

BODYWISE

MINDFULNESS, MOVEMENT AND THE WISDOM OF THE BODY

1. Presentation

In the current challenging times, profound listening to the body is preventive against burnout, promoting mental and physical health.

In a fast-paced world that often disconnects us from our bodies, Bodywise offers a space to slow down, listen deeply, and rediscover the wisdom within.

This course invites you to explore somatic awareness as a powerful tool for emotional regulation, resilience, and self-connection.

Through experiential practices, movement, mindfulness and theatre you will learn to recognize the signals your body sends and respond with presence, care, and intention.

The course is based on the outputs of a Erasmus Plus KA2 Strategic Partnership for adult education “Bodywise-wise bodies 2022-2-EEo1-KA210-ADU-000096298” dedicated to exploring diverse art and theatrical methods aimed at enhancing body awareness in trainers to better empower marginalised groups

2. Programme

Arrival: Sunday

1° DAY (Monday)

Registration of participants

- o Course " Bodywise in Practice: Reconnecting Mind and Body"
- o Participants presentation
- o Personal and professional expectation
- o Progetto Crescere Presentation
- o Introduction to “Bodywise-wise bodies” project.

DAY 2

“Mindfulness: raise awareness of the present moment”

Theoretical and practical experiences

DAY 3

“Dance: self-expression, communication, and celebration of life and community

Theoretical and practical experiences

DAY 4

“Theater: knowing yourself and others through relationships and the use of the body”

Theoretical and practical experiences

DAY 5

- o General reflections: opportunity to exchange experiences.
- o Final evaluation of the course and dissemination plan

Departure: Saturday

3. Objectives

This course offers useful tools for anyone interested in personal development and in deepening the connection between body, mind, and emotions. The well-balanced programme, combining theoretical input with practical, body-based experiences, supports participants in rediscovering the body as a resource for wellbeing, awareness, and inner balance.

The course aims to achieve the following goals:

- to provide knowledge about the role of body awareness in emotional regulation and everyday life
- to promote simple and accessible practices that support presence, calm, and self-connection
- to explore how listening to the body can foster clarity, resilience, and personal growth
- to create a space for sharing experiences and perspectives among participants from different backgrounds
- to encourage curiosity, openness, and a deeper understanding of oneself and others
- to develop practical skills through direct experience and reflective learning

4. Target

This course is open to all adults interested in personal growth, emotional wellbeing, and reconnecting with their body. No specific background is required.

5. Methodology

Interactive lessons

Active learning techniques

Case studies

Group discussions and reflections

6. Arrangement

The course

Contact with nature can make the body experience even more immersive and complete. For this reason, we will decide the course location taking into account the weather situation and communicating it to the participants the week before the arrival.

However, we will consider the site will be easily reached by public transport from the centre of the city.

Sede legale Via Kennedy, 17, 42124 Reggio Emilia www.progettocrescere.re.it
P. IVA 02603430352 REA RE-296935
Presidente: Patrizia Fantuzzi

Transports

Public transport and taxi provide fast connection from and to the city centre.

Hotel

Reggio Emilia offers different possibilities. You can consult all opportunities here:

<http://turismo.comune.re.it/en/hotels-and-restaurants/where-to-stay>

We will be pleased to help you, in case of need.

7. When to apply?

Organizations are invited to submit applications on-line to the National Agency following the **deadline of the year**.

For further information about it, please **check Erasmus+ Official Website**:

http://ec.europa.eu/programmes/erasmus-plus/index_en.htm

8. Costs

450,00 € per participant for course fee and organizational costs.

WHAT IS EXCLUDED FROM THE COURSE FEE

- Accommodation and meals
- Travel costs from Your country to Italy
- Transports from and to the airport at home and in Italy
- Transports from the airport to the hotel and back
- Extras in general

TYPE OF CERTIFICATION OF ATTENDANCE AWARDED

Certificate of attendance. Europass Mobility Certificate on request.