

WORKSHOPS 1

Saturday, September 16, 11:45 am – 01:00 pm

DANIEL BOLDOG



Dancing Circle – Celebrating Peace

Traditional Hungarian folk dance is a living tradition: songs, music and dances have been transmitted, from grandfathers and grandmothers to daughters and sons. You are invited to learn and enjoy some circle-dances from “Csángó-land” (Moldavia), where you can find a beautiful mixture of different cultures: originating from Asian roots, it includes influences as diverse as the European Renaissance and Balkan cultures. In dance we can raise our life-force, and in a circle-dance situation we can learn a lot about being together, breathing and moving together with others, trusting in ourselves and in others. There are no previous dancing skills required!

SABINE FABACH



Making Peace with Oneself – Trusting in our Inner Wisdom *

We all have ideas about how we want to be or should be. They can be motivating and encouraging to explore further our own limits. But if our feelings and behavioral patterns are not synchronised, anger or shame arise. Sometimes we are fighting with a deep inner feeling that somehow we are not right, not good enough. Thus we create an inner world characterised by struggle and self-criticism. Making peace with oneself means to learn how we can treat all aspects of ourselves with kindness, curiosity and compassion. Trust in our inner wisdom creates a good ground for dealing with the craziness of the outer world.

KATERINA HONZIKOVÁ, ZEINA KANAWATI, YOUSSEF HAMMAM



Prevention & Healing of Trauma in Syrian Children – Parent Programme

In reaction to the fearful and resentful reaction of the Czech Republic to the refugee crisis, looking for ways to help, we established a nonprofit Czech-Syrian organization focused on supporting Syrian parents in helping their traumatized children independently of specialized help. We will explain how. Further, we would like to think together about the causes of ignorance in the public towards the news from troubled parts of the world. Zeina Kanawati will introduce her research about new media and how it can be used in a better way to raise the awareness about the world crisis. Hammam Yousef will focus on the political obstacles to establishing peace in Syria and will talk about the veto power and the disbalance and double standards in the world politics as the main factors in producing the biggest crisis in modern history. Can peace be achieved without a change in the world order towards a system that is based on the principles of interconnectedness, shared fates, rights and aspirations? A discussion.

SABINE KUEN



New Authority –

Appreciation, Presence, De-escalation in Pedagogy & Education *

Through presence, wakeful concern and nonviolent resistance we can reach a respectful, constructive and peaceful coexistence of teachers and pupils. Haim Omer's concept of nonviolent resistance with methods for self-control and de-escalation is aiming to rebuild relationships. Thus the idea of New Authority is based on something fundamentally different from control, assertion or power: it is based on relationship and being connected. This concept for schools and other educational institutions will be presented in the workshop.

**IRENE PICHLHÖFER,
SABINE PUTZE,
LORENZ BREINER**



Flowers in Space **

Starting from the traditional form of Japanese flowering ("Ikebana") and the teachings of Mudra space awareness, we are connecting heaven and earth, expressing the dignity of our humanity. In the workshop we let the flowers work on us, and also the way how we are arranging them. It creates a space of peace and space, a source of relaxation which helps us to find inner balance and contentment.

MATHIAS PONGRÁCZ **Outdoor Meditation** (depending on the weather) **



**PAULA ROSSI,
ELISA ZECHNER**



Speaking the Language of Peace – Meeting Our Anger in a Positive Way *

Impuls-Workshop Non-violent Communication

Based on practical examples we will practice to explore our feeling and thinking and transform it into a language that can help us in everyday life. Here, unpleasant feelings such as anger and guilt as well as prejudices are valuable signs to make a step from our concepts and ideas into direct connection with ourselves and others. The transformation of anger is a key practice for coming back to being present and to connecting with ourselves and others.

MARTIN SCHENK



Achtung! - The Parliament of the Invisible Ones *

"We are not petitioners, we want respect!" This was the central slogan that was formed by the unemployed, the workers for street-journals, people with disabilities and single parents at a meeting entitled "Visibility" in Vienna. The longing for a just society is connected with the desire for respect. There is food you cannot eat, but you still need to live. People who are not living "in the light", experiences what is in danger to get lost in their daily lives: respect and dignity.

WOLFGANG SCHICK



Creating Peace through Network Integration Policies *

Millions of people who have to escape from war, persecution and hunger have given rise to the impression in Western countries that social peace and cohesion in society is already threatened, or will be in the near future. The workshop deals with the question of whether this impression is correct and whether peace is actually endangered? What can each individual do in difficult times to either maintain or restore peace? How can networked integration policy be an effective engine for peace work?



Meditation Practice

Throughout the symposium there is an ongoing possibility to practice silent meditation, during workshop periods meditation instruction will be offered.

* this workshop is expected to be held in German without translation

** this workshop will be held either in German or English, depending on participants