



PROJEKAT FINANSIRA EVROPSKA UNIJA  
PROJECT FUNDED BY THE EUROPEAN UNION



**Udruženje  
"Ujedinjene žene"**

## **INDIVIDUAL MEASURES TO STRENGTHEN THE RESPONSE CAPACITY TO MANAGE MIGRATION FLOWS IN BOSNIA AND HERZEGOVINA**

### **(LIFE ROUTES - Understanding migration movements and supporting people on the move)**

The third workshop within the "Life Routes" project was about yoga. Members of the "Women United" Association together with the beneficiaries of the Temporary Reception Center "Borići" attended the workshop led by yoga instructor Mirsada Dada Memić, the instructor and owner of the "Yoga s Dadom" studio. The participants first practiced breathing techniques, namely breathing with three-dimensional breath, breath of fire, and alternate breathing through the nostrils, and then they did light exercises for the neck and shoulders. During this activity, time is dedicated to meditation.

It should be pointed out that practicing yoga had the goal of helping the Association members and "Borići" Center beneficiaries to develop resistance to stress and prepare their minds to react more calmly to stimuli from the outside world that we are exposed to every day.

The yoga workshop is supported within the framework of the project "Individual measures to strengthen the response capacity to manage migration flows in Bosnia and Herzegovina", financed by the European Union and implemented by the International Organization for Migration (IOM).

