



PROJEKAT FINANSIRA EVROPSKA UNIJA
PROJECT FUNDED BY THE EUROPEAN UNION



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 second yoga workshop was held in the Temporary Reception Center "Borići" in Bihać bringing together a large number of beneficiaries of the Center and the members of the "Women United" Association. Trainer Mirsada Dada Memić, a long-time yoga instructor, first demonstrated to the attendees exercises to release tension in the neck and shoulders, and then yoga exercises for the spine. The goal was to help the body respond properly to stressful situations. During the practice of yoga, local community members and women on the move strengthened not only the body but also the mind. It is worth pointing out that after practicing yoga, the beneficiaries of "Borići" Center and the Association members continued to practice dance steps of folk dances from Syria. Great mood, song and dance made this workshop another very successful joint activity.

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