

Dear Participants of the Course

CREATIVE MOVEMENT FOR SELF-AWARENESS AND TEAM BUILDING

Our journey is about to begin – everything is prepared and waiting for you!

Accommodation

We are located in the heart of nature, in the former communist East of Germany. Our host is one of the oldest eco-villages in the country. From this very place, many pioneers of the anti-capitalist movement have set out to explore, design, and implement more social and ecological ways of living.

This accommodation is an integral part of the course concept, offering and reflecting communal living both in daily life and in our learning space.

- Free WiFi is available at the venue.
 - Bed linen (100% cotton) and towels will be provided.
 - If you prefer, you are welcome to bring your own duvet cover.
 - A ping pong table and foosball are available for leisure use.
 - There is a well-stocked organic shop on-site. Our cook will gladly take your order – payment is in cash only.
 - Please respect the privacy of the 11 eco-village residents and avoid entering their gardens or terraces.
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What to Bring

- A refillable water bottle – the tap water is excellent and safe to drink.
 - A dance journal or notebook for your reflections and insights.
 - Comfortable clothes for dancing and movement.
 - A warm sweater or jumper for cooler evenings.
 - Warm socks or flip-flops for inside the house.
 - We will be dancing barefoot.
 - The beautiful countryside is perfect for walks and moments in nature.
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Excursions

We are planning:

- A cultural day trip to the old city of **Salzwedel** (6 km away)
- A relaxing day at **Lake Arendsee** (15 km away) for swimming and resting

Optional: Please prepare a short (3–5 minute) presentation about your organisation or professional work to share with the group.

Learning Materials & Certificate

- You will receive 10 handouts summarising the pedagogical content of the course.
 - At the end of the week, each participant will receive a **Certificate of Completion**.
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Arrival & Communication

If you have any questions before or during the course, please feel free to post them in our WhatsApp group – chances are others will benefit from the answers too.

Final Words

I'm truly looking forward to our shared week – a time to step out of everyday routines and into connection with nature, the body, and each other.

May this be a meaningful week of discovery, presence, and joyful embodiment – with your unique self in community.

With warm anticipation,
Stephanie B.

