

Reclaiming Our Bodies, Reclaiming Our Power



A residential workshop focusing on Radical Honesty and Playfight

31 October–4 November 2026

Porta Coeli, Předklášteří

The workshop is organized by NESEHNUTÍ in cooperation with the Liminals collective.

What will the workshop be about?

The ways in which we have learned to relate to our bodies throughout our lives can sometimes make it difficult to perceive their signals and draw on their power.

Many of us are not used to listening to our emotions and bodily sensations or expressing them in ways that are aligned with what we feel. For some people, the possibility of experiencing their own power has repeatedly been suppressed or rejected.

During this residential workshop, we will create space to explore our relationship with our bodies, emotions, boundaries and power. The main part of the program will consist of introductions to Radical Honesty and Playfight, facilitated by Tuttur and Riba from the Liminals collective.

The workshop brings together embodied experience, communication and care for ourselves, for others and for the communities we are part of. Consent, respect for boundaries, accessibility and everyone's freedom to choose their own level of participation will be key principles throughout the gathering.

Participation in each exercise will be voluntary. Everyone will be able to choose their level of involvement according to their own needs and boundaries.

Radical Honesty

Radical Honesty is an awareness practice and a body-based approach. It focuses on directly expressing what we notice in the present moment—around us, in our bodies and in our minds.

It can help us recognize and fully experience our emotions, boundaries and desires and express them more clearly. In this way, it can strengthen our ability to remain connected with ourselves and others and avoid becoming stuck in internal or interpersonal conflicts over the long term.

Playfight

Playfight is an embodied practice based on play, physical contact and exploring our power together. It takes place within a clearly defined and facilitated framework that creates space for continuous communication, the expression of emotions and desires, and respect for boundaries and consent.

For some people, Playfight can offer a way to experience their own power more safely.

For others, it can provide an opportunity to communicate more clearly about what they do or do not want in physical contact or to explore difficult emotions and reactions.



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What else can you expect?

Alongside the main program, there will be plenty of time to rest, go for walks in the surrounding area, spend time together and share informally.

One morning, approximately three hours will be set aside for an optional volunteer work session to support Porta Coeli and the people caring for the venue. The specific activities will depend on the venue's current needs and on the abilities and preferences of the participants.

Who is the workshop for?

The gathering is intended primarily for young people involved in civil society initiatives, community and solidarity networks, climate, feminist or queer collectives, support for people with migration experience, or other forms of social engagement.

Young people with migration experience and people who face different forms of marginalization or disadvantage are especially welcome.

No previous experience with Radical Honesty, Playfight or any other body-based practices is required.

When and where?

The gathering will take place from 31 October (arrival and opening with a shared dinner) to 4 November 2026 (departure after breakfast) at Porta Coeli in Předklášteří near Brno.

We recommend attending the entire gathering. The individual parts of the program build on one another, and everyone's continued presence helps create trust and a safer environment for the whole group.

If you cannot attend for the entire duration, please mention this in the registration form or contact us in advance. Together, we will consider whether partial participation is possible.

Language and accessibility

The workshop will be held in English. A conversational level is sufficient; you do not need to speak perfectly or without making mistakes. If English presents a barrier for you, please let us know in the registration form or contact us directly. We will try to find a solution together.

We want to make the workshop accessible to people with a range of different needs. If you require support related to travel, language, disability, health or any other circumstances, please contact us. You do not need to know in advance exactly what kind of solution you need, we can explore the possibilities together.

Accommodation, food and costs

Accommodation in shared rooms and vegan meals will be provided throughout the gathering and will be free of charge for participants.

You can also request a contribution towards travel expenses or support with specific needs related to your participation. If costs or any other circumstances would prevent you from attending, please contact us or describe your situation in the registration form.

How to apply

Complete the registration form by September 25:
<https://forms.gle/f4CkirEHGcPig1Zn9>

The workshop has limited capacity. Completing the form does not automatically confirm your participation. We will inform you of the outcome of the selection process by September 30 at the latest.

Selected participants will then receive detailed information about travel, accommodation, the program and what to bring.

Contact

Do you have any questions, or are you unsure whether the workshop will be accessible to you? Get in touch:

Vendula Veronesi, vendula@nesehnuti.cz

Organizers and funding

The workshop is organized by NESEHNUTÍ in cooperation with the Liminals collective as part of the Reclaiming Our Bodies, Reclaiming Our Power project supported by "YOU(th) CARE for CHANGE: Engaging new generations on innovative, joint and multidimensional actions addressing the Global Challenges" project co-funded by the European Union.

Tutur (they/them) is an activist and facilitator with a background in youth work and non-formal education. For a few years, they have been supporting groups in forest occupations and political campaigns through facilitation, conflict transformation and emotional awareness. Recently they co-organised and co-facilitated several trainings focused on emotional & body awareness, conflict and empowerment such as "Empower our Bodies", "Embracing Conflict" and gathering "Reclaiming Our Bodies & Resisting Oppression".

Riba (they/them) is an activist with a background in environmentalism and grass-root organization. For many years they have been organizing events and sharing skills hands-on with activists and communities across Europe. More recently they became engaged in passing on and holding space for conflict transformation and somatic experiencing, among other occasions they are co-organizing and -facilitating "Reclaiming Our Bodies & Resisting Oppression".



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