



**BODY-MIND-NATURE CONNECTION:  
WELL-BEING FOR A FULLY AWARENESS AND HEALTHY  
LIFESTYLE.  
OUTDOOR AND ENVIRONMENTAL SESSIONS.**

**ALICANTE, 2023. 08. 06-12.**

**ERASMUS+  
DISSZEMINÁCIÓ**

**POGÁNYNÉ MISKOLCZI ENIKŐ**

# ÓRAREND

		<b>BMN 35H COURSE</b>	<b>BODY-MIND-NATURE CONNECTION: WELL-BEING FOR A FULLY AWARENESS AND HEALTHY LIFESTYLE. OUTDOOR AND ENVIRONMENTAL SESSIONS.</b>			<b>BMN 35H COURSE</b>	
<b>EUROSTARS LUCENTUM &amp; MIO CID HOTELS - ALICANTE</b>							
TIMING	SUNDAY	MONDAY GOING TO THE ROOTS	TUESDAY FLOW LIKE WATER	WEDNESDAY GROWING (MOUNTAIN).	THURSDAY JUGAAD CHALLENGE	FRIDAY TO THE FULLEST	SATURDAY CONCLUSION
9:00H-11:00H		MOVEMENT AND BREATHING SESSION	TRANSPORT TIME	TRANSPORT TIME	HEALTHY BREAKFAST	SHODŌ, JAPANESE CALLIGRAPHY.	9H. ESCAPE THE CITY.
11:00H-11:30H		HEALTHY BREAKFAST	HEALTHY BREAKFAST	Body awareness activities. CONNECTING MIND AND NATURE	SCHOOL PRESENTATIONS	HEALTHY BREAKFAST	
11:30H-12:30H		SCHOOL PRESENTATIONS	Body awareness activities. CONNECTING WITH OTHERS.		BREATHWORK AND VISUAL MEMORY	REVIEW AND PRACTICE: MOVEMENT AND BREATHING SESSION	
12:30H-14:00H		INNER WORD. HOW TO CONNECT BODY AND MIND (THEORY AND PRACTICE EXERCISES).	WATER ACTIVITIES CONTRAST BATHS, BREATHWORK, APNEA AND PADDLE SUP.	MOUNTAIN ACTIVITY (NATURE BATH, ORIENTATION AND ENDURANCE TRAINING)	JUGAAD CHALLENGE	WORKSHOP: HOW TO DESIGN, PLAN AND DELIVER BMN SESSIONS	12H. FREE VISIT TO MARQ MUSEUM: CULTURAL ACTIVITY TO FINISH THE ERASMUS WEEK IN SPAIN.
14:00H-15:00H		TRANSPORT TIME		BEYOND TREKKING.	12:30H-16H. OPTIONAL CULTURE ACTIVITY. COOKING EXPERIENCE: BUY INGREDIENTS AND COOK A PAELLA BY YOUR OWN. NETWORKING-TIME WITH ALL PARTICIPANTS.	TEAM WORKING: CREATING YOUR OWN BMN TEACHING STYLE + PRESENTACION	
15:00H-17:00H		15H: MEETING AND GREETING. BRIEF PRESENTATION OF THE COURSE AND THE ERASMUS WEEK. CULTURAL INPUTS ABOUT SPAIN AND NETWORKING ACTIVITIES.	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
17:00H-19:00H		17:30H: FREE GUIDED VISIT TO THE ALICANTE CASTLE AND THE CITY. INPUTS TO GET INVOLVED IN THE LOCAL CULTURE.					
19:00H-21:00H		FREE TIME					
<b>TRANSPORTATION CARD INCLUDED IN THE OPTIONAL PACKAGE</b>							

# ALICANTE, A COSTA BLANCA FŐVÁROSA



A SÉTÁNY TÖBB, MINT 6 MILLIÓ MOZAIKBÓL ÉPÜLT FEL



# ALICANTE, A COSTA BLANCA FŐVÁROSA



# A VÁROST GYÖNYÖRŰ KIRÁNDULÓHELYEK VESZIK KÖRÜL



# GASZTRONÓMIA



EZ A MEDITERRÁN GYÖNGYSZEM GASZTRONÓMIAI ÉLMÉNYEKKEL IS KÉNYEZTET

# BELTÉRI PROGRAMOK A HOTEL EUROSTARS LUCENTUM 4 CSILLAGOS SZÁLLODA KONFERENCIATERMÉBEN



**Introduction**



**Presentation** about your country, town and school



**Palming** (relaxation)



**Visual memory** : imagine the shape  
In a group. With your eyes closed you have to touch the figure to recreate it.

# BELTÉRI PROGRAMOK A HOTEL EUROSTARS LUCENTUM SZÁLLODA KONFERENCIATERMÉBEN



## Shodo Japanese calligraphy

Not only a highly regarded art form in Japan, both a skill and an aesthetic.

Its main focuses are simplicity, beauty and a mind-body connection.

The objective is the subtle connection with the movement without forgetting the breath and the position



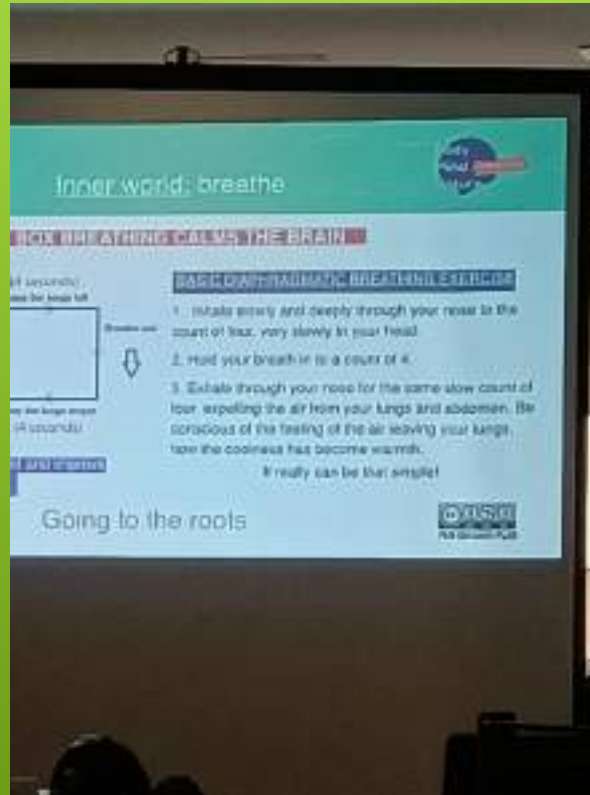


# BELTÉRI PROGRAMOK A HOTEL EUROSTARS LUCENTUM SZÁLLODA KONFERENCIATERMÉBEN



## CONCENTRATION

(vision training cards + ball)



## BREATHING TECHNIQUES: 3 keys to breathing well

Breathe in and out from the abdomen.

Breathe in and out through your nose.

Blow out a little more air than you take in.



## Focus/Peripheral vision training

(vision training cards)

# HEALTHY BREAKFAST A HOTEL EUROSTARS LUCENTUM SZÁLLODA ÉTTERMÉBEN



The task was to follow low carbohydrate diet.  
Sugar was not allowed.

# KÜLTÉRI PROGRAMOK

Much of the BMN training was done outdoors. Physical activities range from the most subtle to the most demanding and all of them are always adaptable. (trekking, ocular gymnastics, shodō, orienteering, breathing.



**Walking with eyes closed**

**„Battle” touch 10 backs**

It improves coordination, peripheral vision and reflexes

**Games with the ball**

These exercises improve spatial vision, coordination and reflexes



# HEGYMÁSZÁS

Much of the BMN training was done outdoors. Physical activities range from the most subtle to the most demanding and all of them are always adaptable. (trekking, ocular gymnastics, shodō, orienteering, breathing.



## Benefits of **rock climbing**

It keeps us active and healthy

Being a full-body exercise it involves every part of the body,

It develops flexibility, hand-eye coordination

It increases endurance, decision making skills.

It builds confidence.



# TENGERPARTI PROGRAMOK

## Packrafting

A packraft is a portable lightweight inflatable boat. It is common for packrafters to combine several sports like hiking, climbing and paddling.

Learning how to kayak teaches you to use creative problem solving skills under pressure and creates an awareness of the natural world.

It teaches persistence and introduces the idea of risk vs. reward.



# TENGERPARTI PROGRAMOK



## **Grounding**

Practice of connecting your body with the physical earth

### Benefits:

Promote relaxation

Improve mood

Support healthy circulation.



# KÖSZÖNÖM A FIGYELMET

