



Human Nature

9th to 15th of June 2025 | Brăzești, Baia de Arieș (near Cluj-Napoca), Romania

Training evaluation report

Project coordinated by **Dreams for Life** and implemented with the support of the **Erasmus+** Programme of the European Union.



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The following information represents the results of the evaluation process realized at the end of the training course. The participants filled in an on-line evaluation form in the first week after the training course.

The content of the report represents qualitative and quantitative data, offered by the participants.

Number of respondents: 21, out of 25 participants.

The evaluation process, data analysis and report compilation are made by **Bogdan Romanică**, the project coordinator and representative of Dreams for Life.

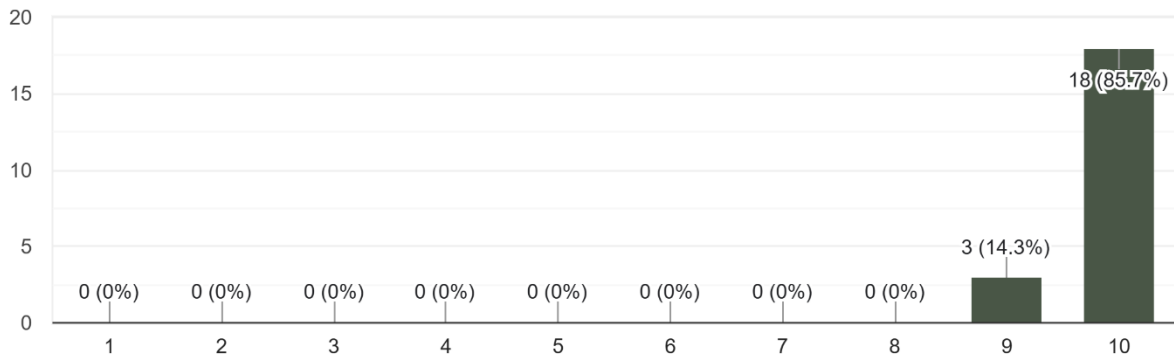
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1. What is your overall feeling about the training course?

What is your overall feeling about the program?

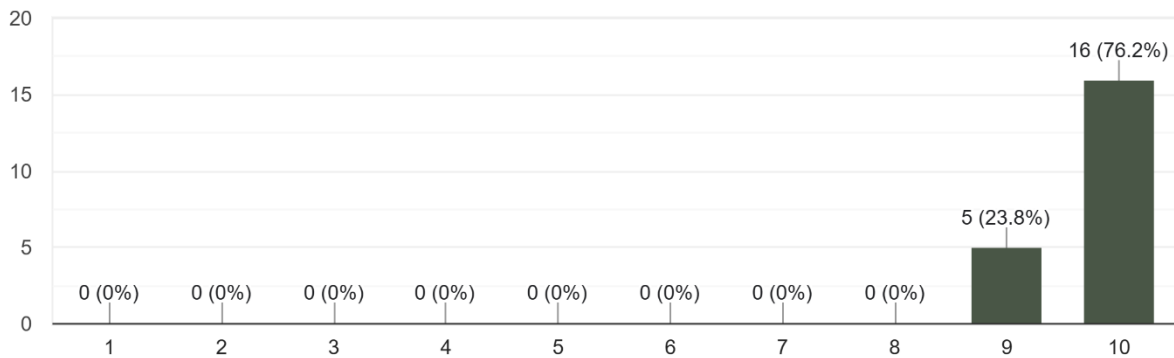
21 responses



2. To what extent your personal expectations regarding the course were satisfied?

To what extent your personal expectations regarding the program were satisfied?

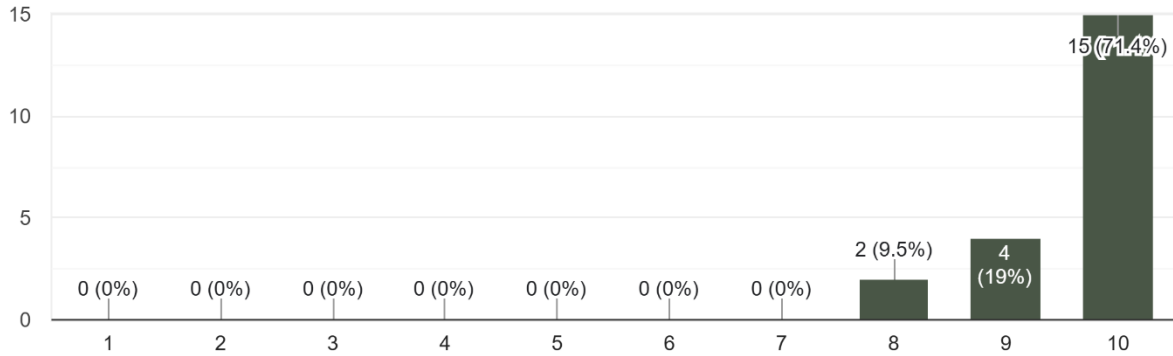
21 responses



3. How do you evaluate the atmosphere in the group?

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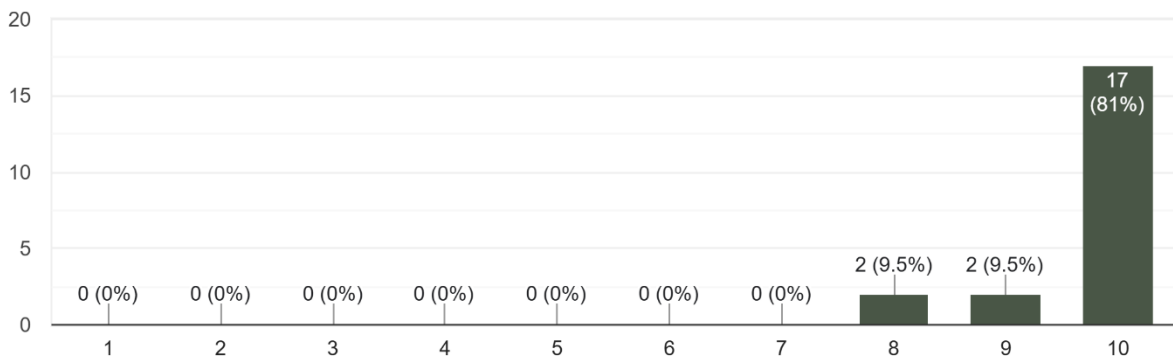
21 responses



4. How do you evaluate the work of the trainers' team?

How do you evaluate the work of the guides (Bogdan, Sandra, Panayiota)?

21 responses



5. What suggestions do you have for the trainers?

I have a strong feeling how well guided I felt and that the needs of the group were taken into consideration (being too tired at some point so we were given free evenings)

I just would have loved to know them better and to see them more implicated in the group dynamics. Like for example, I would have loved to see them in the soul theater.

The guides were incredible, they have greatly surpassed my expectations. Extremely competent in every aspect.

I honestly have no suggestions, all the guides were doing their job extraordinary! Thank you so so much

I adore all three of you! Your work is a blessing and I feel very grateful to know you and your work, and to be able to benefit from it.

I had the impression B and S are very routined in their work, adapting the program flexibly to the needs of the moment.

I am deeply gratefull for all that you did .
Comunication was clear and easy to absorbe , deep and with good sense of humour . I could sense that you were realy thinking and feeling abouth what are needs of group and what to give next to make this process as much valuable it can be to all of us . I am touched and inspired by your dedication and devotion to this work .

Keep up this great work, it matters and it brings great change to the world.

No opinions or suggestions - just gratitude.

Recently, I have been confronted that you create a cult. So I was on alert if I spot something like that or not in your program (although I have already joined Earth mentors 3ys ago). I am really glad to see that you do not create anything. I am particularly grateful for not tracking if people did invitations or not, for not pushing everybody to speak up or to stand out somehow (you only kindly mention you would like everybody to participate but if not everybody does, there are no consequences), I appreciate you mention at the beginning that the participants can take whatever they want, that you do not convince or expect anything, that you are understanding if sb does not participate due to tiredness (although I think some people were tired because the socialized at night - but it is also okey, because social learning was happening there)... I also appreciate there was no judging. And that there was a big age variety.

What I also really admire about you as a facilitator is that when somebody speaks in the circle you always comment it with something very wise. I wish I had that level one day. :)

I was also very happy by the rules - I knew them from before but I forgot about one - do not rescue. i am going to implement that one in my community back home.

It was on a very professional level, I felt guides were not pushing philosophy or their personal opinions on us, I felt very safe with sharing personal experiences. I loved adding music, drawing and rituals to the experience.

The training was very intense and a lot of things, emotions, things to resolve came to light. I was able to resolve them quite successfully on my own, and sharing in a small group with Panayiota also helped. Maybe I would have liked a little more help resolving some of the things. I would be happy to have additional integration of the things that emerged and I want to deepen this experience, so I would be happy if I could participate in a similar program again. So my suggestion would be to add a follow-up program to this program, to consolidate the knowledge and provide more space and guidance for integration.

Thank you so much, hoping, asking you to give more and more trainings

I am deeply grateful to the guides. I loved how each of their energies and ways of being complemented each other. The program was well-structured, the information insightful and meaningful, and their participation felt authentic and grounded. I truly feel they did a wonderful job holding the space.

I am grateful for the way all of you held space for us. The way you behave, spoke, organized and brought content was very supportive for my processes, and it was matching the purpose you were talking about, so a lot of integrity in that sense.

I think you are authentic and inspiring, It was easy to follow you and what you invite us for.

To have some free time with the group! :)

I am really grateful for what the guides offered to me and offer and contribute in general for everyone of us

Everything was truly exceptional, from the depth and relevance of the content to the skillful and heartfelt facilitation. The guides created a safe, inspiring, and transformative space, allowing each participant to fully immerse themselves in the experience. I felt genuinely seen, supported, and guided throughout the journey. eptional from the context to the facilitation!

The food was of great energy and great quality. One of the best meals of my life! For me, it is important that in the evening after training there is some common games or entertainment (badminton, ball, ping pong and board games) for socializing people and relaxing after the mental exercises during the day. I also think that a day of familiarization with the local people is needed, how they live, what they do, how they treat guests, animals, nature. so that there is some familiarization that we are not strangers but quite deliberately have a goal, and a very strong and positive one, to raise the energy of the area!

To continue what they are doing because they are doing it fantastically :)

The combination of the specific energies of these 3 souls was so harmonious! I don't have any suggestion, I just feel that as a group you brought a whole experience from your side that was very

rich in my eyes. I loved the poetic and mysterious lyrical way of Sandra, the fairy-like yet grounded energy of Despoina and the care and clarity given from Bogdan. This recipe was remarkable!

6. Which were the most valuable parts (activities, methods etc.) of the course for you? Why?

The councils, clans to be able to share my processes, the group activities of embodiment in the morning and evening, the ceremonies of protectors and soul theatre and of course the invitations for wandering. Also, I deeply appreciated the free nights with fire ceremony that it was possible to make it happen, it was so needed to feel the togetherness of the group.

All the invitations of wondering were amazing for me! They really helped me to explore myself and nature in a really enriching way. Those moments of solitude and beautiful self exploration touched me deeply. I really felt touched by the invitations of getting wild, getting indigenous and also to be a lover of the Earth.

The wonderings in nature were extremely precious. And the personal mentoring offered by the guides was essential and allowed me to live the experience deeply and fully.

I will forever keep in my heart the ceremony of saying thank you and goodbye to our protectors. The song we sang there was so incredibly powerful...

Hmm, the 4 dimension circle, the NGA touching, caressing exercises, the morning dance rituals, learning about the subpersonalities, DEEP IMAGINATION, but really, the WHOLE program was super deeply moving me.

The way in which ritual, poetry and words set a frame of underlying importance to each moment and experience during these days

All of them were valuable in its own way .

Morning dance was touching because of deep self connection with sound and nature , leaving behind any thoughts and roles .

Sharing circles was touching by honesty of people and by possibility to hear that we all share the same pains and fears , joy and gratitude . It was deeply connecting .

Wanderings were magical and mystical in the way how unexpectedly nature talks with each of us , showing places and symbols what talks to us in a way we can understand it .

Deep imagination journey revealed images what keeps " troubling " me and feels like it is giving me new direction in life , new things I want to learn - more connected to my deeper calling .

For me very important was ceremony about protectors . It revealed to me a lot of beliefs what I was unconsciously holding in me and gave understanding about how to relate to these parts of me - not pushing away , but seeing and embracing with love and gratitude .

I find most valuable the introspective questions, and the subpersonalities part, I observe in my life that I am doing wanders everywhere now, whether it's about going out, building a sweat lodge, doing my morning routine, preparing for a meeting, talking to other people, I wander in myself, what is the message I am trying to convey? What is my village have to say about a matter? What are my subpersonalities telling me? Why are they telling me that, and what do I long for instead.

I think that the entire program was structured very harmoniously, and each part was valuable and important.

wanderings, I am poem, 4 dimensions practice, for me personally the date activity in the evening, each cardinal directions - for me west and east especially, touching like NGA exercise, all the 3 ceremonies

Reflecting my personal life as well as gaining new skills when working with people

The most valuable parts of the program for me were the solo hikes, which were accompanied by invitations from the trainers and poetry before each one. Another important part for me was sharing in smaller groups, where I gained greater clarity and support. And the community, all of us together, which gave me a sense of support, love, acceptance, and understanding.

The most valuable parts of the program were the unique group energy, deep imagery work, nature wanders and counselling work

It's hard to choose. What stood out to me was the flow of the entire process. The structure felt intentional and allowed a gradual unfolding into deeper connection with myself, nature, and the group.

I really appreciated the balance between receiving information and being invited to explore it experientially, through nature. Coming back to share in group brought everything together in a beautiful way.

The ceremonies were powerful—especially the one involving the protectors and the closing ritual. I also found the guided visualization for connecting to our gifts very insightful.

wandering invitations, especially the one where we took a question and used all of the four facets to reflect.

clan meetings: Bogdan was really soothing and productive, I felt like he truly guided us there. I especially liked how you handled that someone mentioned their balls, and this was talked about in a very mature way, allowing to explore without stigmas. that was inspiring for me.

Letting go of Loyal Soldiers with the song and the group support. It was really what I needed in this moment in life.

Exploring the South Pole is something I definitely need to cultivate and integrate more to my being

For me, the cluster conversations were the most valuable part of the program. They offered a powerful space for reflection, allowing us to slow down, connect with ourselves, and give voice to what was unfolding within us. These sessions helped me process the experience on a deeper level,

making me more aware of my emotions, thoughts, and inner movements throughout the journey. Sharing and listening within the group also created a strong sense of connection and trust.

I do most of the practices without knowing Bill Plotkin and his techniques. The types of theory he borrowed from the Indians about the five directions were useful. I had a very strong impact on me from the solitude and writing of prayer verses, as well as Bogdan's dreaming with drawing. I really liked the gathering in smaller circles for sharing. Maybe it would have been interesting to change the participants in the circles every three days so that there would be some kind of involvement of all the participants because there were a lot of people. I am extremely satisfied with the strict adherence to the schedule and program by the organizers and the participants. Although I was late once, I definitely felt that the entire group strives to be punctual in order to respect the time and goals of the course. I like that there are no electronic devices that lose focus. I really liked the ritual fire and the people's own participation in inventing a method. I would suggest that the closing of this type of seminar be with a common fire and everyone should do something spontaneous for the whole and for themselves. There is definitely a lot more to add, but I think the teachers are working in the right direction to build a disciplined course with love.

I value all the activities as they were uncovering my truths/realizations/emotions/triggers/beliefs/longings. I do not think we did any exercise that would not "benefit" me.

I loved the invitations to spend few hours in nature to explore north, south, west, east. What took my breath away was the "trip" during deep imagination. Luckily, I have faced my very deep fear and I spent a beautiful time with that which scares me most - I become more joyful and felt less tension after this experience.

Poems, movement, invitations - just amazing.

I was taking notes, yet, sometimes poetical expressions by the trainers (not theory) were the most touching to me - having the quality to move me, being precursors to realization/transformation.

I very much enjoyed meeting my clan regularly, the small group, time to express and active listening, mirroring and invitations by Panayiota (bravo!) opened up another deepening dimension which became very fruitful for me.

The soil - welcoming ceremony, protectors ceremony, dancing as 4 elements, final - gratitude - never seen before - ceremony ... I am not sure which I liked most! They were all so meaningful.

The group gatherings/introduction to new knowledge/poems and the solo exploration/implementation afterwards. This methodology was very useful for me and I feel fulfilled and empowered by the way of the implementation of the project and of course this beautiful setting that transformed us from the inside out!

7. What did you dislike in the training? What was missing for you? What could have been better?

Nothing?

In a really personal level I was missing more intimate moments with the trainers. Get to know them better. To understand who they are, to get to know their souls.

Also really personal, I was missing moments where we could connect to each other with more physical contact, like dancing in touch with each other or doing more embodiment activities that would help us connect with each others energies to be able to feel as a big cell, to feel united.

I have nothing to say. Everything was perfect, both the content and the practical aspects.

Truly I cannot mention a single thing. I could have never expected for the project to be as amazing as it was.

Maybe the date with the beloved could have been earlier, I couldn't enjoy it or really experience it, because I felt quite scared in the dark forest.

Also, in the beginning there were 3 consecutive days very tiring, because the program was too dense there, maybe I would have inserted one more free evening there.

I was hoping to get more practical tools for using in my own work with youth. But I did get tools for myself, which I can now slowly start to integrate in my work. I would however love a training specifically aimed for equipping youth workers more directly with tools, instead of indirectly

I did not had anything what I did not liked .

I liket the venue, there might be too many cars going on the road, and the noise of those cars disconnect from the magic that has been cast over me.

I liked everything.

-
- the seating was challenging, it would be great if there were enough chairs for everybody even though not all of them would be used
 - ceremonial clothes - some of us brought a very light dress, which we are unable to use due to cold evenings so it would be great to somehow inform about it in the infopack (may be it was but i did not spot it)
 - it is strange for me that until the end, I did not have activity interaction with some people. I did not spend a lot of time socializing, that is true, but still, I would appreciate if the first days there is more time and space to have an interaction with more people/ everybody of if you somehow make sure people have chance to talk to more variety of people. And may be not :)

For me some days were maybe a bit too intense, I lacked sleep a bit.

I missed a day off where I could integrate things and also physically rest. But I wouldn't change the program, at most I would extend it.

all what did happen there was more than enough for me

There wasn't anything I disliked, except maybe the ticks :)

One thing I wished for was more opportunities to share with the full group, or to rotate more between smaller groups. I would have liked to get to know each participant a little better.

I have mixed feelings about the soul theater, I feel like the concept of a stage, and the show-like elements does not support authenticity, it makes me feel like there are expectations and guidelines which alter what I show from myself. I also didn't like that people applauded with "hmmm" like they were clapping, so there was this element of a feedback from the audience.

However I also had a powerful moment there and saw others having the same, so that makes it a very relevant part, but I wonder if it can be made less staged and more raw, perhaps with logistics?

Sometimes I felt like you over-explained, when giving instructions. When you talk a lot about what might happen and what I might feel, I think that controls the result too much. For my taste I think you could leave a bit more room for ambiguity!

Nothing, I really loved it this way. Without visual support, more natural and human, just the way stories used to be told in native circles.

Can't think of something I didn't like

Honestly, nothing stood out as missing or unpleasant. It was an absolutely fulfilling experience from beginning to end. The flow, the guidance, the atmosphere everything felt intentional and well-crafted. I left with a deep sense of completion and gratitude.

I clarified some missing elements for me: types of social games before the evening ends, changing participants in small sharing circles every three days or some period, getting to know the local people, what they do, how they live, how they take care of the area, what they expect from us? There may be other little things, but these are the ones I noticed. I would recommend changing the location every few days to the other side of the big river for some initial practices, because I felt that the place we chose had a certain energy load, but for the beginning of some other practices it is necessary to cross to another slope in the mountain outside the river where we were gathering. This is an energetic feeling.

This is not inner flatterer - I really loved all the sessions. If I felt triggered it was on me...but I do not see it as something bad, triggers serve their purpose well.

Trainers were mindful about not overdoing it, more time was provided for later wanders and it worked - people were not getting overwhelmed.

The only "enemies" were ticks, bears and boars, luckily thanks to mutual respect no tragedy occurred.

I truly did not dislike something, I loved it and it helped me a lot!

My only suggestion could be to have one day or specific time for more group bonding, or even a space that people can gather and get to know each other if outside is cold and because during the meals we didn't have time for longer conversations.

8. What are the most important things you have learned during the course?

I felt so safe in the group where I could be authentic and share from my heart, self-express freely which have been truly meaningful to me. Also how East and South were so much activated in me and in others which allowed me to deepen and explore those facets more by embodying them. The Trickster from others brought lightness and laughter which were deeply appreciated and needed.

I felt that I was born again in this Earth. I gained my heart and my soul back in the center of my being. I learned amazing tools to keep myself grounded, heart-opened and connected and I think I am able to help others better to do so.

The relationship I've experienced were deep and powerful. I would have never thought that building these kind of relationships in a short time was possible. Also the possibility to explore the beautiful and uncontaminated forests of Transylvania was extremely precious. Also Bill Plotkin's approach deeply inspired me having experienced its powerful effects on me. I think it gave me perspective on how to live more fully and deeply in general.

The understanding that I am not carrying this all alone. The understanding that I truly do not need all the things that today's society offers us. I just need to come back to the nature, to my roots, that's all that matters.

Hmm, so much, I gained some clarity about motherhood (whether I want that in my life or not), about my current relationship, but most importantly I met my inner beloved and also reencountered my sensuality. Experiencing Wholeness, even for moments, minutes, was priceless. Also the healthy masculine energy in the group gave me a lot. I truly experienced the sweet and satisfying feeling of belonging in that community.

I got a deeper connection to myself/nature and on a second level absorbed some nice facilitation practices

I gained knowing that whatever happens in my life , I can always always relay on nature , what gives healing and support .

I gained inspiration to dive deeper into Bil Plotkins work .

I gained a new thread what to follow and be open to new directions .

I gained self trust and some kind of hope that humanity can heal and flourish in its beauty and I am part of this process .

I gained understanding that it is both - inspiring and also scary path , it takes time and asks dedication , but it is also most valuable thing I can give to the world .

I gained bigger acceptance and understand about what is this transitioning phase of life where I am now .

I gained soul family .

I think the thought process that I've gained, where I wander in my psyche, about different aspects of my life is of a great importance.

One of the most important parts of the program for me was the opportunity to deeply immerse myself in nature, where I could truly hear myself. Another very valuable aspect was the communication and interaction with other participants — the exchange of thoughts, experiences, and feelings.

I progressed in forgiving my mum, I decided on a huge dilemma if to move or not, I managed to have an amazing relax after a challenging year, I got to know interesting people, I got closer to nature, I again pushed the level of what I consider natural/weird a little bit further, I got inspirations for my work, I think I managed to learn more about love and open myself to love more, I raised my self-awareness, I have more desire for living a life worth living and I also know more about how to create it :)

Connecting myself to nature and the parts within me that were forgotten. Acknowledging that I am neglecting some important parts of my personality

Awareness of my inner voices, guides, they were given names and so it is easier to understand them. I gained a sense of wholeness and unlimited potential, how I can connect with nature even more and in other ways. I felt free, whole. I saw that life can be lived the way I want. I met people whom I appreciate very much.

a lot of gifts are there for me, after the program and with the time, they are even becoming more and deeper, but the most precious one for me is the reconnection with the longing to live from and with an open heart

I've gained more self-awareness, especially around how my protectors operate, even when I'm conscious of them. I felt encouraged to show more of myself.
Nature offered me an experience of unconditional love that touched me deeply.
I grew my capacity to hold paradox, conflicting emotions and parts of myself, without needing to resolve or fix them.
I found more clarity around my gifts and my direction forward. And I began to feel and embody truths I had only understood intellectually before, like truly appreciating the uniqueness of each individual.

deeper understanding of who I am and what is my cargo, why/how is it very relevant.

when people around me (both participants and guides) made the importance of our cargos feel natural and obvious, that was so reassuring.

practical tools: since coming away, there were already situations when a sub hijacked me, and I could remind myself to try and act from a more complete self, or to use my NGA facet to control the situation. that was incredibly useful!

the skill to engage with the more than human world: I had a nice moment when I talked to the sun, with someone else present!

I have understand why I was doing certain things over and over, overcome personal challenges and dared to discover and touch areas of myself I had forgotten I had them.

I found myself more comfortable than ever by using my body and dancing in Nature.

It was very healing to visit the south and to sing out loud in Nature... now I'm more capable than ever to do it on my own and I have incorporated several routines from the training to my daily actions.

Getting in touch with nature and getting immersed into its mysteries by flowing

One of the most important things that was unlocked within me during the program was the ability to open up in front of others, to allow myself to be seen, to be vulnerable, and to be truly receptive. I learned to embrace vulnerability not as weakness, but as a powerful doorway to authentic connection.

The program also deepened my capacity to connect with others on a more meaningful level, beyond words or roles. There was a sense of genuine human presence and shared truth that I carry with me.

Additionally, I gained a kind of "inner scanner" an increased awareness that helps me tune into what's happening inside of me at any given moment, emotionally and energetically. This self-awareness has become a valuable tool for navigating life with more clarity and grounding.

I decided to directly apply everything I learned from the program itself on my return to my country and my city. So during my return I stayed alone with myself and traveled for several days in which I slept in the forest alone, communicated with animals, did not need other people, encountered extreme situations, had great inner peace for such a long journey. In general, I am one of the most social people and have not been alone for years. I travel a lot but always with someone. This strong experience of daring to return alone and be calm for absolutely any situation is a huge leap for my personal growth. I can't say that I was without problems, but I definitely told everyone I met where I had been and what I had done. I had the desire to pick up strangers, and nuns and lay people appeared. I was impressed that one after another nature cooperates when you are in harmony with yourself and know exactly what you want and have a specific plan with free boxes in it. I've only heard this, but for the first time I dare to practice it and tell it to everyone I meet in any situation, both in Romania and Bulgaria. Thank God I came home safe and sound and I have a positive attitude.

I realized how much staying in nature can do for my overall health.

Realization that when with right people the whole life turns into a different story; the group made me feel safe, welcome and open to express whatever comes; grief or fun and being wild, everything was ok as it was.

Once again - fresh air (probably sniffed too much :))

Gratitude to nature for just being itself and being there for us.

Gratitude for trainers who chose this path as they are doing "quiet", yet impactful and so much needed work.

Empowerment, Safety to be myself, Self esteem, Wisdom, Peace were the first words that popped out when I read this question. I feel very much empowered and so aligned after this project and not alone. I feel now that almost one month passed that I always carry our lived experience, nature, so much wisdom of all the facets.

9. How would you describe the training with one word?

A word cloud of responses to the question 'How would you describe the training with one word?'. The words are arranged in a roughly circular shape, with 'transformative' being the largest and most central word. Other prominent words include 'breathtaking', 'integration', 'extraordinary', 'magic', 'transforming', 'blooming', 'blessed', 'authentic', 'woken-up', 'natural', 'powerful', 'miracle', 'reserve', 'wholesome', 'magical', 'literally', 'peacefulness', 'liberating', 'absolutely', and 'metaphorically'.

10. Practical/Logistical aspects

a. How do you evaluate the accommodation?

Comfortable

I really liked it. I was comfy and embraced by mountains.

Perfect, clean, bright.

Also perfect!

Our room was poorly furnished, there were no surfaces to put down anything, or let alone a wardrobe. Otherwise, lovely surrounding!

Tbh the street noises did annoy me during the first days, but with earplugs it was fine. Apart from that a suitable space, especially the shaded area for the circle is so beautiful

Only thing I had to accept was a loud road next to guest house , but as we spent most of time up in the hills , than it was not a trouble .

Very good.

Highest rating. Incredible location, beautiful, clean, and comfortable rooms. Comfortable bed. Friendly and responsive hosts

Nice, good enough, amazing food, great premises

Amazing! Clean, nice rooms, maybe we were just lacking more showers

The rooms were great and the location was magical. I liked that we were in nature all day.

perfect, being next to the main road were at first strange, but after that I did started to like that and to see it as a methaphor

Everything was great

amazing, perfect, comfortable! a bit too fancy and organized for my taste, I would prefer more simplicity, wildness, and less civilisation

It was amazing, very comfortable and nice place.

Great

Everything was perfectly arranged and facilitated. The location was beautiful and supportive of the experience, with spaces that felt both comfortable and intentional. The rooms and common areas were well thought out, offering a sense of ease, connection, and grounding throughout the stay. It felt like a home away from home

I have absolutely no complaints about the place, rooms, space and hosts. My neighbors were wonderful and we got along in a very good synchrony about everything in the house. Everyone was delicate and attentive to the other around them. There was the necessary peace and quiet. The host was kind and asked me how my day had gone, which made a very good impression on me. The cleanliness of the location was impeccable. I have no problem turning off the electricity so that we can be more focused on our own energy inside us, so sometimes I enjoyed this moment. The water is

wonderful to drink. The nature is incredibly peaceful and beautiful. The locals are talkative and greet with a good mood.

Everything was ok, electricity outages could have become a problem if they lasted longer but somehow - no issue.

So clean and comfortable, I felt we were living in place that the owners were loving it and caring for it daily. The location was ideal for the specific project and for the specific weather! I miss the sound of the cows!

b. How do you evaluate the food?

Appreciated the local products although sometimes it was not clearly stated with signs for the dietary needs therefore it happened that all gluten free food were gone before I could eat any.

Amazing!

Incredible.

Amazing, Teodora did an amazing job, I really appreciated the local produce. And it was very nice that there were always some snacks in the dining area!

AMAZING!

Amazing! Including local produce while still catering to vegan and gluten free needs, not an easy job, but done well.

Food was good , tasty and enough .

Very good.

Highest rating. Delicious and varied. Everything is fresh and there's plenty of it

amazing, especially the fact that we also had deserts (which were healthy!!!)

Both amazing, best food I ever had on a program

The food was superb and there was enough of it. I would like to get some recipes. :)

yummy

Delicious, healthy, big quantities, a lot of variety. Great!

AMAZING! I loved it, and I appreciated Teo a lot

IT was really tasty and healthy but 2 days there was gluten in "non gluten" food and I suffered some consequences...

Great

Absolutely fantastic and deeply nourishing. The food was not only delicious, but also prepared with evident love, care, and intention. The quality of the ingredients and raw materials shone through every dish, making each meal feel like a grounding and heartwarming experience. It was clear that a lot of thought and soul went into the preparation, it truly elevated the entire program.

One of the healthiest and tastiest meals of my life!

Fantastic! Loved Theodora's cooking, her effort and proudly presenting fresh items from nearby villages.

Oh, the memories of the food made me hungry hahaha. The quality of the food was amazing and the care of the cook for us was obvious with all the creative options that she offered daily to us!

c. What do you think about the preparation phase?

Clearly communicated

I would have liked to know a little bit more about what we were going to do or how a day looks like. So I would have prepared better in a practical aspect.

I'm very thankful for it, the question for journaling were super useful, before the project to prepare myself, set my intentions, and after it to see what changed in a week.

Great way to warm up our souls!

Great upfront information which prepared me for the contents

Comunication was clear and easy to understand .

Very good. Clear concise info.

Comprehensive information was provided both about the upcoming program and about the items that might be needed on site. All emails arrived in a timely manner.

On time, respectful, professional, with love and care, welcoming, creating expectations

Very clear, I had enough time to prepair and it was enough information

I didn't take enough time to prepare, but that was on me. But the topic didn't make sense to me until we started working live. Then it all made sense.

enough for me- there was a feeling that we are already connected

Clear, concise, useful.

Brilliant, I felt really prepared for it

Great

Everything was perfectly organized and clearly communicated. The emails provided all the necessary information in a timely and structured way, which made the preparation smooth and stress-free. I felt supported and well-guided throughout the entire lead-up to the program.

Very good and strict organization of program, actions, and accuracy at every level. I would classify this as a German Virgin.

Perfect, smooth - all information covered so there was no space for questions or doubt.

I appreciate the whole organising part, it was truly essential for preparing ourselves psycho-spiritually.

11. Any other comments or suggestions?

Thank you, thank you, thank you. I feel blessed.

I loved this program so much! And I am so grateful of your amazing hearts and souls that were able to channel it and bring it to the earth!

I just want to say again how thankful I am for this wonderful experience. I have a feeling that it will be truly life changing for me. Thank you, thank you, thank you!! Hope to meet you again!

Sooo much needed and appreciated what you are doing. Your program deeply moved me and I feel such a strong calling to dive deeper! Thank you and can't wait to join another project of yours!

I am so grateful that I could participate in this program, it has enriched my season and will penetrate my life and work. I want to stay in touch with this approach, and keep deepening it to use it more professionally in my work with young people and beyond. Mulțumesc frumos 🙏

Deeply grateful . Hope to see you some day again :)

I would be happy to take part in future programs on this topic and with these organizers.

Thank you very much for doing this wonderful thing for the world and for motivating me to participate and I really hope we keep on cooperating together.

Amazing experience, thank you!


Thank you very much for such an experience, which opened my eyes to my current situation, which I was not even aware of. I am now going through an intense period of decisions and doubts, but I think this is the right path to what I want. And this became clear during the project. I really want to upgrade and deepen this experience, because I think it would support me so that I can bravely step into a new life worth living.

Just a big Thank You!

Thank you. I hope our paths will cross again!

I just want to thank Sandra, Panayiota and Bogdan once more for all your amazing effort and dedication. I could feel how passionate and TRUE you were about the topic and that was the best of the whole programme... very needed to witness REAL TRAINERS.

Gratitude is never enough

Keep going, beautiful souls, the work you're doing is truly meaningful. A huge thank you for holding such a powerful and transformative space. Sending a heartfelt hug to each of you 

I would be happy if you could continue to organize some kind of continuation as a second or third level of connecting with people who have already participated, on other levels. Also, you are definitely doing very well with the activity you are presenting, if you relax a bit and add some game format after the exercises for relaxing the psyche, you will become a very good team for developing short-term and long-term personal development activities through local and nature. I would also be happy to receive this written feedback, because I considered it quite conscientiously and in detail, and when I read what I wrote, I use it for my future. AHOW!

Thank you for doing what you are doing and beating (very delicately) madness of this (fake) world! Thanks to you I am finding my way home.

I am looking forward for a future dive in nature and self!