



Experience week in Kalnuotė community

Experience week in Kalnuotė community is an introduction to the Kalnuotė community for those who are interested in living in the community, community activities, or just want to learn more about our community.

We call ourselves a spiritual community because we are created by having the dream of practicing together. We also promote a healthy conscious lifestyle: we don't drink alcohol, and we don't smoke, and we practice various exercises, like Yoga, TaiChi, and promote healthy Food.

The community is located in the district of Vilnius, in a beautiful place, with its own forest, prunes, tidy and carefully maintained environment.

The course program is designed so that everyone can get to know, to experience, and to learn what we live for ourselves to later use the knowledge's in a daily life. We will introduce you to conscious breathing, astrology, mineralogy, sacred geometry, productions of distillates, preparation of international and national projects. And we will invite you to a healthy sauna, to film and dance evenings. We will prepare the healthy food together with you during this week. You will have possibilities to help practical to the community too. We have scheduled daily meetings with people in the community who are also making a contribution to the community and they will teach you what they are doing themselves.

You will have possibility to experience during this Experience week those mentioned and other interesting activities and feel you more calm, healthier, harmony, in a relation with the nature, in a surrounding by amassing people.

Possible Experience week dates:

in June:

06-10, 13-17, 20-24, 27-01.07

in July:

04-08, 11-15, 18-22

in August:

01-05, 08-12, 15-19, 22-26

In September:

05-09, 12-16, 19-23, 26-30

The community reserves the right to change the scheduled dates for those who have registered - we will offer them other possible dates to ensure that the activities run smoothly in small groups.

The price of the course is 550eur per person. The price includes 5 days of activities, meals and 5 nights in the community. Please inquire about accommodation in brought tents separately before check-in.

To inquire about the course and to register, please contact us by e-mail: loretavaluckiene@gmail.com or phone +37068274999.

More about Experience week in our site: <https://www.kalnuotesbendruomene.lt/erasmus-courses/>

Schedule of Experience week

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.00-10.00	Daily activities: exercise, mantras, preparation of common breakfast, breakfast				
10.00 – 11.00	Get acquainted, introduction of community	Basics of astrology (or Living astrology)	Day of sylence, bonfire	Production of distillates	Preparation of Erasmus+ projects, (or introduction of community projects)
11.00 – 12.00	Basics of breathing, consious breathing session	Secrets of minerals		Games for the soul	Degustation of etheric oils
12.00 – 15.00	Preparation of common launch, launch				
15.00 – 16.00	Healthy Food	Practical activities (community support)		Practical activities (community support)	Practical activities (community support)
16.00 – 17.00	Sacred geometry	Psychology of the community		Counsious breathing session	World of plants (trees in a different way)
17.00 – 20.00	Preparation of common dinner, dinner				
20.00 – 21.00	Discussion of the day, bonfire, guest – community members experience				
21.00 – 22.00	Movie evening	Dance evening	Sauna evening	Breathing with mandala (or crafts of dream traps, or art activitie, or pottery activitie)	Farewell

