

Yoga and meditation workshops for PACES kids from 8 to 12 years old in Palestine

Cities : Al Khalil, Tulkarem, Ramallah
Participants : Sophie Thouvenel et Hanane Zidani

Who ?



Sophie Thouvenel
Founder Hironnelle of the Future- Benin
President Hironnelle of the Future- France

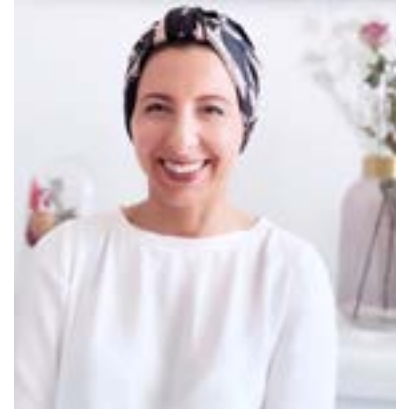
Model, Environmental Engineer and Founder/President of the NGO Hironnelle de l'Avenir, Founder and CEO of a start-up that optimizes the orientation and professional integration system in West Africa, Sophie works to make tomorrow a better world.

Very moved by access to education in Africa, she has been helping Beninese youth

through her NGO since 2005. Hironnelle de l'Avenir has succeeded in creating an ecosystem of social development ranging from early childhood education to professional integration with support for the improvement of the environment (construction of 20 wells), scholarships (600) and training in digital professions (2 schools in Coding) in Benin.

At the same time, Sophie is very involved in the Middle East regarding inclusion issues in the world of sport and wellness for refugee camps in Jordan, Palestine and Lebanon with the FSGT since 2018 in charge of promoting and coordinating exchanges and partnership between French cities and certain Palestinian camps and villages, to maintain, demonstrate and develop friendship and solidarity between the French people and the Palestinian people through access to sport, cosmetics, Personal development/Self-esteem, French/Arabic lessons, pastry, embroidery and accessories.

It is about organizing the exchange of practices and skills with local sports leaders and educators. This will contribute to the development of a sports and entrepreneurial policy at a regional level, especially through training in the areas described above, the objective is to train a few trainers locally.



Hanane Zidani
Yoga Teacher
Therapist in emotional intelligence and stress management

Mannequin, Ingénieur en environnement et Fondatrice/Présidente de l'ONG Hironnelle de l'Avenir, Hanane shares her teachings, around the body, the mind and the soul. In her classes she likes to combine intensity and gentleness. Stay in the flow to find the Yin & Yang balance. But above all her main focus is that

everyone can find this harmony between their inner and outer world. Become aware of your different bodies (physical, emotional, energetic and mental), of your breathing, of yourself.

His greatest joy: to see you evolve towards your true being, towards an inner transformation.

What is the program ?

In July 2022, Sophie and Hanane lead an Emotional Intelligence and Stress Reduction workshop through Introspection, Breathing and Movement for women in Beit Sira, Palestine. This program introduced women to stress reduction techniques and the Foundations of Emotional Intelligence over 4 half days.

The goal was to learn how to reduce stress through introspection, breath and physical movement. To understand how their body and mind function, and to use concrete tools to connect to the body, calm the mind and bring them back to the heart, to the present moment. Stress and emotions are universal. This program was designed for women in the Palestinian community. However, it can be adapted to anyone, of any age, religion, political situation or gender.

Thus, Sophie and Hanane proposed an introductory session to young girls in partnership with Paces in the city of Al Khalil. This session was a success, the girls experienced deep connection to their inner self, they felt more inner peace and calm. This led to the willingness of pursuing this partnership and to set up a three-month program divided into 2 weeks.

Who is Paces ?

Palestine Association for Children's Encouragement of Sports (PACES), is a UK based charity established in 2006, with the aim of providing healthy, structured after-school sports programs for Palestinian girls and boys ages 8-16 years Living in refugee camps and most marginalized and vulnerable areas in Palestine, Jordan, and Lebanon.

Paces ' Sports Training Sessions

Two 2-hour coaches training sessions every week from March through November of every year. PACES offers football, basketball or volleyball training, through which life-skills are integrated.



Building up workshop with Paces and Hironnelle de l'Avenir :



Date of the mission : From March to June 2023



Timing : 10 am to 11.30 am



Participants : Paces kids from Al Khalil, Ramallah, Naplouse



Logistics (accommodation, transportation, meals) :
Transportation : Flight tickets Geneva - Paris / Paris - Tel Aviv / Bus and taxis for different cities / Hôtels



Location of the Workshop : Al Khalil - Ramallah - Naplouse



Translator : Aisha Modallal



Equipment for the workshop : Yoga Mat - Room (indoor activity) - Chairs - PaperBoard - Notebook - Pen - Sono

Mission's objective :

Children and teenagers are constantly developing and the changes they experience affect their bodies, minds and relationships with others. Yoga helps them to grow healthily inside and outside. Develop their natural talents and gifts: agile movement, good posture, presence, curiosity, openness and great capacity to learn and discover new things. The yoga and meditation for a mindful education course is a practical course to initiate children and teenagers into the world of yoga, meditation and mindfulness.



Activities during the workshop :

The course is focused on dynamic and practical contents of mindfulness. The Yoga and mindfulness sessions will be presented as a game with which they can have fun, get to know their body and control their breathing consciously. Also, it will serve them to connect with their inner self, they will discover their emotions and they will be able to manage them much better. They will be able to focus their attention on a better predisposition to learn the tasks at school and in their daily life. They will improve their behavior and will be more receptive to creating a better environment.

It is necessary to find a moment in the day when children can disconnect from their daily tasks, stop for a while and reach a state of calm, in which they are predisposed to learning, having activated their capacity for attention and concentration through psychomotor games based on yoga and mindfulness.



Teaching tools

In this workshop we will explore 6 of these skills: Concentration / Quietness / Awareness / Emotion / Interest / Connection
All of these skills form a circle where mindfulness is at the center of that circle. We will work on the yoga postures that are inspired by the elements of nature such as animals, plants, forms, which allow the kid to enter in harmony with his own body and also, as a reflection, with the energetic manifestations that these postures remind us of.
We will see the benefits that can be obtained through yoga: a stronger musculature and spine, a correct posture that reduces deviations and back pain, an elevation of the immune defenses and a more serene and balanced state of mind.



Workshop terms (theory and practice)

- Teaching Emotional Intelligence
- Body & Mind awareness