

Study Buddies

the Science of Safety



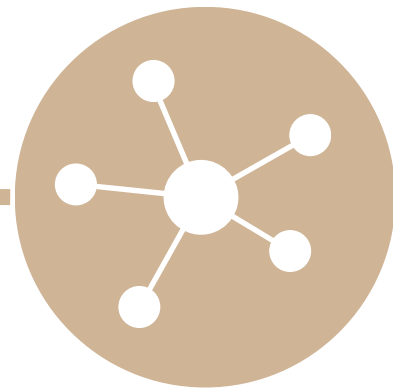
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Erasmus+ Partnership

SBK



EMBD



WOC

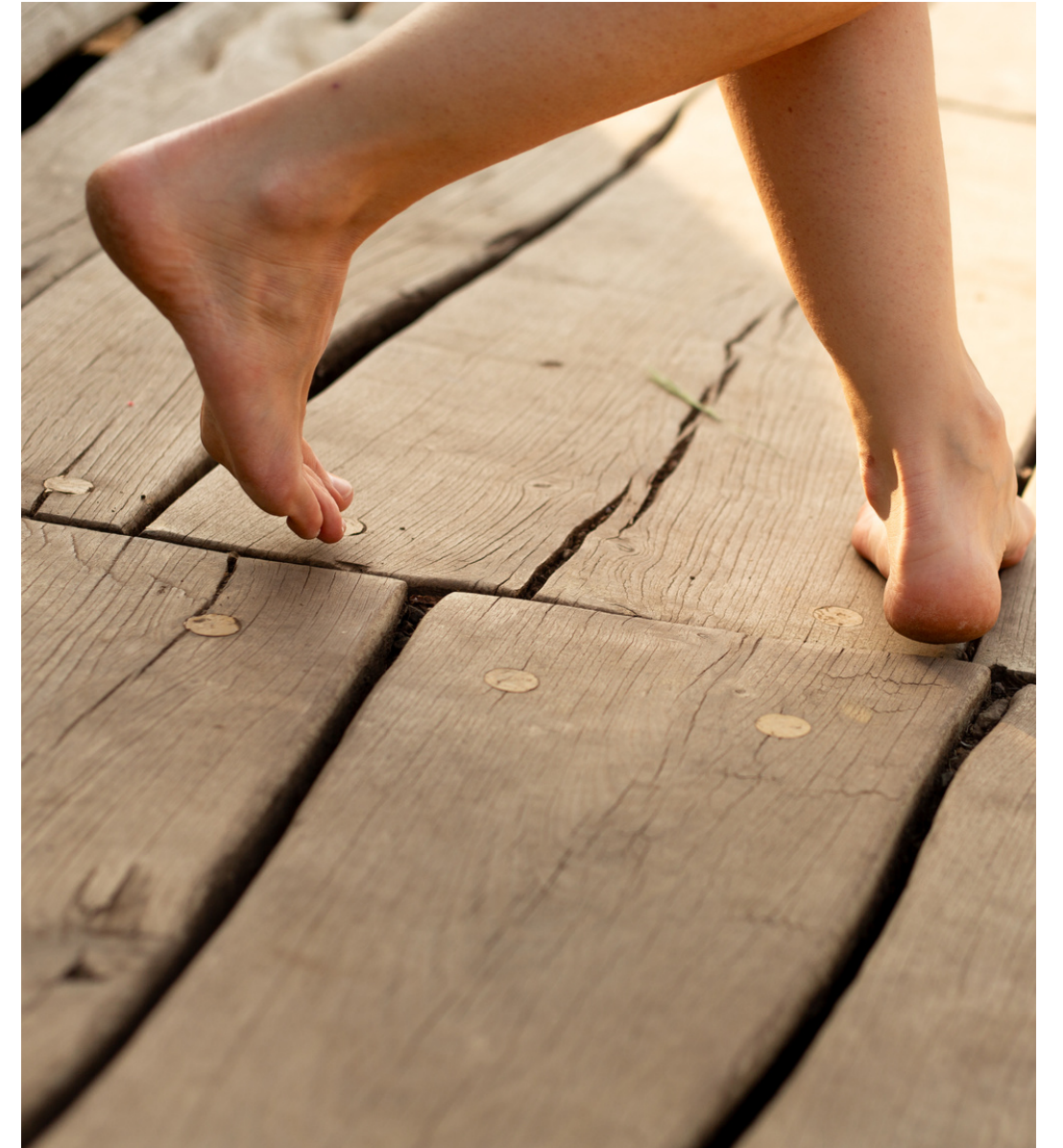


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Home-practice (alone)

- make yourself comfortable
- make sure you have ample of undisturbed time
- switch off every screen or devices unnecessary to the task
- have some clear water, notebook and pen at hand
- check the floor and the room: you want to have at least 3sqm of clear, even floor where you won't step on anything or fall over
- remember to find enjoyment where possible
- be kind to yourself



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study-buddy share protocol

Round ONE : 4 min check-in each

How are you? Anything you would like to share, anything that feels important or helps you to settle.

Round TWO : 5 min deepening each

How is your practice, what is your relationship to the learning material?


Round THREE: 15 min short practice

Use any of the recorded meditation material

Round FOUR : 10-15 min

conversation style, unstructured sharing

Please note: when you are listening, your only job is to listen! You can lean back and relax.



Tell me more...

I'm all ears!

DEEP LISTENING

means

- offering your presence
- listening and witnessing space for each other
- refraining from feedbacks, inputs, advice, uninvited questions
- letting the other speak without interruptions
- staying patient even when the other person isn't talking
- remember that silence is equally valuable

This is a good opportunity to use your magical compassionate “butterfly” ears.
At the end give a simple gesture or movement to acknowledge you've heard the person's share.



CONFIDENTIALITY, COMMITMENT, COMPASSION

SELF

TAKE CARE OF YOURSELF

NO NEED TO PUSH YOURSELF IN ANYWAY

LISTEN TO AND HONOUR YOUR BODY

HONOUR YOUR EMOTIONAL WELLBEING

GET EXTRA SUPPORT IF YOU NEED IT

OTHERS

DURING SHARES

DEEP LISTENING

LISTENING AND WITNESSING EACH OTHER

NOT FEEDBACK / CROSS SHARING OR UNINVITED QUESTIONS DURING SHARES

COMMUNITY

CONFIDENTIALITY

COMMITMENT

COMPASSION



how to use online material with integrity

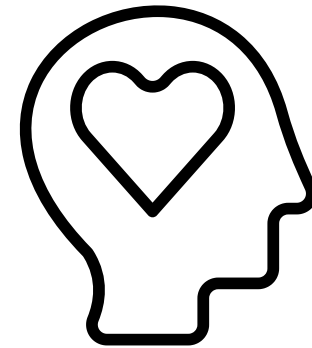
- remember that the materials are for your personal use
- please do not share the resources without permission or proper mention of the source
- please do not modify or transform the meditations, they are especially designed to complement your learning journey
- if you have questions or meet a difficulty do not hesitate to contact us!

thank you!



Your learning package content

- Session details: zoom info and meeting ID
- MM resources: guided movement meditations
- Tasks for the current week
- Study Buddy
- Video explanations
- Optional reading list
- About Movement Medicine
- Feedback form



Interested?

Find out more about the project on EPALE
or our dedicated website:

>>> <https://shinbu.hu/projektek/scienceofsafety/>



David Mooney



Senior trainer at Embodiment Ltd. David is a brilliant teacher and therapist. He is kind, patient, sharp at times and very receptive to the individual learning needs..



Yasia Leiserach



Co-trainer at Embodiment
Yasia is a path-finder in voicework and embodied sounding. She has 15 years of experience of working with multicultural groups . She is grounded and inspiring



assisting team



SBK and WOC will delegate trainers and apprentice teachers to assist on both trainings. Depending on the needs and size of the group 2 to 5 assistants will work alongside the trainers.

TEAM

Other staff members and trainers you may meet at one of these events:

- Ákos Németh (WOC)
- Meredith Mark (SBK-Aghora)
- Patricia Mihályi (SBK)
- Audra Micallef (invited expert)

Contact and questions:
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