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YOUTH STARTUP JOURNEY

Newsletter: Keep Calm, Do Yoga!

WORKSHOP HIGHLIGHTS



On December 21, 2025, Kaunas hosted a workshop based on the Youth Startup Journey training. This holistic learning environment combined entrepreneurship with well-being, bringing together youth workers, young people, and educators. Participants explored startup creation, pitching, and modern CV preparation while learning about Erasmus+ entrepreneurship opportunities.



From training to local impact

A key highlight was the 'Keep Calm, Do Yoga!' activity, facilitating dialogue with the local community through yoga and collaborative artwork. These mindfulness practices helped strengthen focus and emotional resilience. This meaningful experience encouraged participants to apply and disseminate their new skills within their local communities.





Finding inner balance



During Youth startup training days 42 participants began the activity by slowing down, reconnecting with their bodies and practising mindfulness through movement and breathing exercises.



Moving together as a group

Yoga became a space for self-awareness, concentration and emotional balance, helping participants feel more present and connected. Through shared practices, participants built trust, openness and a sense of community, experiencing well-being as a collective journey.





Learning through experience

An essential part of leadership is self-awareness. In moments of deep focus, our cohorts practiced mindfulness and alignment, anchoring their intentions as they prepare to take their business concepts out into the real world.



The connections built and the skills learned during this Youth Startup Journey are just the beginning. Stay tuned as these young entrepreneurs begin to launch their ventures! A massive thank you to all of our international partners, facilitators, and most importantly, our tireless participants who made this training an unforgettable success.

Learn more about yoga activities here

