



10-19 august, 2015,

Sigulda, Latvia

Sustainable thinking and conscious mind

Theme: Sustainable development, Society, Consciousness

To keep our planet the way it is and make it better we should change the way we are treating ourselves and environment. We should be more aware about climate changes and look around us, because there are a lot of things happening we haven't realised yet. In this project we will learn how to change our daily lives and way we think about our planet, resources, practise breathing techniques, meditations, yoga. Find new ways how to recycle, reuse materials, reduce amount of waste materials we are putting on our planet. Each of us can do something and make environment a bit more sustainable, we can try.

Where? Project will take place in one of the most beautiful towns in Latvia. Sigulda is on a picturesque stretch of the primeval river valley. Because of the reddish devonian sandstone which forms steep rocks and caves on both banks of the river, Sigulda has been called the "Switzerland of Vidzeme".

The accommodation place is located in quiet place next to forest and river Gauja.

