

A photograph taken from inside a room, looking out through an open window. The window has a light-colored wooden frame and is split into two panes. Outside, there is a lush green landscape with various shrubs and trees. In the distance, a large body of water (the sea) stretches across the middle ground, with a range of mountains visible on the horizon under a clear blue sky. The word "SOAR" is superimposed in large, white, sans-serif capital letters across the upper half of the image.

SOAR

SCHOOL OF ALL RELATIONS  
AEGINA ISLAND, GREECE

# What is SOAR

The **SCHOOL OF ALL RELATIONS** is a 6 month residential educational program for international youth aged 18-25, based on the Greek Island of Aegina.

Rooted in nature and global community, SOAR creates a space to deepen connection to ourselves, others and to the world, providing young adults with skills and experience that will support them in living a meaningful life and responding creatively to the challenges of their time.

The program is designed for 10 to 15 participants and runs from November 2016 till May 2017.







What is your definition of "wealth" ?

**There is the wealth which shrinks the more you share it.  
And there is the wealth which the more you share, the more it grows.**

Native peoples have always known that they are connected to everything alive, and that we all are part of a bigger being: our planet. And that our planet herself is but a part of something bigger yet, that one can only incontestably call: the Mystery. From the beginning of life they learn how to live in connection and in balance with  
All Their Relations.

The mission of SOAR is to restore that learning, which we consider as the foundation of every education, and help you explore, deepen and strengthen your connection to All Your Relations.

Of course this is a journey that begins with yourself.  
And it is a journey that never ends. It is even a journey where you do not necessarily always "know" where you are going. But journeying more and more towards connection one thing you do know, in the marrow of your bones, is the wealth of each single step.

SOAR is a seed for a new social paradigm, a new culture,  
where "having" is in balance with "being"  
and individual freedom with the common good.

For only together can we build a healthier world.

In order to be able to truly function together, we need  
Collaboration to prevail over Competition  
Appreciation over Criticism  
Trust over Distrust  
Love over Fear

All this can be learned.





Our approach

**SOAR** is a stepping stone towards a fruitful adulthood. Our aim is to provide participants with skills, insights and experience that will help them gain freedom from restrictive patterns and strengthen their connection with their life potential, while at the same time training in the arts of functioning collectively.

More than a school SOAR is a laboratory, encouraging exploration and experimentation on a personal level and as a group, holding daily opportunities for the practice of creation and co-creation, group facilitation, decision making etc.. The SOAR education involves body, heart, mind and spirit. Mainly focused on developing awareness of self, others, nature and the world, our program offers a variety of intensive workshops interwoven with daily core practices and is rooted in constant opportunities for life experience.



trainings  
circles of sharing  
body work  
mindfulness practices  
project building  
trekking  
immersion in nature  
group facilitation  
dancing, singing, playing  
community life  
creation of events  
ceremony  
celebration  
simply being...

are some of **SOAR's** offerings





A day at SOAR





7:15 - 8:30

Body work & Meditation

8:45 - 9:30

Breakfast

9:45 - 10:15

Cooking Preparation/ Cleaning

10:30 - 13:30

Morning Session\*

13:30

Lunch

**Afternoon break**

16:00 - 19:00

Afternoon Session\*

19:30

Dinner

20:30

Free time / Occasional Evening Session

\* The contents of morning and afternoon sessions depend on the week. Workshop weeks, in which the intensive trainings take place, alternate with so-called Community weeks, in which activities range from cooking and gardening to project building, with space for offerings and time for exploration/integration, current needs and new propositions.





# Curriculum

At **SOAR** the inner and the outer journey are closely knit together. Every workshop, event, activity provides opportunities to develop awareness of who we are and how we interact. Time is devoted to processing those insights through different practices, personally and as a group.

We have chosen for some of our key-contributors to hold several sessions throughout the six months. This way a personal relationship can be established with each participant, in support of her/his individual development, as well as allowing for a deepening of the practice, leading eventually to true competence rather than just giving a taste.

One of our main tasks is to work towards freeing ourselves from our conditioning as consumers, addicted to constant flows of information and entertainment. We believe in **slowing down** and offer it as an important aspect of our education, respecting the necessary steps of experimentation and integration. For this reason every long, intensive workshop is followed by a more relaxed week, with time for integration. In the curriculum those weeks are labelled: "Community Week".

During Community Weeks mornings are dedicated to different community activities such as cooking, gardening, working with construction projects, on the land or with the local community. Afternoons give space for current needs and new propositions, as well as occasional afternoon sessions touching areas such as :

**Re-evaluation counseling**  
**Dance**  
**Ceramics**  
**Theatrical impro**  
**Initiation to Permaculture**

**Pioneering initiatives around the world**  
**Story Telling**  
**Reflexology**  
**Medicinal plants**  
**and more ...**



## NOVEMBER 2016

**November 14th at dinner : Soar begins!**

**Week 1** - Introduction Week, with the whole Soar Team

**Week 2** - Yoga and Mindfulness, with Gemma Mallol

**Week 3** - 3 days trek through the island of Aegina  
& Way of Council, with Rob Dreaming

## DECEMBER 2016

**Week 4** - Relations and Non-Violence:

Identifying our Interaction Patterns, with Brigitte Mesdag

**Week 5** - Community Week

December 19th to January 3rd Christmas Holiday

## JANUARY 2016

**Ongoing through the month: Internships  
in the local community**

**Week 6** (begins on January 4th) - Dansexpressie,  
with Rozi Anton

**Week 7** - Community Week

**Week 8** - Who am I? with Margalida Reus

**Week 9** - Relations and Non-Violence: Active Listening  
and True Expression, with Brigitte Mesdag

## FEBRUARY 2016

**Ongoing through the month: Forum with Frieda  
Radford/Personal project**

**Week 10** - Community Week

**Week 11** - Voice Work, with Ulrik Barfod

**Week 12** - Story Telling, with Heleni Achilleos

**February 18-19-** Personal projects presentation

**February 20th to 26th** Winter Holiday

## MARCH 2017

**Ongoing through the month: Group project**

**Week 13** - To be defined

**Week 14** - Community Week

**Week 15** - To be defined

**Week 16** - Connecting with Nature in Methana Peninsula

**Week 17** - Relations and Non-Violence:  
Constructive approach of conflict, with Brigitte Mesdag

## APRIL 2017

**Week 18** - Community Week

**April 7th to 9th :** Soar Festival

**Week 19** - Community Week

**Week 20** - The Caravan

**Week 21** - The Caravan

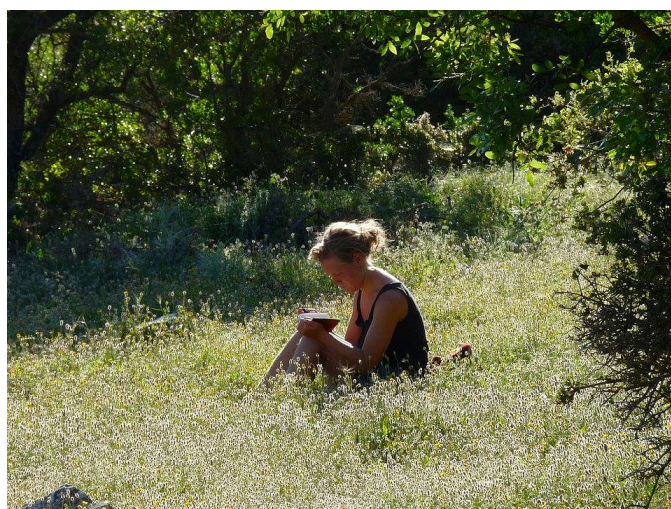
## MAY 2017

**Week 22** - The Caravan

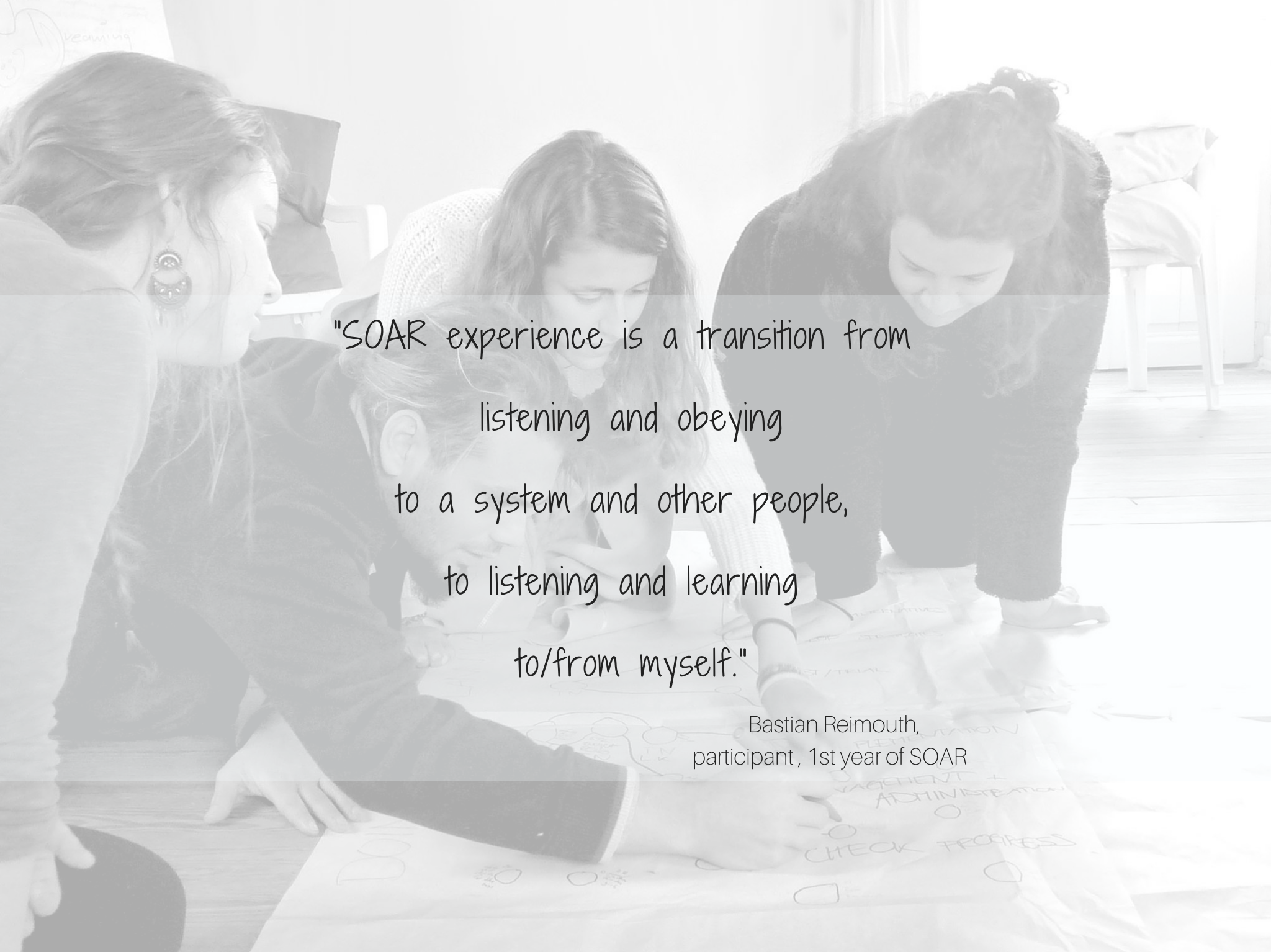
**Week 23** - The Caravan  
Wilderness Fast/Incorporation  
Days

**May 16th:** End of SOAR









"SOAR experience is a transition from  
listening and obeying  
to a system and other people,  
to listening and learning  
to/from myself."

Bastian Reimouth,  
participant, 1st year of SOAR



Anna Nyskov Irgens-Møller  
Age 25 -- Denmark

**" I remember when I wrote the application to SOAR, I said that I expected to learn a lot**  
that I yet didn't know what it will be. This is one expectation that really has been met.  
I did not expect to learn so much so deeply about myself.

Very fast, I felt really safe here and since the first week, this feeling has just grown so much  
that I more than ever before dare to challenge myself, to fall deep, to be exposed,  
to explore all my fears and insecurities.

For me SOAR is really a space to deepen our understanding of, and relations to ... everything.  
A space open to each person to explore whatever we are curious or insecure about.  
I have rarely had that many difficult times in my relations to myself and I have never felt so good  
about it, so safe in it, so curious in learning from it.

What I will take with me from SOAR is a general calmness and trust in myself  
and whatever the flow of this life will bring. "

**" SOAR is a place where you can just be.**

Simply be yourself.

Without judging, comparing or explaining.

Yourself for who you are.

It's a small place surrounded by beautiful, green nature where young people live together  
and try to live their life in connection with themselves, the others and the nature.

It's a school where you learn to listen to your body and your needs,  
through stillness and through movement.

To learn from each other and feel the power of a group.

This learning doesn't necessarily come only from teachers, it naturally happens  
by living together

in a community and all the challenges that come with it.

A place where you create your own values.

A place where the biggest teacher is nature. "



Hannes Constantin  
Faedler  
Age 20 -- Germany





# School Of All Relations

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