

**“in our bodies – on the streets”**  
**personal and social transformation**

– training grassroots activists in Central Eastern Europe and Caucasus

**Sunday 10.08.2025 – Saturday 16.08.2025**  
**Măguri-Răcățău, near Cluj-Napoca, Romania**

Application and full-time attendance required.

***Application deadline: 27. April***  
*You will hear back from us by 10. May*

*Participants of the 2015, 2019, 2022 and 2023 courses are welcome to apply. Often people find it useful to take courses multiple times to deepen their learning and transformation.*

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Arrival: Sunday, 10. August, afternoon. Departure: Sat, 16. August 2025, lunch time.

This course is geared towards grassroots activists from Central Eastern Europe and Caucasus. The group size is limited to around 25 people, accepted through application.

The course will be held in accessible International English. Sadly, we are unable to provide simultaneous translation. Space will be made for comprehension questions and people's native languages.

*Who is this course for?*

Everybody involved with grassroots struggles within Central Eastern Europe and Caucasus is welcome to apply. Applications from underrepresented groups within activist communities are especially invited. While we know that systems of privilege and oppression are always at work we will do our best to create a liberatory space and appreciate everyone's help in doing so. We are aiming for a room with shifted majorities, where usually underrepresented groups hold the majority while people from majority backgrounds within activism feel equally welcome. We give priority according to the following factors:

- *Actively involved in social and environmental struggles*
- *Part of underrepresented groups within activist communities / facing systemic oppression in society*
- *Work / interest in the intersection of healing work and activism and interested to pursuing work in this area in the future*

*Trainers:*

The course is led by a team of trainers, who have been involved in organizing and practicing *generative somatics* in Central Eastern Europe.

*Finances:*

We hold a strong commitment to making this training accessible to participants regardless of their ability to pay. At the same time we need to cover the costs of the course. We have some additional funding but need the course basics to get covered by participants.

We are offering a sliding scale of 50-500 € in order to be as inclusive as possible. Please pay as much as you honestly can. Do not hesitate to contact us if you need support for travel costs or if money stops you from coming.

*Logistics:*

Accommodation: Shared bedrooms.

Food: Vegan. Request for participants' help with kitchen tasks.

If you have any special needs let us know.

This training is alcohol and drug free.

Unfortunately, the space is not wheelchair accessible.

*What else you need to know:*

This course is geared towards participant's personal transformation and our collective capacity for resilience, power and healing. We request that people use the practice only for personal use and do not teach it unless they have been trained to pass it on.

Participants will not walk away with a toolbox of new methods but with a set of practices and somatic experiences that help transform and heal over time. Participation in the course will impact people's political activism by who they become and what they are able to bring to their work.