

## Want to know more?

To multiply the training and especially the body oriented approach we will publish a manual for trainers, tutorial videos and a documentation of the train-the-trainer activities on our website.

## Partners of the project



**EUBIKUS eeg** - European association for education, culture and social services Coordinator - Germany  
[www.eubikus.eu](http://www.eubikus.eu)



**ARES** - Italy  
[www.ares.cb.it](http://www.ares.cb.it)



**STICHTING TOUR** - The Netherlands  
[www.](http://www.stichtingtour.nl)



**IZMIR GOVERNORSHIP** - Turkey  
[www.](http://www.izmirtourism.gov.tr)



**INTERKULTURELLES FORUM FULDA e V.**  
Germany - [www.](http://www.if-fulda.de)

## How to connect?

- Visit our homepage:  
[www.mind4body.info](http://www.mind4body.info)
- Subscribe to our newsletter:  
[r.rauw@eubikus.eu](mailto:r.rauw@eubikus.eu)
- Visit our international multiplier event: September 25th and 26th 2017 in Fulda (Germany).
- Visit one of our multiplier events in your country.

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*Migrant women's life  
improvement through  
body oriented approach*

[www.mind4body.info](http://www.mind4body.info)



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## Migrant women's life improvement

Women who are building up their life in a new country often face difficulties to unfold their full potential. Cultural differences, discrimination, language problems and undigested events of the past easily lead to a lack of self-confidence, to discomfort and frustration as well as to a distance to the labour market and financial dependency.

**The purpose of this project is to contribute to the wellbeing and financial improvement of migrant women.**

## Training course: mind4body

Each partner of the project will develop and carry out training courses for migrant women.

Migrant women involved in the course get in contact with each other and reflect on themselves: their feelings, their experiences, their desires. Step by step they build up self-confidence, trust and consciousness. They connect with their own energy, inner force and wisdom.

A core of the training is the use of a body-oriented approach as an innovative tool in adult education. Thereby we hold training sessions full of fun and action, emotions and movement. **Much more than just talking – it is becoming alive!**

## The body-oriented approach

Body-oriented learning is mainly based on experiences.

By using body-work the participants

- mobilize physical energy and feel more strength
- learn to set their boundaries
- find more balance between tension and relaxation
- reflect on their experiences on a bodily base to develop consciousness about someone self
- get the chance to integrate and transform personal blockades and obstacles
- build up live-energy and action ability.

The body-oriented approach makes use of diverse techniques to increase the flow of energy through the body and to connect body-experiences with emotions and thoughts:

- movement (dancing, marching, stretching)
- breathing exercise (charging and letting go)
- voice-work (singing, shouting, screaming)
- touching (supporting someone's back, clapping shoulders)
- meditation (body-scan, visualization)
- relaxation techniques (massage, mindfulness)

The effects of body-oriented trainings last longer and deeper than trainings based on mental level.

**"If we assume that humans do not just have a body, but that the body is part of human existence, the relevance of body-work and the body as field of learning and insights gets obvious"** (Oda Roznowsk).