required to travel with the cleaner transportations means possible up to 4 days before or after the project dates. Keep all tickets needed from your home town (residence) to the place of activities (Laguna de Cameros).



We recommend you to travel to Madrid or Barcelona if closer destinations (Zaragoza or Bilbao) are not available. From there, you can easily take buses/trains to go to Logroño where we will meet on Tuesday **before 7 pm.**



We will meet at 7pm to go all together to Laguna de Cameros with a shuttle bus.

# Reimbursement

According to the Erasmus+ programme, participants in training courses can have their travel expenses reimbursed within the amount given on the table; from your home town (residence) to the place of activities (Laguna de Cameros).

Albania- 235 euros

Italy- 235 euros

Portugal- 140 euros

Slovenia- 235 euros

Spain- 0 euros

Macedonia- 235 euros

Poland - 235 euros

Estonia- 320 euros

Romania - 320 euros.

Czech Republic - 235 euros.

40 euro from the budget have been taken out in order to cover the journeys Logroño-Laguna.

**PLEASE KEEP ALL RECEIPTS AND INVOICES WITH YOU.**

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LOOKING FORWARD TO MEETING YOU

THANK YOU!

[HTTPS://WWW.MANFREDONTOUR.ES/](https://www.manfredontour.es/)



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