

PROJECT "FAIR PLAY 4 INCLUSION"

HIKING AND YOGA

On Sunday 26th of February we organised another local activity for the project "**FAIR PLAY 4 INCLUSION**" (Erasmus+ Sport), coordinated by System & Generation (Turkey) and with the partners CCBE (Sweden) and Inspira (Portugal).

In this activity, 11 participants carried out a conscious hiking route in which they connected with their senses to fully enjoy nature through the smell of plants, contact with the earth...

Then, in a session for beginners, the group also enjoyed the benefits of yoga, connecting body and mind through breathing.

For 2 and a half hours, we worked one of the objectives of the project is to promote healthy physical and mental habits to occupy leisure time through sports activities.

Thanks to Ana for directing this activity for the **ENTREJUEGOS**.



FAIR PLAY 4 INCLUSION

SENDERISMO Y YOGA

ALAMEDA (MÁLAGA), 26 DE FEBRERO 2022





Co-funded by the
European Union



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Links of the Facebook and Instagram Advertisement Post:

https://m.facebook.com/story.php?story_fbid=626617958591847&id=100037309450680

<https://www.facebook.com/299217374314371/posts/958277201741715/>

https://www.instagram.com/p/CaSe2k_NAFd/?utm_medium=copy_link



FAIR PLAY 4 INCLUSION

SENDERISMO Y YOGA

26 DE FEBRERO 2022, 11H

CAMORRILLO



asociacionentrejuegos@gmail.com



<https://asociacion-entrejuegos.weebly.com/>



@asociacionentrejuegos



@asociacion_entrejuegos



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Links of the Dissemination Post of the activity:

https://m.facebook.com/story.php?story_fbid=629755504944759&id=100037309450680

<https://www.facebook.com/299217374314371/posts/961358381433597/>

https://www.instagram.com/p/CafO7SLNUeE/?utm_medium=copy_link

News in the Website:

<https://asociacion-entrejuegos.weebly.com/senderismo-y-yoga-febrero-2022.html>

Date: 26/02/2022

Venue: Alameda, (Málaga) - SPAIN

Activity carried out: Hiking and yoga (2h 30 min)

Aims: Promote physical activity during leisure time in contact with nature, prevent unhealthy habits, promote the inclusion of young people with functional diversity through sports activities.

Target Group:

Number of participants: 11 youth (1 youth with functional diversity and 1 youth with fewer opportunities)

Direct Beneficiaries: Participants, volunteers, Local Community.

Indirect Beneficiaries: youth of our local community, public services of the Municipality of Alameda, members and volunteers of our association, others organisations, project's partners.