

Corporeality and Community: a Pathway to Well-Being

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Overview and Purpose

The course offers a unique experience that combines individual well-being with the concept of community. By working on their own body awareness based on practical approaches, participants develop empathy not only towards themselves, but also towards others. In this context, nature becomes a valuable ally, providing an ideal environment for body expression and deepening self-awareness. By combining the concepts of Nature, Body and Community, the course inspires participants to deeply explore their personal well-being and develop more meaningful relationships with others.

Learning outcomes

Improving Emotional and Body Balance: providing skills to manage emotions and improve body expressiveness.

Practical Tools for Management and Communication: providing practical tools to manage groups, design workshops and communicate effectively.

Awareness of Interactions: deep understanding of interpersonal dynamics.

Development of Self-awareness and Creative Expression: encouraging greater awareness of self and emotions, promoting creative expression.

Promotion of Well-being through Nature and Community: allowing the discovery well-being through nature and understanding the connection between nature, body and community.



Audience/Participants:

Our course is suitable for different groups of participants with varied interests and experiences, including:

1. **trainers and Educators**, this course is designed to enrich the toolbox and teaching approaches of trainers and educators, offering new perspectives and innovative methods for training.
2. **Creative, Cultural and Artistic Sector**, it is ideal for groups of people active in the creative, cultural and artistic sector, providing tools for creative expression and communication.
3. **Students and Youth**, we provide opportunities for personal growth and skills development for students and youth who wish to explore their potential.

4. Voluntary and Association Sector, this is an opportunity for those working in the voluntary and association sector to acquire new skills and a deeper understanding of the dynamics of human relationships.

Regardless of participants' experience or background, the course offers an inclusive and stimulating environment for learning and growth.

Tools

Physical Theatre, Martial Arts, Yoga, Vocal Expressiveness, Eco-somatic, Sensory Exploration, and others.

Duration

Masterclass: Short duration, 2-3 days, 2-4 sessions, 9-15 hours in total.

Workshop: Medium duration, 4-9 days.

Lab: Intensive project of up to 2-3 weeks.

Workshops: Long-term experience, 3 to 6 months.

