

Fascia of Humanity

ERASMUS+ TRAINING COURSE booklet



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INTRODUCTION

Fascia of Humanity was a 7-day Erasmus+ Training Course that brought together somatics, ecopsychology, and contact improvisation to explore how we could co-create more inclusive, responsive, and supportive communities.

The project was rooted in the metaphor of **fascia—the body's connective tissue that supports and links all its parts**—this training invited participants to embody the role of connective agents within their social ecosystems.

Through movement, stillness, imagination, and dialogue, we cultivated both personal and collective awareness. We asked how fascia—as both a biological reality and a poetic symbol—is teaching us about **support, resilience, boundaries, and connection in our human lives**.

Main questions for this training:

Learning from Nature: How can we emulate natural ecosystems to create inclusive and resourceful living environments where everyone has what they need?

Learning from Our Bodies: What insights can we gain from understanding our own physical systems, particularly connective tissues, to support inclusive living?

Learning from Dance: How can dance (contact improvisation) teach us about cooperation, subtle listening, and the support necessary to sustain movement and growth in any context?

Learning from Each Other: How can we learn to accept and celebrate individual differences, fostering authenticity and daring to be unique?

ABOUT THE PROJECT

This training explored **fascia—not just as the body’s connective tissue, but as a living metaphor for how we relate, support, and grow together in a community.**

Fascia, as a sensitive and adaptive network, responds to stress and holds us together, much like the invisible threads of trust, empathy, and mutual support that bind human communities. Drawing on this understanding, each day of the training offered an embodied investigation into how we can create inclusive environments that reflect the intelligence of the body and the resilience of nature.



What is Fascia of humanity?

Just as fascia provides support and flexibility within our bodies, our project was seeking to create communities where individuals are supported and able to adapt and grow into their potential. By understanding how fascia functions under stress and how it maintains structure, participants could draw parallels to building resilient, inclusive communities. Contact improvisation, with its focus on physical connection and support, served as an embodied metaphor for the interconnectedness and mutual reliance that is essential for fostering inclusive environments.

PURPOSE OF THIS BOOKLET

The purpose of this booklet is to serve as a reflective and practical documentation of the **Fascia of Humanity training**, capturing its process, methodology, and experiential insights in a way that supports participants, facilitators, and other practitioners in carrying the work forward.

The structure of each day was intentionally designed to build upon the previous one, gradually deepening our individual embodiment and collective intelligence.

Each module invited us to sense, reflect, and relate in new ways—gently unravelling patterns of disconnection and offering space to experience presence, interdependence, and belonging.

The following pages offer a glimpse into the flow of the week: its structure, daily intentions, and the living, breathing movement of bodies learning together.





First days of sensing inside, inside.

Soft stretching of time

so we can hear each other's laughter.

*What is a connective tissue of the group is always a
curious exploration.*

It takes time and care.

And open vulnerability to belong.

*Thank you dance and forest for being such a
supportive structure.*

We continue....

Nayeli

SENSING INSIDE



DAY 1: GROUNDING AND PRESENCE

The first day set the stage for the entire journey by focusing on grounding, self-awareness, and non-verbal communication.

Morning Activities:

Participants began outdoors with warm-up and stillness practices, establishing a physical and emotional connection to the environment. Through exercises such as standing in silence, feeling the ground, and slowly transitioning into movement, participants tuned into bodily sensations. Gradual movement exploration led to solo dances and relational walking practices. Whispering names, pulling each other's clothes, and diverting gazes created space for playful, subtle connection and attunement.

Further name games, including exaggerating phonemes and combining movement with sound, helped activate the facial fascia and build group cohesion. Pair work invited curiosity through deep questions answered in five words, leading to longer conversations and creative partner presentations where one participant represented another through movement and drawing.

Afternoon and Evening:

The group engaged in energizing childhood games, collective balancing tasks, and trust exercises—supporting and being supported physically in shared movement. These games emphasized mutual dependence and sensitivity. A double awareness practice invited participants to feel their bodies in connection—first through back-to-back stillness, then through eyes-closed movement and subtle, fascia-based attention to hands, feet, and gaze. Partners guided each other with eyes closed, narrating the world from a sensory or imaginative lens.

The day concluded with an intention circle, where each participant set a personal focus for the journey. This was followed by a movement ritual with supportive falling, group lifting, and the symbolic "volcano" structure where participants were held and supported by the group body. This final session helped integrate personal intentions within a collective somatic field.

Why This Flow?

The exercises focused on slowing down, grounding, and cultivating deep awareness in the present moment. By building sensitivity to one's own body and beginning gentle interactions with others, participants laid a strong foundation of safety, presence, and trust for the work ahead.



DAY 2: ELASTICITY AND CO-REGULATION

The second day focused on elasticity—both physically and relationally—exploring how we respond to pressure, adapt, and co-create in group dynamics.

Morning Activities:

The day began in quiet reflection, sitting in a circle with closed eyes and listening. Touch-based pair work followed, exploring the pulling of clothes and body tissue in lying and standing positions. These activities emphasized fascia-based responsiveness and subtle communication. A sharing circle created space for verbal integration of somatic experiences.

Elastic bands were introduced as tools to explore movement dynamics between structure and surrender. Participants moved from playful exploration into small group improvisations, alternating between active impulse and passive receptivity. Stories emerged through collective motion, culminating in a group-wide flow experience. Eventually, the bands were released, but the group carried the quality of elasticity into their bodies.

Afternoon and Evening:

A studio session with Živa invited solo movement with an emphasis on spatial awareness—visualized as moving within a personal “bubble.” Participants then explored partner touch, beginning with gentle pressure at specific points and progressing into petting, brushing, and sticky contact that traveled across the body. The giver guided movement through intuitive touch; the receiver adapted their motion to follow and respond. Small sharing moments followed each exchange to support processing.

Later, the group went outdoors for a large-scale interaction with a stretchable fabric. Participants played with collective motion, merging with the material and observing the emergent group organism. The practice alternated between active movers and silent observers, emphasizing how individual impulses ripple through a shared field. The day ended with a resting circle in relaxed positions, integrating the day's energy.

Why This Flow?

This day built on the grounded presence of Day 1 by introducing elasticity, mutual adaptation, and group coordination. Through dynamic tools like elastic bands and touch-based improvisation, participants cultivated a deeper understanding of how to navigate interpersonal movement—balancing giving and receiving, intention and surrender.



DAY 3: INNER LANDSCAPES AND FASCIA AWARENESS

The third day invited participants into an exploration of intention, internal perception, and fascia consciousness. This day focused on the power of imagination, solo movement, and somatic inquiry as pathways to deepen inner listening and embodied awareness.

We began with a solo dance session, first guided by music, then gradually transitioning into silence. Participants continued moving by following their internal rhythm, eventually arriving in stillness—while imagining the dance continuing inside. Movement was then distilled into one finger, keeping the full sensation of dance alive in the body. At a given signal, this energy was released into free movement. Participants were then invited to explore the intention of stillness inside while dancing.

A question was voiced into the space:

“What do you know about fascia?”

Participants responded with spontaneous words and sentences while moving.

A second question followed:

“What do you want to learn about fascia?”

Again, responses were shared in motion.

From here, the group explored embodied intention through questions such as:

- “If we had the intention of meeting in the circle, what is happening in your body?”
- “If we had the intention of meeting in 20 seconds, what is now happening in your body?”

Participants observed and named sensations, then gradually moved into a spacious circle. They were then asked to come closer, shoulder to shoulder, and again notice their body’s response. Reflections ranged from feelings of tension and discomfort to joy, unity, and support.

Another question was asked:

“What do I sense and how does it make me feel?”

This prompted insights about personal boundaries, group connection, and unmet needs.



When one person voiced a basic need (e.g., to drink water), they were encouraged to fulfill it—while maintaining the quality of connection.

After a short break, the group regrouped. We continued with an imaginative exercise, observing bodily responses to different scenarios:

- If a lion entered the room
- If the love of your life entered
- If you are completely safe and nothing can harm you

Participants observed how thoughts directly inform fascia and shape our physical organization.

Spiral movements were introduced—first in the imagination, then slowly into physical motion. Movements forward and backward were explored with deep somatic attention, leaning until the body naturally initiated a step.

Partner Work:

We moved into back-to-back partner work, connecting through non-contact magnetism and imagining the presence of synovial fluid—the joint-lubricating liquid—between bodies. The exercise emphasized deep listening, patience, and attunement. Participants practiced moving forward and backward in response to subtle cues, staying “glued” together with imagined fluidity.

A follow-up exercise involved one partner forming a “table” on hands and knees, while the other leaned on their back with lightness and trust. The aim was to practice support and being supported, maintaining centeredness and fluid movement.

Hands-on Exploration:

Participants then paired for curious, non-goal-oriented touch. Beginning with skin elasticity, they moved through the exploration of bones and muscles—staying present without intention to heal or please. Each person experienced both giving and receiving.

Closing Circle:

We closed the day in the sun with a sharing circle and a brief academic explanation of fascia. It was noted that fascia adapts, accumulates in areas needing extra support, and can cause discomfort when unattended—making awareness and attention vital.

Why This Flow?

The day deepened participants’ understanding of how thoughts, intentions, and perceptions shape bodily organization, particularly through fascia. Moving from solo to partner work supported the development of somatic intelligence, while hands-on practices refined attunement and boundaries.



DAY 4: NATURE AND CONTEMPLATION

The fourth day took us out of the studio and into nature, shifting the focus to connection with the environment, group cohesion, and the joyful expression of embodiment.

Our group then set out on a hike to Šuminkov Slap, a scenic waterfall. We passed through a forest rich with autumn-colored trees, mushrooms, moss, and a refreshing mist. The group walked with playful attentiveness, observing the world around them **as a living fascia—connected by mycelium, shaped by water and wind.**

The hike brought vitality, presence, and a sense of shared aliveness.

At the waterfall, some braved the cold and swam, while others sat in stillness, enjoying the vibrant energy of the surroundings.

Why This Flow?

This day emphasized embodied joy, moments of solo or group contemplation while diving into the the fascia of the natural world. It reminded us that rest, play, and collective movement are equally vital parts of somatic learning. Day served as a contemplative day, since many alive experiences were still in our bodies from the previous day. We gave a open space for participants to sense the emptiness and self-explore the active collaboration in the proposals for the common system.





DAY 5: TOUCH, COMMUNICATION, AND DEEP PRESENCE

The fifth day focused on developing somatic sensitivity and non-verbal communication through touch, weight-sharing, and creative expression. The intention was to deepen trust, agency, and embodied clarity.

Morning: Sharing and Somatic Trio Work

The day began with an emotional sharing circle, grounding the group in safety and presence. This was followed by the “Guardian Angels” exercise in trios: two participants offered touch to a third, tuning into each other’s intention while the receiver could move or stay still. This practice highlighted sensitivity, consent, and responsive support. Next, we explored partnered weight-sharing on the floor. One partner chose a position while the other gently placed weight on them, encouraging negotiation, adaptation, and clear communication. After switching roles, participants reflected on how to make the experience more comfortable, raising important questions around bodily boundaries and expressing needs.

Afternoon: Silent Score – “Alone, Together + Gravity”

In the afternoon, we entered a two-hour silent movement score guided by minimalist instructions:

- Observe yourself observing
- Keep someone in your periphery
- Don’t act on your first idea
- No judgment, no fixing, no words

Participants navigated the space in silence, observing how habits and impulses give way to deeper presence when control is released. The score became a space of subtle connection and internal inquiry.

Evening: Vocal and Creative Expression

The evening offered a shift into vocal exploration led by Matéa and Agata. In pairs, participants played with different voice qualities—tenderness, drama, flirtation, and raw emotion—linking vocal tones to movement. Simultaneously, others painted and drew, allowing creative expression through different channels.

Why This Flow?

Day 5 emphasised the intelligence of the body in communication. Through exercises in touch, silence, and voice, participants practised tuning into themselves and others, developing awareness, negotiation skills, and emotional expression. These tools are essential for creating supportive environments where presence, care, and authenticity can be main value.



DAY 6: ATTUNEMENT AND INTENTION

The day began with dynamic explorations of jumping, led by Ziva. Through solo shaking, synchronised jumps, and partnered support, participants tuned into the delicate balance between leading and following. As the room filled with bodies in motion, the emphasis shifted from individual effort to collective rhythm and spatial awareness.

This flowed into Walking Landscapes, an exercise in relational presence. Facing a partner across the room, participants walked forward and back, absorbing the other's "walking landscape." With each repetition, sensitivity deepened, culminating in moments of subtle interaction and transformation through embodied witnessing.

The Be the Forest sequence invited participants into a more symbolic and intentional mode of embodiment. Alternating between roles as trees and humans, the group explored connection, curiosity, and communication through stillness, movement, and presence. For many, this was a deeply emotional and grounding experience, opening space for reflection on co-regulation and intentionality.

Afternoon and Evening:

There was invitation "Be the Cello", where movers responded to cello music while their partners offered direction through gentle physical impulses. This practice cultivated dual awareness—of sound and of another's touch—enhancing the ability to stay present with internal and external stimuli.

Sound meditations followed, shifting focus from a single beloved sound to the broader soundscape, allowing participants to explore how attention shapes experience.

In Storytelling through Movement, language and motion intertwined. Beginning with word associations and evolving into contact improvisation and silent trio-based storytelling, the group practiced reading and responding to each other through bodies in motion. This culminated in moments of group flow, mutual care, and heightened responsiveness.

A contact improvisation jam closed the day, where dancing duos were observed by a third person writing reflections. Witnessing became another form of movement—a dance of language and perception.

Why This Flow?

Day 6 focused on fine-tuning sensitivity—to self, others, space, and sound. From jumping to walking to co-regulating as a forest, every practice emphasized deep listening and embodied intention. This laid the groundwork for improvisation, creative expression, and integration in the final day.



DAY 7: INTEGRATION AND CLOSURE

The final full day opened with a “dance party”. While music of various energies played, participants moved freely, responding to three reflection prompts placed on the floor:

- “I would like to remember...”
- “How can I bring what I experienced here into my life?”
- “What brings me to the present moment?”

Movement and writing intertwined, allowing thoughts to arise from the body. As the room shifted into improvisational flow, a new circle formed, inviting participants to read their reflections aloud. Others responded with improvised scenes—layering movement over meaning, adding to, amplifying, or embodying unspoken elements.

This transitioned into a structured improvisation guided by random prompts: number of people, duration, and a theme (e.g. “mycelium,” “falling into life,” “narrating to my grandpa”). Improvised scenes unfolded with fluidity, culminating in a collective final piece on “separation and interconnectedness,” where everyone was invited to dissolve the boundary between observer and performer.

Afternoon and Evening:

In the closing ritual, each participant stepped into a space surrounded by the thread of intentions from Day 1. While the group voiced words, impressions, or sounds about the person, they responded by drawing on a large shared paper roll. Facing the paper from Day 1, the present moment folded back onto the beginning.

Afterward, each participant cut a piece of the knotted thread to carry with them—a symbol of the experience and what they were taking forward.

The day closed informally: banana bread, spontaneous prayers, dancing, tears, hugs, and soft goodbyes. Some stayed, some left, and the space slowly emptied, leaving a deep imprint of shared transformation.

Why This Flow?

The final day offered space for integration, reflection, and gentle closure. It honoured individual journeys while celebrating the collective organism formed throughout the week. By blending movement, memory, and ritual, the day allowed participants to embody their experience and begin the transition back to daily life with softness, clarity, and connection.



Participants reflections

I EXPLORED GROUP DYNAMICS AND MY AMBIVALENCES: CONNECTING WITH OTHERS WHILE REMAINING TRUE TO MYSELF.

"Our fusion ventures on an unpredictable journey, where forms are transformed: voice, dance, contact, bedlam, calm, intimacy, distance. Ideas find their place, they become incarnate, almost without restraint. I no longer think about what I'm doing. I'm in a bubble of co-creation, a space of trust and shared freedom.

It's this kind of moment that I love to experience, where everything becomes fluid and alive with shared expression."

Jules

“SOFTNESS, THE PORTAL TO INFINITY”



*“Softness, the portal to infinity.
Open and available to receive the subtle touch and
presence,
to feel and flow to the music of the inner dance.
The small dance that resides within,
expansive and connected to the whole.*

*Nourishment for the soul, the lullaby to the ears,
the pleasure of the substance hanging
in the spaciousness of the air,
floating, sparkling, and brilliant.*

*The joy of the silence of the mind, the inertia,
and the external forces, touching deep layers.”*

Paula





YOU BELONG

*"First steps, slow and soft.
Listening, sensing, stretching time.
The forest holds space,
as laughter and movement weave unseen threads.
A connective tissue, built with care,
shaped by openness,
strengthened by belonging.
Pohorje breathes with us,
whispering: you belong here."*

Ema



"Fascia of Humanity"

has been a gift, a fairytale pause, a journey into a foggy, warm, fleeting while timeless, eternal tissue.

Enquiring and exploring the visible and invisible layers of our connective tissues; their qualities, characteristics, and mostly, their sensation.

Moavés pedagogical focus on the subtle level of the sensing has been one of the most inspiring takeaways. Transforming the intellectual patterns of wanting to know and making sense into rich experiences of integral, sensorially-based comprehension, focused on presence and therefore acceptance, calm, unity, expansion.

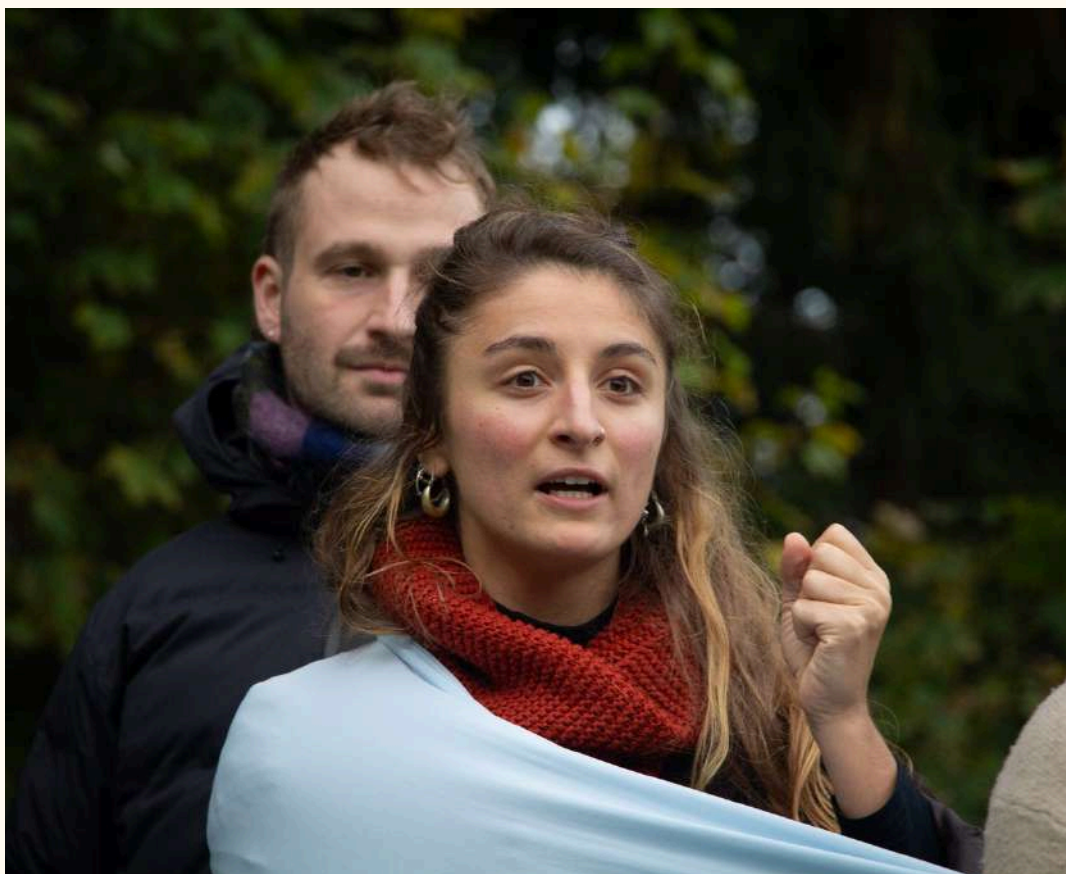
A week full of personal while collective learning.

On the depth, witnessing and practicing on the non-duality; the interconnectivity between self and group awareness; between particles, tissues, and the whole.

With nature as the ever-present greater order and supportive structure.

Love to all the colleagues and new friends with whom we shared the journey!

Anastasia





TO ALL I CALL MY ROOTS

*The beginnings of the training.
Lunch time. Resting outside.
Observing a cloud slowly making its way towards us
from between the trees.
Reaching out. Flooding us with fog. Inviting to go
inside. To go within.
A watery tissue. Holding the space.
For the no rules, for the no creativity, for the just
observing.*

*So when it was time to go back, I was ready.
For the cloud to give back the sun.
For my tissues to receive it.
For my fascia to stretch even more.
For when the time came, I have already experienced.
That I move within. That I move without.
That when I move.
My fascia stays connected. To them.
To all I call my roots.
To all I call my love.*

Gabriela



MAYBE WE'RE LIKE WATER DROPS...

"Maybe we're like water drops... eventually we connect with others. These connections can seem useless but with time they become something bigger, something visible and even beautiful"

This training course with

@moave_psychology_in_movement opened new tools in my communication wardrobe, things that were there, hidden in a shelf waiting for me to open

Communication and connection is more more than talking... is a smile, a dance... a single observation and acting in the right moment. It doesn't need to be loud, can be as discrete as a look, but if there is a pure intention behind it will stay forever present."

Goncalo

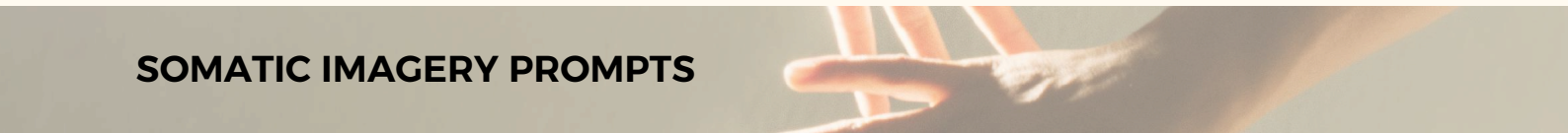


SOMATIC IMAGERY PROMPTS & MOVEMENT SCORES FOR WORKING WITH FASCIA

Somatic imagery prompts and **movement scores** are gentle, imaginative tools that support body awareness, emotional regulation, and embodied presence. When focused on fascia—the connective tissue that wraps around and weaves through every part of the body—these practices help young people tune into how they feel, release tension, and explore movement with greater sensitivity and ease.

Somatic imagery uses metaphor and guided imagination to awaken inner sensation and connection. *Movement scores* offer open-ended invitations to explore the body's internal landscape through motion, curiosity, and play. Together, they create a supportive framework for youth workers and facilitators to guide young people in developing self-awareness, grounding, and resilience—within a safe, creative, and inclusive environment.

These tools don't require special training or equipment—just a willingness to listen, move, and imagine from the inside out.



SOMATIC IMAGERY PROMPTS

FLUIDS & TISSUE MEMORY

- Your body is 70% water—how does that change how you move?
- You're a body of rivers, eddies, and spirals—movement comes from within.

Fascia: the web within

- You are suspended in a web of silk threads—every movement tugs across the whole network.
- Let your movement begin not in muscles, but in the deep wrapping beneath the skin.
- Imagine your fascia as honeyed gauze—slow, sticky, always connecting.
- You're wrapped in invisible cobwebs. Can you stretch them gently without tearing?
- Let the whole body be a continuous sheet—move one place, and feel the ripple everywhere.
- Every layer of you glides over another, like parchment soaked in oil.
- Your body is a suit of woven breath. Each fiber listens and gives.

A background image showing several hands reaching upwards, with fingers spread, against a light, warm-toned background. The hands are positioned at different heights, creating a sense of upward movement and connection.

MOVEMENT SCORES FOR WORKING WITH FASCIA

Web Play

Explore how small movements in one part of the body ripple through the rest. Start with a finger, a toe, your jaw. Move slowly. Notice where the tug is felt. Can you trace the invisible line of connection through the body?

Focus: Fascial continuity, subtle movement, whole-body integration.

Rolling Through Layers

Imagine your body is made of soft layers, like folded silk or soaked parchment. Slowly roll, slide, or spiral on the floor, letting each layer glide over the next. Pause often. Listen for where it sticks or floats.

Focus: Fascia as multilayered, enhancing glide and fluidity.

Suspension and Yield

Let yourself be suspended by imaginary threads—wrists, chest, knees, head. Move as if gently pulled and supported from above, then let go into gravity. Alternate between being held and being heavy.

Focus: Tensional balance, fascial elasticity, surrender and support.

Breath as Weaver

Let your breath lead. Inhale—feel expansion in every direction. Exhale—allow softening and settling. Move only as much as the breath moves you. Let breath weave through your tissue like light through fabric.

Focus: Fascia and breath relationship, parasympathetic activation.

Spiral Mapping

Begin with a small spiral—perhaps in a finger or ankle. Let that spiral grow, expanding through the joints and spine. Travel the spiral through your whole body. End by unwinding back into stillness.

Focus: Spiral dynamics of fascia, 3D movement, proprioception.

CONCLUSION

What kind of environments support life?

What does fascia teach us about belonging, support, and flexibility under pressure?

In answering, we moved together toward a vision of humanity where each individual is supported like fascia supports the body—gently, responsively, and with care.

This booklet captures the spirit and flow of that experience: not as a fixed methodology, but as a living process—one that continues to evolve through practice, reflection, and shared inquiry. The tools, questions, and stories offered here are meant to inspire further exploration into how we can embody connection, hold space for difference, and co-create environments where all bodies—and all beings—can thrive.

In the end, just like fascia, our communities are strongest not when they are rigid, but when they are responsive, fluid, and interconnected.

May this work ripple outward, softening boundaries and strengthening the invisible threads that bind us in shared humanity.





**“as we travel
back, ahead to
urban places
fascia softly
stretching over
roads
magic spills
from bony
spaces
revealing
cavities of
childish joy”**

Eva



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