

"Three intentions very useful to counter possible tendencies towards perfectionism, self-doubt and tension: curiosity, spaciousness and tenderness!"

> Medicine walk, nature connection Hannes, Austria

> > "What surprised me was that the intention I thought I had for this course, completely changed after the intentional walk in nature! It was more clear and connected with my needs."

Medicine walk, nature connection Kristina, Portugal

"Self-care is contagious: When I am with someone who cares well for themselves this radiates over to me"

General reflection
Unknown

"I thought, "Why am I so happy today?", and then I realized it is because I was present"

General reflection, mindfulness unknown

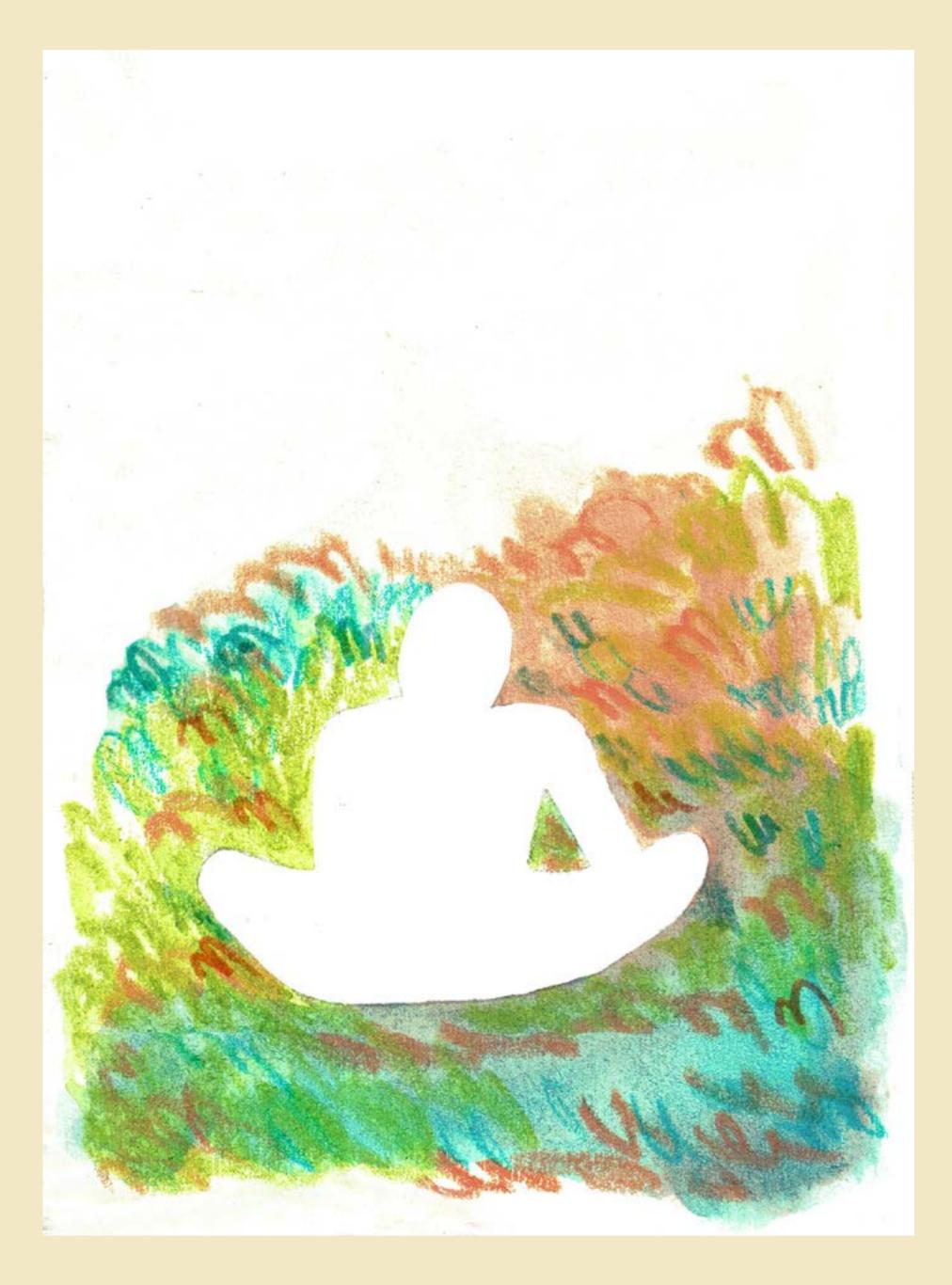
"While connecting with nature I am being aware that I am here as a guest of all these beings"

General, nature connection unknown

"When emotions are too big...I express them with my body first. Then they can come to a calmer level."

Dance & movement Chiara, UK





mindfullness

The importance of practising Mindfulness/Slowing down

We live in a fast-paced environment that goes against our nature and forces us to pursue unsustainable rhythms of life. The capitalist society bases value on productivity, making us forget to be present, take time for our wellbeing and enjoy the world around us.

We are also used to staying in the sympathetic part of our brain that is responsible for attention and stimulation; with mindfulness, we can practice staying in the parasympathetic part of our brain, related to our natural state, where we feel calm and quiet. Mindfulness helps us feel grounded, clear in our heads and focused on the reality of the present, enjoying its simplicity.

Mindfulness / slowing down can be especially useful/supportive when...

When we are lost, and starting to worry and stress, mindfulness helps us to focus on the facts to make more rational and supportive decisions. Moreover, when we focus on the present, everything we do, we do it better, and more relaxed.

It is useful to practice mindfulness in daily life, to take consciousness of the actions we take due to habit, in order to give them new meaning. Slowing down is particularly useful when it seems like we do not have time to do it, because our calendars are too full. If we do not have time to breathe, that's when we need to take time to focus on breathing. It's also useful to practice mindfulness when we do not know what emotions we feel and we do not recognise our needs: taking time to ask ourselves how we really are, mentally and physically, is the first step to being our own best friend.

Resist the temptation of being somewhere else all the time, focus on the here and now, enjoying working slowly and flowing in the moment - like a salmon.

Breathing meditation: close your eyes and focus on the sensations of breathing in and out. By focusing on our breath, we have the chance to regulate our emotions and gain clarity before taking action.

We can integrate mindfulness into our daily routine by...

When you can, take breaks to meditate, and commit to slowing down and being present with your emotions, body and mind, as much as you commit to the work you are doing: not spending our breaks on social media but being mindful of that time as much as we are when we are required to work.

When you are working, stay in the present action of what you are doing: when you are cutting carrots, only focus on that, for example. Thinking about the future or past will only create new, imaginary problems.

"Wow" exercise: Practice looking at the world with new eyes, observing details and letting yourself be surprised by the little things we usually take for granted, such as the colour of flowers, the texture of leaves and the breeze on our skin. It can be beautiful to re-discover the surprise and gratitude of children, which allows us to be present and joyful in the world.

mindfullness

IDEIA LAB

What can be challenging when working with mindfulness and well-being?

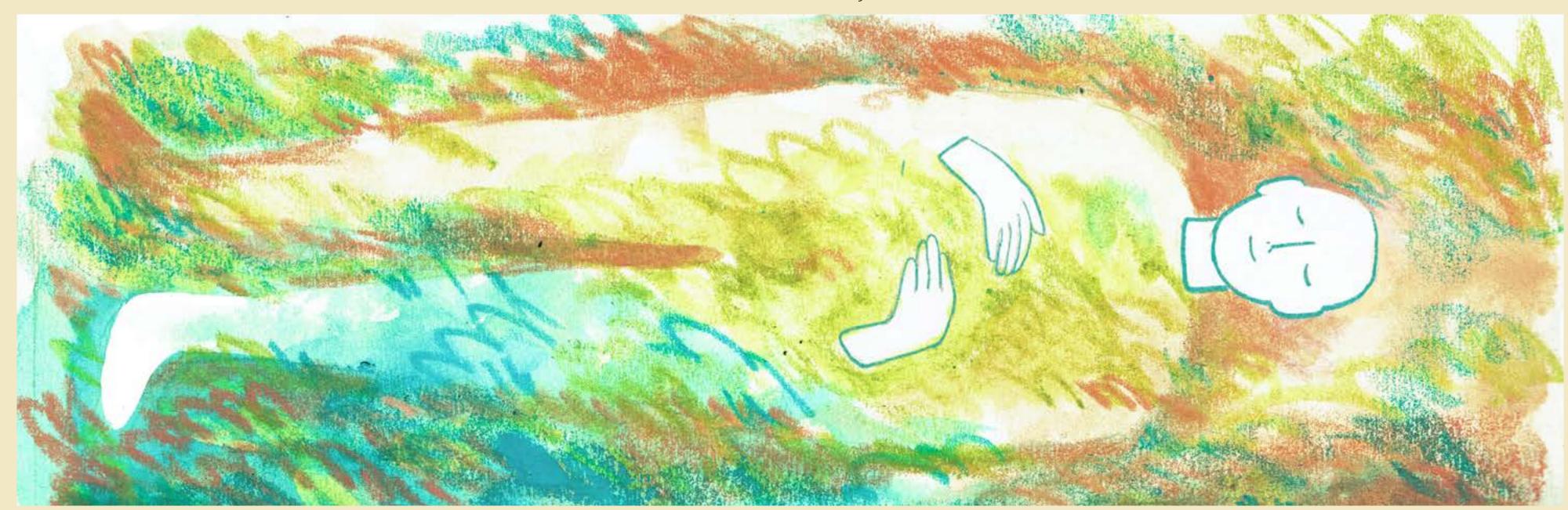
From the point of view of a facilitator, mindfulness can be challenging for people who haven't had experience with it yet and might be very sceptical at the beginning. It's therefore a practice that might be more effective if introduced slowly and gradually to new participants. Moreover, because the practice of being present and mindful is a very personal exercise that can take different forms and use different tools (movement, silent meditation, playfulness etc...), it might be hard to engage all the participants in a group on the same journey.

From a personal point of view, mindfulness is a long process that requires self-discipline: not only commitment while doing it but also finding the time to adapt to our daily life and experiment with different techniques and approaches. As a practice, it can feel very frustrating at the beginning, and the positive effects on well-being may not show themselves immediately.

What other practices connected with mindfulness and wellbeing could be explored?

During this project, we explored mindfulness through different practices: mindful movement, sitting guided meditation, mindful eating and more. In our outreach workshop, we focused specifically on the concept of mindfulness through food and cooking. We realised it is possible to be mindful in any moment of our life, individually and collectively. From a personal perspective, we would like to explore the opportunity to be mindful during our routine; focusing on the activity that we are doing and being present with our body, emotions and thoughts, whether we are doing chores, taking a walk or eating a meal. From a facilitator's point of view, we would be interested in exploring new practices related to food, such as slow eating, mindful cooking and engaging all the senses during meals.

We want to explore the adaptation of the concept of mindfulness to our environment and surroundings; creating exercises that encourage participants to connect with their senses, thoughts and emotions making use of the context around them.



nature connection

The importance of Nature connection

Nature offers a huge landscape.. extended open space where we face that we are so small, and we enter in contact with our body.

Nature is an important factor when slowing down and being present with yourself. With the constant presence of electronic devices, it is hard to really disconnect from a world that can be chaotic. Connection with nature can be an important part of well-being, because it makes you detach from things that are sometimes too much in everyday life. Nature has the power of calming me down, slowing down and tuning with myself.

Nature connection can be especially useful/supportive, when...

When we work with children, especially with kinesthetic learning styles or with attention deficit disorder: nature lets them explore, and regulates their behaviour.

When we want to build a strong connection with our colleagues... Maybe some hiking and a good picnic can help to connect people.

There is a need for calmness, being present or connected.

As a motivation to continue work connected with climate change or biodiversity crisis.

I am being over stimulated from the social world, when I am not present with myself, when I am not feeling grounded, when I feel alone/sad. I then observe the 'movement/dynamics' of nature...it makes me feel that "everything is just as it is". Life goes on and it has its natural order. So everything that is happening to me, it kinda has to. As humans we affect and cause effect, everything is interconnected, just like in nature. In that sense, nature helps me to understand the principle of life order, that everything has its place in life. When I tune into that vibration it helps me to calm down and accept life as it is.

We can integrate mindfulness into our daily routine by...

Growing small plants/herbs in the office - sharing the responsibility to care about "small" nature.

Planning weekly outdoor educational activities.

Exploring our scholar garden, recognising trees and doing research about their history.

Reading short stories about ecology and interconnected natural episodes (reading this book)

Being present with the elements (water, earth, fire, air). Taking care of your working area by creating a working environment that will represent the elements. For example, air-open the windows and let the fresh air in, light an incense stick, palo santo (make it smell good & take care of the vibration of the space); use a diffusor to refresh the air; firelight a candle, take a walk/make some movement that energises you; earth - put earthy essential oils (cedarwood, sandalwood, patchouli) in diffusor; water-drink a lot of water and nourish your body with fruits.



Walking in the countryside in the evening, with fresh air and a lot of laughs. Swimming in amazing light blue sea water, for one hour. Swimming in the sea, letting myself go, floating and being carried by the waves - I got the feeling of just being, existing and being easy. Swimming under the water helps me not to think at all.

Bringing an object from nature. It pulls you into exploration mode and makes you more present, observing the details and feeling the connection with nature - because there is something that instinctively draws you to an object. Why did that specific object get your attention? What qualities this object has? Feather is light, easy, free and has a strong centre. In the past, people used it for expression and creativity. This feather helped me to define my intention for the week - to embody its qualities.

nature connection

IDEIA LAB

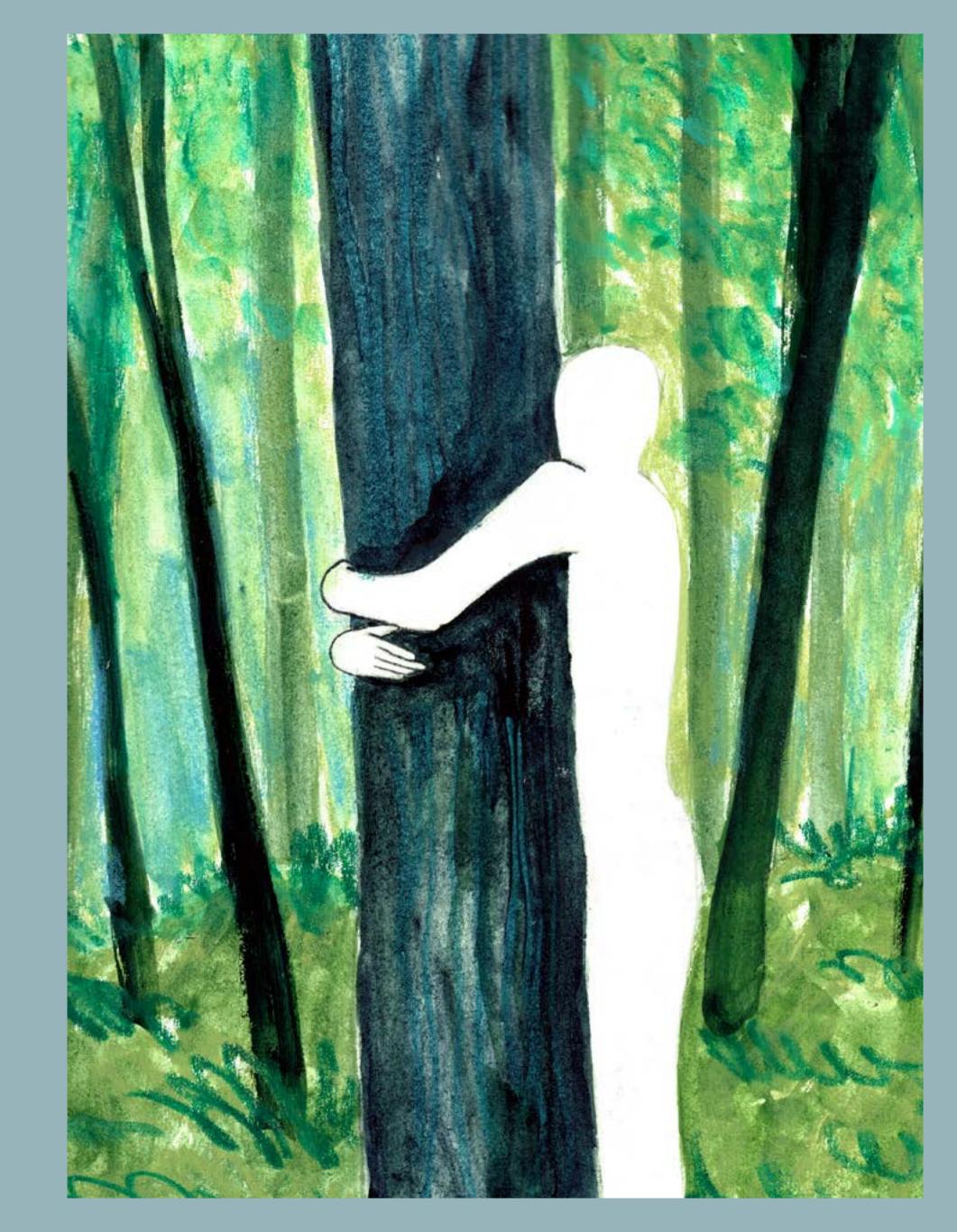
What can be challenging when working with nature connection and wellbeing?

Personal_ Since I don't always have access to nature, it can be more difficult when I'm there, trying to connect. I sometimes don't feel like going into nature. When I'm stressed or not connected with myself, I find it difficult to connect to nature. Depending on the weather I feel influenced by how much I feel connected to nature. For example, if it's raining or too hot. Extreme weather conditions and personal clothes. It can be subjective and different from other people.

Facilitator_ You have to think that you have different people in the group, and they will connect in different ways. Have clear intentions with open options, so everyone can explore in their own way, and everyone feels comfortable with the process. When you are in an open space, distractions can be challenging and, since it is an open space, you should give freedom and limits to have control over what is happening. Have a safe environment where you can move and explore. You don't have as much control over the space you are working with. Be specific and clear on what the content will be and the intention of it. If you cannot facilitate outside, you have to have a plan B, and in that case it is important to be able to bring nature into the people. A progressive method with a gentle invitation to start with nature connection.

What other practices connected with nature connection wellbeing could be explored?

Personal_ Other senses (taste, smell, sounds, body connection). Bringing nature to people through senses es exploration. Implementing sensations and senses and different techniques. Painting with nature and painting nature. Outdoor sport (therapy). Connecting with animals. Gardening and eating directly from nature. Implementing music and nature sounds. Working with the elements. Finding your inner animal. Implementing nature elements in your everyday life (clothes, furniture, home decor, food, ect). Go camping. Survival skills.



"It was nice how the sentence
"I invite you to explore the things
around you with enthusiasm and curiosity"
shapes your attitude toward your surroundings.
So in "real life" we can try to implement those
sentences to get another view on the world
around us. "

Mindfulness Vanessa, Austria

"If you are stuck with a negative thought, have a look around you and see what else is there – the world around you is so much bigger than just this one thought. Don't give it too much attention."

Mindfulness Vanessa, Austria

"We could experience how the living beauty of being a child came back to us. Surprising us again with everything, creating and awakening the power of imagination, being more creative, reconnecting with the purest essence of life."

Mindfulness Maria, Spain "The melon meditation was magical (...) To thank all those who were 'behind' (and a very good word, since all the people who cultivate, care for, nurture, facilitate transport, etc., are very much behind the process of selling food products) and had made it possible for the grain of rice to reach us. Eating and thanking, how wonderful."

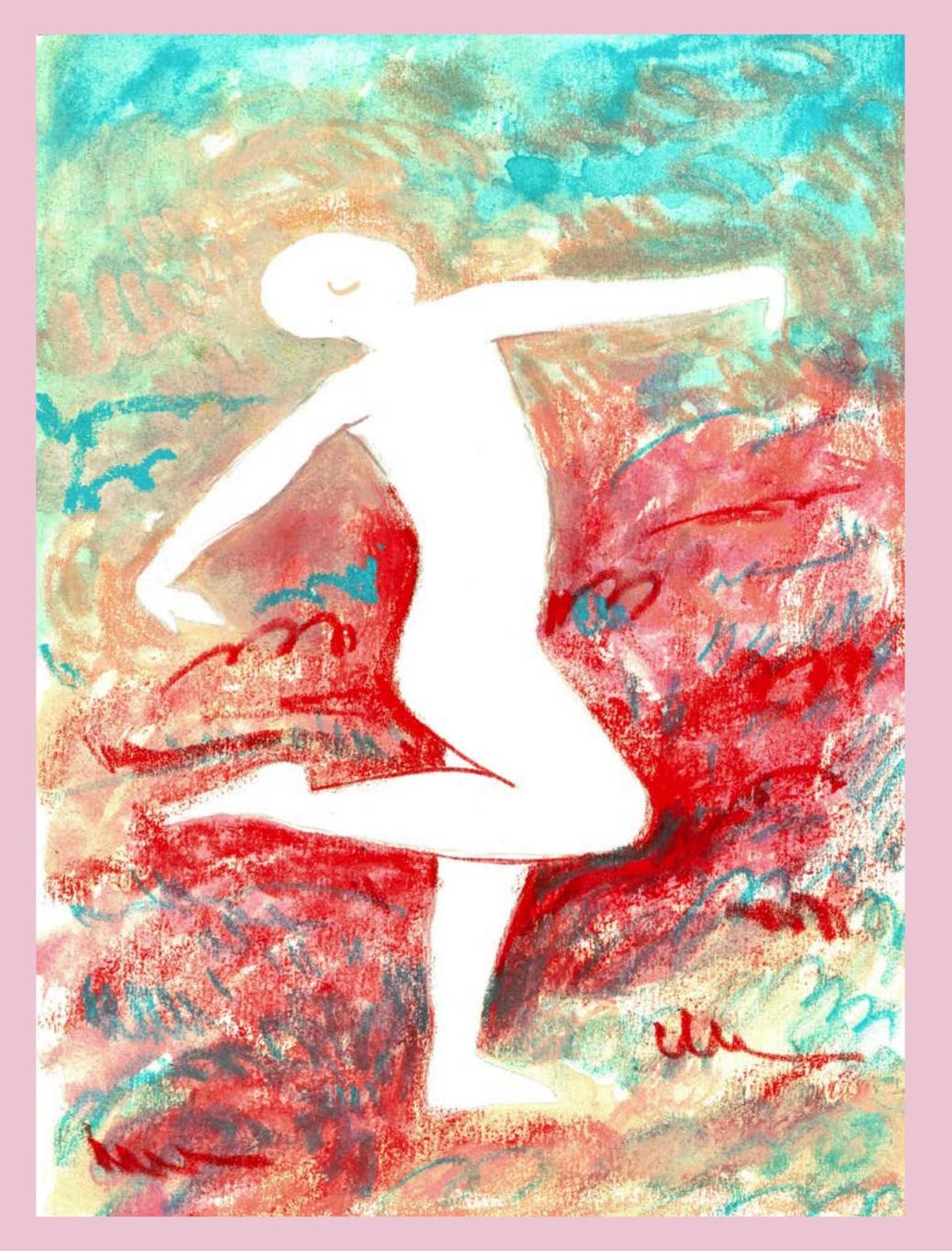
Mindfulness Maria, Spain

"Such a deep connection to myself, the music and my surrounding. Thoughts come and go. Music guides me. Is like a river which flows – this flow takes me and leads me."

Dance & movement Vanessa, Austria

"I had never danced so much without having to go out for a smoke or order a beer. Dancing for the art of dancing. Connecting with the other participants, connecting with the essence of life in the movement. Yesterday, we connected, we flew and.... our gazes caressed each other."

Dance & movement Maria, Spain



dance & movement

The importance of Dance & Movement

- Because of the joy
- Because it is fun
- Expressing ourselves through movement
- Physical connection with others
- Physical connection with ourselves
- Expressing feelings and needs non-verbally when it is difficult to express them verbally
- Connecting with our own body
- Relaxation and meditation
- Gathering our thoughts and feelings when they're spread all over the place
- Clearing our mind
- Escaping our reality and creating a new reality with the movement
- Having/Taking a break
- Being conscious about the space we are in and our body

Dance & Movement can be especially useful/supportive

when...

- There is a lot of stress, and we need to relieve stress and tension
- We don't feel grounded, because the physical movement brings us back into our body and the actual environment we are surrounded by
- We feel alone, because movement/dance in a group can make us feel connected to the people around us

for..

- Working with deaf-mute people;
- Working with people for whom it's difficult to express themselves verbally;
- Inviting people to leave/step out of their comfort

We can integrate Movement/Dance into our daily routine by...

- Home office: short dancing breaks, playing three songs throughout the day or directly after each other
- In the social work field: implementing dancing into the work besides talking
- Keep in mind you can ALWAYS dance and invite others to dance with you, even though it might not be easy due to social norms. The world is a very big playground to dance.
- Commuting to work by bike or walking
- Taking the stairs dancing the stairs to your office
- Use your body language more in communicating with others be more Latino/Italian/Spanish...)

Movement with the 5 elements. Starting the day with 3 songs - it gives the group time to arrive and get mentally ready for the day. Medicine walk, finding our calm spot. Improvisation theatre with feelings. Re-connection circle. The importance of debriefing at the end of movement/dance activities. SWIMMING. Dancing in the city...

dance & movement

IDEIA LAB

What can be challenging when working with movement and dance and well-being?

personal_ own routines

- I don't always feel like stretching/moving although maybe it would be good for my well-being
- I need structure and people to do it, like a meeting point
- it's challenging to be persistent
- it's challenging to listen to what your body needs
- to allow your movement to be small and slow if necessary, not to pressure yourself into being always very active with movement and dance

as a facilitator_

- facilitating movement and dance with people who are not used to and don't feel comfortable with movement and dance
- facilitating movement and dance with people who are not open to movement and dance, but are obliged to participate in the workshop, e.g. at a school
- reminding participants that they can participate in a way that is safe and comfortable for them and creating a safe and comfortable space, e.g. big movements vs small movements, eyes closed, lights dimmed
- participants' different levels of comfort with movement and dance, how to include all the participants and make them feel comfortable in the exercise
- adapting movement and dance workshops to different spaces (big vs small spaces, many vs small number of participants, different floors, outdoors vs indoors, ...)
- adapting to the time you have available 30 min, 45 min, 3 hours, 7 days...
- making the people respect and listen to you as a facilitator, making people trust you, even though they don't know you and you don't know them
- adapting a movement and dance workshop to the energy level of the group
- how to lead a group when the group is very tired, very energised, .. and maybe not following your lead immediately, how to assert yourself
- deciding in which settings and for which purposes to use music, sounds, silence

- how to adjust to working with different cultures
- how to facilitate asking for consent, the group moving and dancing in interaction with each other (e.g. is it okay to touch each other?) and individually (e.g. is this movement good for me now?)



What other practices connected with movement and dance and well-being could be explored?

personal_ what I'd like to explore

You could explore movement and dance via painting. While listening to sounds or music you could paint what you are hearing and move your hand and thoughts instead of your body.

Watching a movement and dance performance and reflecting on how it makes me feel. Taking inspiration from a performance, on how I could integrate movement and dance to take care of my own well-being.

as a facilitator_

The facilitator could use natural resources like leaves, sticks, flowers, etc. And could ask the participant to move like he*she would be one of those materials. How



would a stick, leave, flower, etc. move around in the Environment? (Separates the participant a bit from his*her own Body movement, what might be challenging for some people and provides them another body/ surface as a natural Resource)

The facilitator could watch a movement and dance performance with the group of participants, with the intention of later on analysing with the participants, what they could take from the performance to express well-being or take care of well-being. Maybe small movements from the performance, they could and would like to integrate in their everyday life to remind themselves to take care of their and others' well-being.

other sources_ ideas of other people

Another way of exploring would be via a meditation/ dream Journey (Imagine you being on stage, showing an awesome Performance, running, moving and jumping like the dirty dancing queen, picture yourself moving your hips, legs, etc)

When we talk about 'dance and movement', great dances and beautiful movements often come to mind. But that is not at all 'always' the case. We could put into practice, in our daily life, the micro-movements and the power to dance a casual circumstance such as giving a pen to a colleague/student or moving subtly while waiting for a traffic light (this practice is also ideal to get out of the seriousness and the emptiness of inner movement that inhabits the cities). In other words, the proposal for other practices that connect with dance and movement is this: to go from less to more and apply micro-movements in everyday life. An experiential exercise would be: getting up and doing a micro-exercise of how the joints of our body are, imagining that there is a little ball in the heel joint that goes up the leg, up to the knee, and upwards... that makes the place where it passes tremble, and while our body is waking up. Another proposal would be to crawl out of bed as if we were a worm, following the flow of our bodies on the floor.

voice

The importance of connecting with the sound and practising Voice work

Voice is important because power goes to the people who speak and everybody likes to be listened to or to be heard.

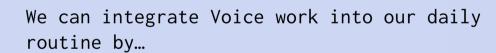
When we train our voices, we give ourselves a place in the world or space. The vibration of the voice is helping to align ourselves /to be present. The voice process helps us focus on breathing, raising our shoulders, and walking with pride. Voice work can help our health.

To align the voice according to our emotions and even to be able to trick your brain in order to feel better can be important for wellbeing.

Voice work can be especially useful/supportive when...

It can be useful to express our feelings and be understood by the people around us. By using the voice, we can talk about our needs. People who cannot speak/are not able to speak, are sometimes forgotten. Other people can give an interpretation of their feelings/needs without feedback.

Changing the pitch is helping to calm down/ wake up/ catch attention. It is a way to help ourselves or others (being empathetic). The voice is also supportive of respect and a better understanding of a situation. Voice can be used to create a safe space and to connect. It is useful to express the intention of what we want to say or receive.

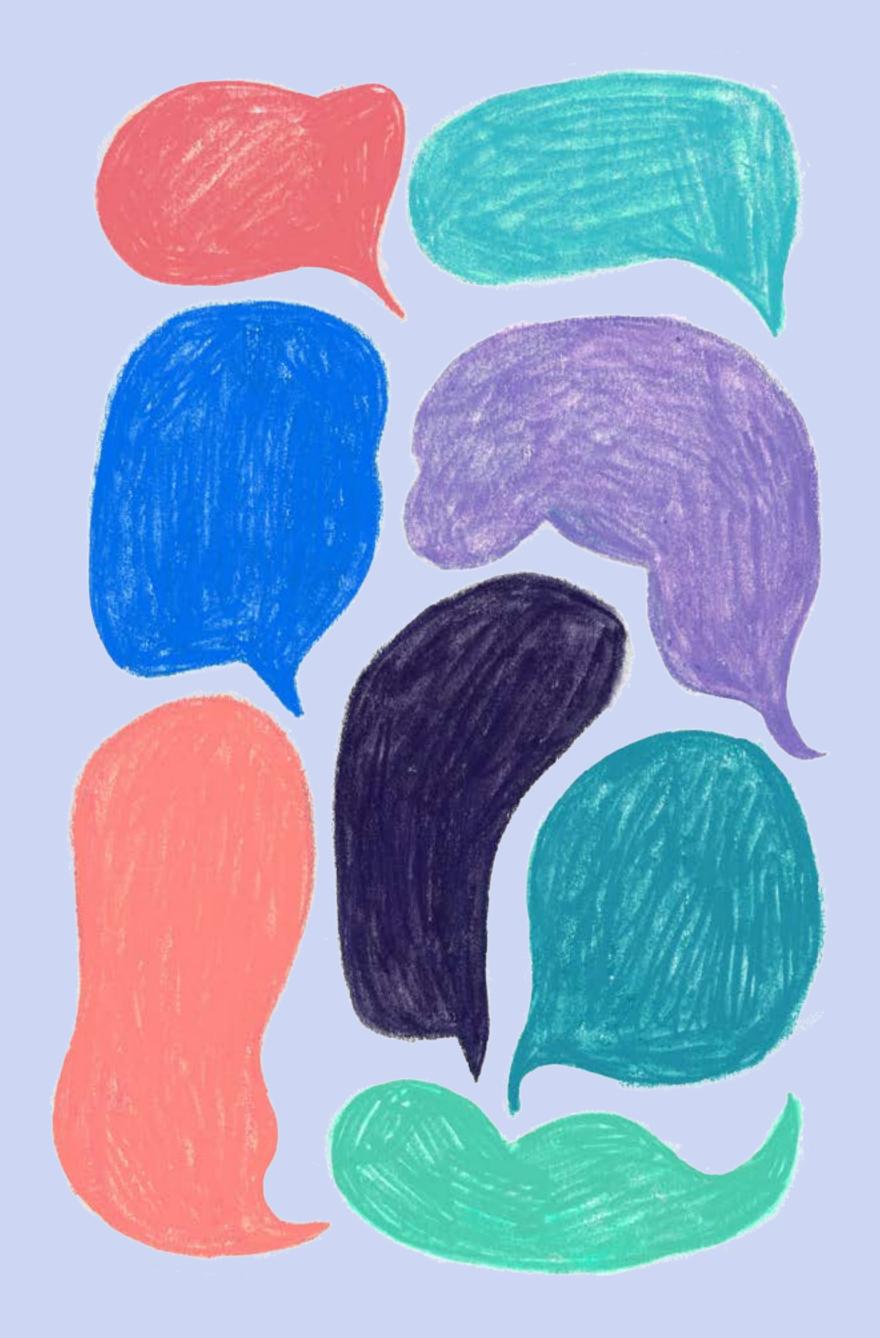


Being mindful of the pitch we are using and the intention of our words. Voice can be used to make a request in a more mindful way. We can integrate voice work as a daily routine before going to work for our wellbeing and work hygiene. Using these techniques to work with kids - For example, by doing theatre exercises and awakening the chambers. Voice is a way of communication and we have to be aware of how we use it.

I can integrate the voice into my daily work with kids as a tool for creating space for listening and for connection. When we start the day by singing together, we are tuning our breaths together, connecting with our hearts and becoming more attentive to listening to each other. Caring more. I can be mindful of where my voice is coming from and use it for my wellbeing.

The neutral position exercise because it reminded me how important your body position is to connect with your voice and what you are saying. For instance, if you are trying to speak and say something positive (or not) but without smiling or opening your mouth, your voice doesn't go out the way you would like it and the message is misunderstood. If you want to be listened to and you're having your shoulders down, you are not using your voice fully and your body doesn't translate the same message as your voice.

About voice work, I love singing in canon and I loved the body preparation and chambers. I like to see it as a morning ritual to tune with myself and the day ahead.



voice

IDEIA LAB

We facilitated the workshop training about voice, aiming to achieve integration through vibration. We found challenging to take space to express our voice, because sometimes we fear the judgment of others and also can be difficult with people we don't know too much to be in harmony and connect with their voices. It's a matter of hearing and giving at the same time; sometimes it can bring oppression, and impose things in small spaces and with a lot of people.

Also, we usually use our voice just to talk so it's strange to take control of it, it feels strange, like walking for the first time, so even if we take our voice for granted, it's not so normal to be able to control it and use it properly. As facilitators, we discovered that one of the major challenges can be to put yourself in the role of a beginner and to build exercise that adapts to them and progressively bring them to the point you want to achieve: from the moment that voice is something that you don't see, people are not often used to hear themself and understand what you are telling them: so it's useful to use metaphors and images to help them picturing the step you want them to take. It's like voice it's another world. It's also interesting to find a balance between self-expression and group work; you see in a second when the harmony is not there, but it's harder to notice when people are not annihilating their inner voice to uniform to the others.

Other practices connected with voice and wellbeing that can be explored are: the link between emo-

tion and certain vibrations, what can be made with a specific vibration, what colours and feelings we link to them; to connect more with the body before singing, because it's important not to lose ourselves and our needs in the voice; the use of the voice in the nature, it's so strange and unique the feeling of letting our voice be free in open spaces, it doesn't happen so often.

As facilitators, we believe that it's useful to put the voice into narratives can be an interesting way of discovering ourselves and others, using noises and sounds to express and communicate can overcome languages and differences and let us clearly see as equals. Another key point to explore deeper it's the exploration and experimentation of the voice in different spaces, we know that we change through vibration, but how do the spaces around us change when we talk, sing or shout?

Understanding and exploring deeper can give us many answers and point to think about, and no matter what idea we have and what culture and language we use, we all vibrate.

As we started to understand, voice is a whole universe and that's why we put our workshop into a space narration. All the universe uses vibration to communicate, from the cells to the stars and the planet.

A shout in a noisy street, a whisper close to a fire, a song near some trees. This can also help to understand our role and power in the space and can lead to a deeper understanding of the voice as a tool of oppression or of liberation.

We want to thank Gaby for his support and knowledge, we had a very fun time, we understood how we can explore, learn and have fun at the same time, in a horizontal way of teaching the people we love and for us was a seed to grow a new conscience of the voice.



"Gentleness is powerful."

General Hana, Slovenia

"It was new and stimulating to explore our parts of the body in a way that I never did before.

Putting focus on the vibrations and chambers inside you, thinking of your body as an instrument."

Voice work

"And I loved the silence break! It was so peaceful to just be with each other and be a part of your own journey and learning something new, but at the same time being in collective experience."

Voice work, mindfulness, general Hana, Slovenia

"To connect with the other,
I understood, I didn't had to compare
myself with other people, but to do my individual journey and then, when I'm ready, when I feel
good alone and I am conscious with my body and my
voice, I can start to connect with the others. I guess that
this works with voice as with
relationships, with communications and with desires. I
studied singing for three years but never understood how
much a different view on the same topic could give me
so much about life. "

NVC Mirko, Italy

"During the voice training I understood how much the voice is linked to other mechanisms in life and how knowing our voice can help us to know ourselves. Because to learn something is to learn not to hide negative things, but to accept and acknowledge them."

voice work Mirko, Italy

"FEELINGS CAN'T BE WRONG

- every emotion helps to understand current needs, so more important is to take care of this emotion than judge or simplify the reason why this emotion happened.

PUTTING EMOTIONS IN MOVES

Lila, Poland



NVC

Practising Non-Violent Communication (NVC) helps

To have purposed communication

We first think of thoughts and words, but first, we need to focus on the real intention and need behind our words, it puts awareness not just on sharing opinions and thoughts but expressing them with intention.

Having me time and empathy time may provide time to feel and notice my feelings and look deeper into where my needs are, what are my needs that are not being met, being aware of my own needs, giving space for my feeling to show, strategies on how I fulfil my need. Clarity, naming my needs, make me feel more centred, being in communication/ interacting. Awareness of our feelings.

NVC helps you to understand yourself, and acknowledge your feeling. Communication is between two people and it's such a long process. Imagine a world with communication with intentions.

NVC can be especially useful/supportive when/for

During conflict, learning how to talk to ourselves in a compassionate way, without judgment. With low self-esteem, explaining things in a more objective way, shaping our whole reality. Understanding why people act the way they act. When there is no mediation and the situation is already tense. Figuring out the background of the action. Taking things less personally. Understanding that reactions and actions come from feelings and needs. Acting rather than reacting. Acting with intentions, reactions come from impulse: It is hard to find a straight line in our own life, it's hard to understand if I am mad about the person or mad about the situation or if something triggers me.

We can integrate NVC into our daily routine by...

Pausing before team meetings, being aware. If we are aware of our own feelings, we can better understand the others. Personal life and work can be mixed sometimes, so it can be useful to what of our daily life concerns we bring into work. Connection circle can be useful before meetings to check in with co-workers, to understand if they are bringing something of their personal life into work, without assuming they don't want to work or work less than you, maybe they are just stressing about something out of the work environment. You need connection to make connections.

Drama in the shady area with picking feelings and displaying them during a scene. The one in the pool was refreshing. Reconnection circle and buddy time: connecting, getting in touch, talking and sharing reflections together. Letting yourself feel vulnerable. Guessing cards game.

NVC

IDEIA LAB

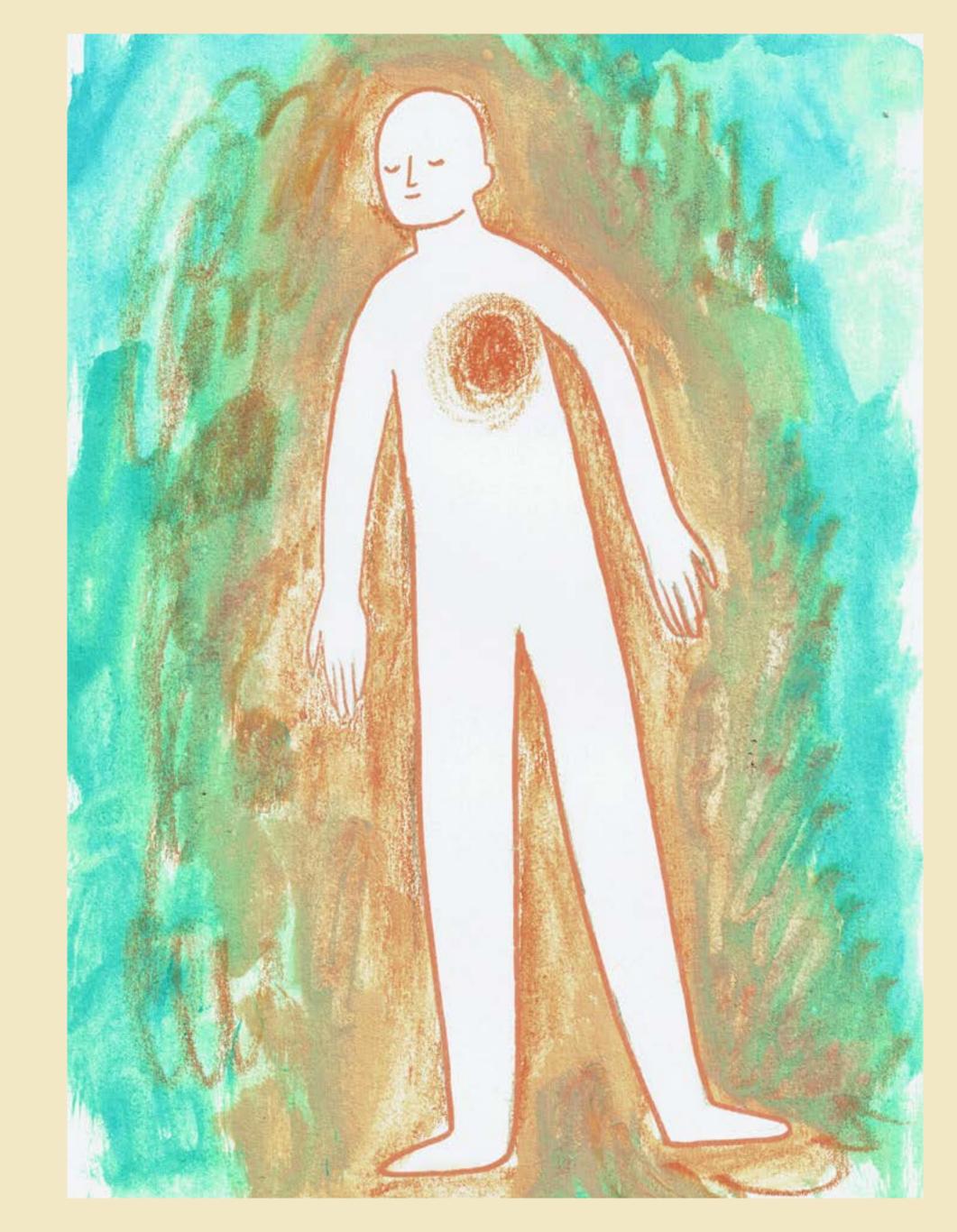
What can be challenging when working with NVC?

It can be challenging to take the time to connect with your feelings and needs in everyday life, e.g. due to a busy lifestyle. Also, in moments of being triggered, a more embodied expression of feelings may be more effective (e.g. as proposed in "radical honesty"). One spontaneous behaviour can be to struggle with myself, to refuse to make the NVC process and expect that my environment will change like magically without me doing the job to explain what happens exactly to me.

As a facilitator, it may be challenging to make the participants connect with the theme of NVC, especially when the group focus is low. Also, NVC offers a vast variety of perspectives and ways to approach it, which may overwhelm people rather than encourage them to integrate it. It is also challenging to create a space where people feel safe and connected to themselves enough to be able to identify their feelings.

What other practices connected with NVC could be explored?

NVC goes well with drama exercises as well as group games, to make it more practical and linked to everyday life situations. Also sharing strategies to fulfil needs may be a very rewarding exercise. Furthermore, both mindfulness and movement go well together with NVC, to support the connection with one's feelings and needs as well as the openness to others. Meditation can help to get mindful Embodiment exercises to help to approach and understand NVC from the gut and the heart, rather than merely from a rational focus.



To discover that the emotion nature is not diatomic was a big relief. I could now navigate through my desires and sensations with a more open view like a boat that always stayed in a river and then came to the sea. I feel like we didn't even come close to see the whole spectrum, but just to break the dichotomic mind was a freeing move. At first they were just random words on a paper, but when we did the exercise and we had to act and do the specific emotions, I saw how all these feelings were always in front of my eyes but I did not notice them. It was like thinking to be colorblind for all of my life and then suddenly find out that I just didn't know the colors.

NVC Mirko, Italy

"Lost is what I'm feeling.
But guide is not who I want.
I want to find power.

Power to (re)find my home."

NVC Hana, Slovenia "Without judgment, we realized during the discussion that we are all doing the best we can with what we know and have. So where should we start if our needs are still not being met? Perhaps from knowing more, trying more and seeing what works with us, in the long term as well as the short term."

Chiara, Uk

"We were walking around in Palma. I was having a headache and felt a bit overwhelmed by the busy city life and hectic environment. I then tried to remember the practices we have been learning in the past few days: connecting with my body, concentrating on the present, acknowledging my environment and allowing my senses to feel and to be filled. I started to notice the beauty of small things: the smell of the fresh noon, the hot temperature, the birds singing and people chatting, the contrast between the peaceful park environment and busy traffic, the variegated colours surrounding me.

With this small change - focusing on the present - I felt that the concepts of time and experience had become more meaningful and valuable."

Mindfulness Hana, Estonia









