

<b>Event name</b>	Meditation and Martial Arts event at the University of Jordan
<b>WP Number</b>	WP6: Dissemination & Exploitation
<b>WP Leader</b>	UNIOS
<b>Event date</b>	08.07.2021
<b>Number of Participants</b>	English
<b>Total number of pages</b>	3

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## 1. Event Description

**Lead University:** Josip Juraj Strossmayer University of Osijek

**Co-Lead University:** Irbid National University & University of Sfax

**Date :** 08.07.2021

On the 8th of July, 2021, a transformative event unfolded at the University of Jordan—an illuminating workshop that bridged the realms of serenity and strength, mindfulness and motion. Under the expert guidance of Ms. Joyce Raie, this workshop explored the intriguing synergy between Meditation and Martial Arts, offering participants a holistic journey towards self-discovery and well-being.

The serene halls of the University of Jordan provided the backdrop for this enlightening experience. Through the skillful coordination of the university, the event became a platform for 30 eager trainees to delve into the profound connections between the art of meditation and the discipline of martial arts.

Under the expert leadership of Ms. Joyce Raie, participants were led through an engaging exploration of "Meditation and Martial Arts." This session was more than just a workshop—it was a pathway to discovering the intricate intersections between inner peace and physical prowess. Attendees gained insights into how these seemingly disparate disciplines harmonize, creating a unique tapestry of holistic well-being and personal growth.

The tranquil ambiance of meditation seamlessly merged with the dynamic movements of martial arts, underlining the shared essence of mindfulness and motion. Participants were guided through practices that not only honed their physical abilities but also fostered mental clarity and emotional equilibrium.

As the workshop concluded, the echoes of the experience continued to resonate. The University of Jordan's commitment to fostering comprehensive growth in its participants was evident in every aspect of this event. Attendees left with a deeper appreciation for the art of cultivating inner stillness amidst the whirlwind of life, while also gaining insights into how physical discipline can become a pathway to mental focus and tranquility.

The workshop on Meditation and Martial Arts became a transformative juncture for those who attended, embodying the university's ethos of holistic education and personal enrichment. The seeds of tranquility and strength planted during this event will undoubtedly continue to flourish, shaping the paths of participants in the days and years to come.

**Press releases:** Facebook Post Links, Newsletter

<https://www.facebook.com/events/480378073407534/>

<https://sway.office.com/2UEJC8z5b87U01ar?ref=Link>

## 2. Photos

*Stay in a Calm place  
Wear Cozy Clothes  
and open Your Camera  
Let's Enjoy it Online :D*

HEALING Workshop  
"Meditation and Martial Arts"  
July, 8th 2021  
18:00-19:30  
Join us and Register her: <https://bit.ly/3hijC1h>

# Relaxing Your Mind

18:00 - 18:10 : Registration

 18:10 - 18:15 : Welcoming Speech, by Prof. Ahmed Al-Salaymeh , UJ

18:15 - 19:15 : Session in Meditation and Martial Arts, by Ms. Joyce AL-Raie, UJ

19:15 - 19:30 : Dicussion and Closing

 HEALING  
Art Therapy Diploma

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