

# ERASMUS IZLAND – REYKJAVÍK

2023. 08.20-26.

Csernus Magdolna  
Óbudai Árpád Gimnázium  
Yoga and Meditation for a Mindful Education



# A KURZUS HETI BEOSZTÁSA

Erasmus+		YOGA COURSE 35H	YOGA & MEDITATION FOR TEACHERS FOCUSED ON KIDS AND TEENS: CONNECTING WITH OURSELVES.			YOGA 35H COURSE	Erasmus+
KEK HOSTEL - REYKJAVIK							
TIMING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-11:00H		SCHOOL PRESENTATIONS	PRACTICE YOGA AND MEDITATION	YOGA PRACTICE AND RELAXATION WITH MUSIC	YOGA PRACTICE FOR KIDS AND TEENAGERS	YOGA PRACTICE AND MEDITATION WITH MANTRAS	FREE TIME
11:00-11:15H		11am: COFFEE BREAK (Not included in the course fee)					10H: FREE ICELANDIC VISIT: THE PEARL MUSEUM (FREE ACTIVITY IF YOU DON'T CHOOSE TO TAKE PART IN THE SOUTH COAST TRIP)
11:30H-14:00H		YOGA AND MEDITATION LIFESTYLE: CULTIVATING CONFIDENCE	SENSORY GAME: BREATHE & RELAX: CREATING A RELAX ATMOSPHERE	RELAXATION TECHNIQUES AND EMOTIONS: MEDITATION IN PAGES	GUIDED MEDITATION: OUTDOORS AND NATURAL MANTRAS	COMMUNICATION WITH OURSELVES AND OTHER	
		ENVIRONMENTAL CARE AND HEALTHY AND SUSTAINABLE EATING	ASANAS AND MUDRAS: CALM SENSORY BOTTLE	THE NERVOUS LAYS	YOGA FOR DIFFERENT AGES: HOW LONG?	HOW TO IMPLEMENT YOGA IN THE CLASSROOM	
		YOGA WITH CHAIRS	MEDITATION	FREE TIME		CERTIFICATION CEREMONY	
14:00H-15:00H		FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	
15:00H-16:00H							
16:00H-17:00H	10H: MEETING AND GREETING, BRIEF PRESENTATION OF THE COURSE AND THE TRAVERSE WEEK CULTURAL INPUTS ABOUT ICELAND AND NETWORKING ACTIVITIES.	10H: FREE GUIDED VISIT TO THE CITY. INPUTS TO GET INVOLVED IN THE LOCAL CULTURE.	10H: LAVA TOUR CULTURAL PACKAGE AT BUS STOP NUMBER 3: LAVA TOUR.	14:30H: EARTH & WATER CULTURAL PACKAGE: BUS STOP NUMBER 1: DISCOVERING ICELAND AND ITS HERITAGE. VISIT TO THE BLUE LAGOON ENTRANCE IS INCLUDED.	15H: EARTH & WATER CULTURAL PACKAGE AT BUS STOP NUMBER 1: DISCOVERING ICELAND AND ITS CULTURAL HERITAGE. GUIDED VISIT TO GOLDEN CIRCLE: THINGVELLIR NATIONAL PARK - GEYSIR - GILFOSA		
17:00H-17:30H							
17:30H-18:00H							
18:00H-19:00H							
19:00H-20:00H	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	
20:00H-21:00H		FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	

10H: ICE CULTURAL PACKAGE: BUS STOP 1: SATURDAY SOUTH COAST

# GYAKORLATOK

## LÉGZŐGYAKORLATOK



## MOZGÁSOS, GYAKORLATI KÉPZÉS



# FELADATOK, GYAKORLATOK

## Tükörjáték



## Koncentráció fejlesztő játékok



# KÉZMŰVES FOGLALKOZÁSOK ÉS ELMÉLET

Mandala és csillámgömb készítése

A csokoládé evése 😊 és a kártyajátékok



# IZLAND REYKJAVÍK

# AZ OKLEVÉL ÁTADÁSA

