

## TRAINING COURSE

### *With Your Body*

8<sup>th</sup> May (arrival day) to 20<sup>th</sup> May (departure day)

### What you are going into...

Basing ourselves on observations among youth, disabled and valid persons, socially and mentally disadvantaged individuals, we have thought a project approaching the **topic of the body, our relation to it, its expression, its place in society, its links with mind and emotions.**



Through **contemporary dance and theater workshops**, learning and creation, and an overview of the activity of a **psychomotrician therapist**, we want to explore how all the different human beings handle their relation to their body according to its specificities and difficulties and imagine ways to enrich and improve it.



### Who this project is for...

This project is for any person who wants to explore this topic and acquire competences in this field to make use of it in its studies, its job, its activities among youth or disadvantaged people, and in its civil and personal life.

There is no need to have any competences or knowledge in dance or theater to take part to the project, only **enthusiasm, curiosity, energy and creativity.**

## Where you will stay...

The project will take place in a rented mountain house in the village of Sengouagnet (42.98 658,0.78587), at the foot of the Pyrenean mountain about a 120 kilometers from the big city of Toulouse. The venue is rustic but nice, comfortable and peaceful.



Participants will sleep in dormitories and will take part to the everydaylife tasks throughout the project.

Food will be prepared by solafrika's team with local and organic products.

The activities will take place in a big village city hall, 15 minutes driving from the place and we'll go everyday with Solafrika's vehicles.

There is no shops around where you can go easily walking on your own but we'll often pass by a small town and Solafrika's team will help if you need anything.

## What you have to bring...

Bring comfortable clothes to do dance and theater, and **suitable clothes and shoes** for moutainy environement and weather. Also a towel. Good typical things from your country to make us taste. Good stories or History of your country related to dance and/or theater to share with us.

## How to contact us...

*Association Solafrika  
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I'm Julie, and Yann and Maeva are also working on this project.

**Solafrika's phones** +6 15 50 75 30 and +33 7 82 84 98 97

**email** [solafrika@yahoo.fr](mailto:solafrika@yahoo.fr)

**FB** <https://www.facebook.com/solafrika09/>

**website** (not very up to date but will hopefully be this year!)

<http://www.solafrika.com/>

**Google drive** (to find documents related to the project and to add the documents we will ask you)  
<https://drive.google.com/drive/folders/1TlyffKRgxVTYliYfnN71DX4Zk-XPe8p9?usp=sharing>