



# Workshop Description

## Mindfulness Exchange in Italy

### “GO Alive”



Transnational Youth Initiative



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| <b>Title:</b>                    |   |
| <b>Objectives:</b>               | <ul style="list-style-type: none"> <li>- connecting with nature</li> <li>- developing concentration and focus</li> </ul>  |
| <b>Duration:</b>                 | 90 minutes  |
| <b>Materials needed:</b>         | Nature, sticks for “Caress of butterfly”, objects for “Eagle eyes”  |
| <b>Step by step instruction:</b> | <p>After a short walk, we make a circle to talk about how we usually walk in nature. The facilitator asks the group: “Are you aware of how you usually walk in nature? Were you noisy? Did you pay attention to what was happening around you? Did you notice your surroundings? How do the creatures living around see us?” Some of the consequences of our behaviour in nature is that the beings who live in nature perceive humans as predators and they flee or hide. This lack of awareness, in combination with the deep individualistic behaviour of the Western society, may generate a perception of being disconnected from nature that may make us feel alone and lost.</p> <p>How can we change this? By recovering the senses of being in Connect with the earth nature, remembering that we are part of the web of life, To feel again that we are connected to nature we are going to increase our “awareness zone”. Instead of bothering wildlife by sending out our own noises, we’re going to expand our circle of awareness. Swapping impact for attention, we shrink our zone of interference and awaken our natural senses.</p> <p><b>FOX</b> <span style="float: right;"><b>WALK</b></span></p> <p>Our first activity is the fox walk. Here, we try to move in a silent and conscious way through the woods. We step slowly, aware of each movement, planning where we will place each step. By rolling our foot onto the ground, starting from the outer edge of the sole until all the foot is in contact, we can feel our way and avoid broken branches and other noises. We can listen to the sounds of the forest around us, as the forest listens to us. Take the opportunity to practise fox walking on the way to form a circle for the next step.</p> |



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|                                | <p>Questions for reflection:<br/> Did you observe any changes in your environment by relating to it in a new way? Have you been able to see and hear more animals? Has your perception changed something? Can you feel that you are part of a life's web in which everything is inter-connected?</p> |
| <b>Additional Suggestions:</b> |  |
| <b>Other comments:</b>         | <p>Video-instruction:<br/> <a href="https://www.youtube.com/watch?v=xvFk99M7FZ4">https://www.youtube.com/watch?v=xvFk99M7FZ4</a></p>   |
| <b>Designed by:</b>            | <p>Designed by Nuane Tejedor inspired by a long lineage of nature-based practices from indigenous people.</p> <p>Implemented by Sara Marzo and Hanna Urbanovich</p>  |