



Transnational Youth Initiative



Workshop Description

Mindfulness Exchange in Italy “GO Alive”

Title:	THE HEARTBEATING (JAR OF LIFE)
Objectives:	<ul style="list-style-type: none"> • Focus to Our Heartbeats • Be more Calm and Relaxed, bring back memories
Duration:	30 minutes
Materials needed:	Carpets, Dashboard, Speakers for play music
Step by step instruction:	<p>The workshop starts with a mini-tutorial and quiz about our heart and how strong is. With the help of the facilitator, the participants learn about the heart of humans body and at the end a method of the meaning of our life.</p> <p>After this theoretical part, the participants will be split in groups made by 2 people. The facilitator will play a relaxing song and the groups have to lie down on the carpets with the right hand touching the partners opposite hand trying to find his pulse. They have to stay focused on the partners pulse. Then they have to use the other hand to touch the heart's area and try to find their pulse. Then you have to tell them to leave their partners hand and stay focused on their heartbeating. Then the facilitator has to start speaking and give the groups some feelings about the best moments of their life so he has to guide them until they will have a very calm pulse and then you have to let them relax for 2 minutes. Thats it</p> <p>Questions for reflection: What did you notice when you were touching your partners pulse? How was feeling? Did you notice if your could hear your heart pulse while the touching? How was your feelings when you focused on your heart pulse?</p>
Additional Suggestions:	
Other comments:	<p>At the end you can connect the group's memories with the jar of life and how important are some persons in our lifes and how we create the memories and with who...</p> <p>The video of Jar of Life: https://www.youtube.com/watch?v=SqGRnIXplx0</p>
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