

WHAT AURA OFFERS

AURA Sviluppo Sostenibile - franzini@elenafranzini.com

www.aurasostenibile.wordpress.com

Pic number: 946381277

TITEL: LEARNING FROM NATURE

Self perception and systemic transformation for innovators and change makers in times of crisis

Date: 19-23 September 2016 (Monday-Friday)

Venue: Calabria, South Italy (organic farm Priscopio, Ciaramiti di Ricadi) (4 km from Tropea)

Arrival airport: Lamezia Terme

Facilitators: Elena Franzini (Aura, Calabria, South Italy); Jasenka Gojsic (Isoropia, Zagreb, Croatia), Mare Suljak (Isoropia, Zagreb, Croatia)

Costs: 60€/person/day food and accomodation (double or triple bedroom)

Participation:

- *individuals, NGO and associations 350€ (could be fully funded with Erasmus+ Mobility)*
- *corporate 700€*

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The focus is on capacity building for teachers, facilitators, innovators and change makers.

Daily structure for all workshops: 10.00 – 19.00

10.00 Opening process - check-in

11.00 Work Session I – Opening activities - Deep dive into yourself - Mindfulness practices - Learning lab

13.00 Lunch

14.00 Relax,

15.00 Work Session II - Experiential lab - Creative activities: Surfacing emerging solutions and self expressing activities through painting, writing, video

17.00 Reflection on the day

19.00 Relax

20.00 Dinner

Feel free to innovate and cocreate with us the workshop contents. Bring your favorite music (instruments), games, inspirations for others, etc...

The fundamental longing is to connect ourselves with our own essence. It is not about how to act with more rational knowledge, but to create a bridge between your rational mind and your inner wisdom, developing the necessary emotional strength and spiritual power.

It is an experiential five days workshop about your Self perceptions, that are determined by its position in relation to other phenomena and that are changed by the very act of observation.

The magic of nature and the beauty can deliver you the peace, the love, the intuitions and the calm you need in challenging chaotic times.

Day 1: Opening process: create the field and open the space for transformation
Redirect your attention from outside to inside, practice the listening to yourself and experience the deep breath of life that is breathing within you.

The path from outside to inside
The quality of your inner space

Day 2: Ensoul your perception

Change your perceptions: experience the wonder of an ensouled world. Create your symbols, discover your mirrors, create your metaphors from your experience with nature. Add transpersonal spiritual energies. Develop your ability to sense. Trust your sensibility and trust your intuition. the use of imagination.

Day 3: Life Sustaining Transformation

Loving yourself, self-esteem, presence, imagination, love, harmonious life in your systemic transformation.

Day 4: The path back from inside to outside: act with your roots in your soul

Explore the future from within; Letting go, letting come.

Authenticity and the courage to speak with your voice. Show yourself. The U movement.

Day 5: Sharing, harvesting

The key lies in transforming both our capacity to see and sense, and our capacity to create. A capacity to see that no longer fragments the observer from what's observed.

A new capacity for stillness that no longer fragments who we really are from what's emerging. And a new capacity to create alternative realities that no longer fragments the wisdom of your head, heart and hand. A synthesis of all different facets of a single way of being. Explore the future from within.

Daily "soul check-in", journaling on your role in life, inner conversations, inspiration from nature and transpersonal experiences are essential parts of the workshop.