

## ENAR Summer Retreat Programme

**17 – 20 August 2023**  
**Bonn, Germany**

Dear participant,

You can find in this document all the relevant information regarding the content part of the Summer Retreat.

Still not sure how to get to the venue? Then [infosheet](#) that we have already shared with you is the right document to check.

### Agenda and Sessions

Please find an overview of our days together below. While there may be some changes, this shows the broad flow and the key breaks and mealtimes.

*Important! There are 2 places in the agenda where you can lead:*

- **Morning warm up sessions:** we encourage people to support each other to get started in their day. So, if you want to lead a morning meditation/yoga/breathing session before our official start, bring what you need and you can sign up when you arrive.
- There will be time in **small groups on Sunday, 20 August, to practise** leading an exercise to support collective care. You can either repeat an exercise we will have already experienced during the retreat, or you can share a different one you already know. You are welcome to reflect on this in advance and bring anything you may need if you want. You will have approximately 10-15 minutes to lead an exercise.

### Information about the facilitators:

We are Céline Gaza based in Belgium and Emma You Biermann based in Germany. Céline (she/her) is a certified mindfulness trainer and performer. She loves combining mindfulness, movement and voice on her healing journey and questions the Eurocentric way mindfulness and art are used and practised. Emma (they/them pronouns) is a facilitator and trainer with socio-political movements. They care about personal and collective transformation through visioning, shifting power relations, and doing inner work.

We are both passionate about the topic of care, healing, and joy, because we believe we cannot do anti-racism work without it. In fact, we believe it is essential for collective liberation and it takes practice and tools, so we want to spend these days exploring that together.

### Hopes and intentions:

- Build a space where we can begin to experience and start conversations on collective and self care towards healthy communities.
- Learning (and practising leading) some practical tools to be able to take back home to our communities.

| <b>Thursday, 17 August</b>         |  |
|------------------------------------|--|
| <b>Afternoon</b>                   | Arrivals   |
| <b>Dinner (18:00-19:15)</b>        |  |
| <b>Evening (begin 19:30)</b>       | Session 1: Welcome and getting to know each other  |
| <b>Friday, 18 August</b>           |  |
| <b>Breakfast (6:45-9:30)</b>       |  |
| <b>Morning movement/meditation</b> |  |
| <b>Morning (begin 9:45)</b>        | Session 2:<br>Check in<br>Setting our culture of care<br><br>Session 3:<br>Why Collective Care?<br>Community <> Personal Care  |
| <b>Lunch (13:00-14:00)</b>         |  |
| <b>Afternoon (begin 14:30)</b>     | Session 4:<br>Breathing Space<br>Voice & Body Work<br><br>Session 5:<br>List of Resources in Difficult Situations<br>Check out |
| <b>Dinner (18:15-19:15)</b>        |  |
| <b>Evening</b>                     | Free Evening   |
| <b>Saturday, 19 August</b>         |  |
| <b>Breakfast (6:45-9:30)</b>       |  |
| <b>Morning movement/meditation</b> |  |
| <b>Morning (begin 9:45)</b>        | Session 6: Interpersonal Feedback<br><br>Session 7: The 7th generation & Ancestors   |
| <b>Lunch (13:00-14:00)</b>         |  |
| <b>Afternoon (begin 14:30)</b>     | Session 8: Setting Boundaries<br><br>Session 9:<br>Summarising practices<br>Mindful Nature Moment & Journaling<br>Check out    |

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|---|---|
| <b>Dinner (18:15-19:15)</b>                 |   |
| <b>Evening (begin 20:00)</b>                | Session 10: Storytelling (bonfire/candles moment)                                       |
| <b>Sunday, 20 August</b>                    |   |
| <b>Breakfast (6:45-9:30)</b>                |   |
| <b>Morning movement/meditation</b>          |   |
| <b>Morning (begin 09:45)</b>                | Session 11: Integration & Practise<br>Session 12: Setting goals, evaluation and closing |
| <b>Lunch and Departures (13:00 onwards)</b> |   |

### To be aware of:

- There are optional movement/meditation sessions every morning. The idea is that the participants share a morning practice with the group (Yoga, Qi Gong, Thai Chi, Stretching, Meditation...). If you want to host one, let us know. There will also be a possibility to sign up during the retreat.
- We officially begin every day at 9.45am - we decided to give people long mornings, so please arrive earlier and let's begin on time.
- Sessions are no longer than 2 hours at a time (mostly shorter).
- We always have at least 20 minute breaks in between sessions.
- Meal times are always at least 1 hour long.
- We still may make some agenda changes as we go along, depending how we are moving as a group.

### Things to Bring

If you are able to, you are welcome to bring:

- Yoga mats and meditation bench/pillow (if you want and have space in luggage to do so),
- Anything that will support you to be comfortable in the main space,
- Water bottle,
- Instruments (if you want to play some music one evening),
- Special snacks you may need,
- Walking or shoes you feel comfortable in,
- Comfortable clothes,
- An item that supports your self/collective care that you would be willing to show to others.

We will have notebooks and pens for you at the retreat. **You will not need a laptop - please do not bring work with you.**

### Care at the Retreat

We are aware that care and healing work is not always an easy subject to explore and we know that emotions may flow during the retreat. We welcome that. While we will have someone on the team available to talk to if you need someone to listen to you, it is important to be clear that we are not official therapists or psychologists, rather we are coming to share things we've learned on our own journey and the tools we are using as practitioners. As each person is to a large extent responsible for their own well-being, consider whether you might want to seek someone in your

personal life who could be available over the phone should you need additional support during your time in Germany.

## Information about COVID-19

For our collective care, we strongly suggest everyone takes a COVID test before travelling to Bonn to support health in our group - particularly if you have any symptoms. Please do not travel to the retreat with untested symptoms or if you have a positive result. Get in touch with Pia ([pia@enar-eu.org](mailto:pia@enar-eu.org)) or Irene ([irene@enar-eu.org](mailto:irene@enar-eu.org)) immediately if this is the case.

We will have covid tests, masks, and gel at the retreat so if at any point you are feeling insecure or have symptoms, you can test.

We support everyone to do what they need to feel safe (for themselves or others you may be taking care of at home), so if you decide you want to wear a mask during the retreat you are welcome to.

If you get sick during the retreat, you will not be left alone, please just inform a member of the ENAR team and we will support you to have what you need to take care of yourself and each other.

## Contact

If at any time you need to get in contact with a member of staff, please contact Pia ([pia@enar-eu.org](mailto:pia@enar-eu.org), +32 487 400 290) or Irene ([irene@enar-eu.org](mailto:irene@enar-eu.org), +32 487 400 632).

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