

Seinn2015 – Workshop Details

Workshop: Trócaire

Facilitator: Hannah Evans

Through videos, activities and interactive methods, Hannah will introduce students to the topic of Climate Justice and will explore the theme of stewardship of the earth and its resources. God entrusted creation to humans so that we would protect and hand it on to future generations.....but what will we have left to pass on? and what issues does the environment now face? How do we treat the earth and how does our relationship with the earth affect people in developing countries that we may never meet?

Workshop: Somatic Moves

Facilitator: RAS Mikey Courtney

This workshop will incorporate elements of Tai Chi, Qigong, and Yoga to explore movements of the body from a somatic perspective. Participants will apply environmental imagery through slow breath initiated movement exercises, to develop an internal awareness of the life energy moving through the body. This workshop will focus on five natural environmental elements: *Water* (Flow); *Fire* (Energy); *Earth* (Grounding); *Air* (Clarity); the fifth element is the somatic experience or the life of the body as experienced and analysed from the internal sensory perspective. Each participant will engage with their physical as well as intellectual abilities and gain a deeper sense of self.

Workshop: Capacitar

Facilitator: Mary Lillis

In this workshop you will learn a set of wellness practices. These practices are taught and practised in over 35 countries. The practices will inspire you to recognise the sacredness of life and the goodness and wisdom you carry within you. You will learn how the practices are used to reach out to families and communities to help create justice, nonviolence and peace in our world.

Workshop: Effective Communication

Facilitator: Lorina Bourke

In this workshop the young people work in pairs and within a larger group to explore the importance of being able to communicate effectively with one another. Through a series of activities the group will learn the strategies of effective communications, laying the foundations for good relationships and lasting friendships.

Workshop: Belonging & Acceptance

Facilitator: Greg Fromholz & Team

This workshop will explore the theme of belonging. We all need to experience that awareness of belonging and acceptance in our families, our schools and communities. At times when we feel there is no one there for us it's important to remember that God is always there, that we are loved and accepted as we are and that we belong to God's family.