

WORK EXCHANGE PROGRAM OF IDEAL SOCIETY



Many people today are filled with a deep desire to find a meaning to their life, an ideal, a direction, benchmarks to tackle the rapid changes in today's society. Modern educational

systems strive to adapt in order to adequately respond to this call. The IDEAL Society (Institute for the Development in Education, Arts and Leisure) offers an answer to this challenge.

This program is structured around sharing experiences. Members of the community with various backgrounds and skills, welcome people from all over the world and interact through a holistic form of education as it was developed by the founder of IDEAL, Natacha Kolesar, PhD.

This human experience is an opportunity to be immersed in the vision of IDEAL: "humanity as one family", a message of peace anchored in daily life.

"My main area of interest has always been the life of human beings, the power that each person possesses to endow life with poetry and virtue. Having spent half my life in Eastern Europe, then in Western Europe and North America, I observed that we create the qualities inherent to our life, making these qualities shine like a rose garden we cultivate. In this way we can become beneficial to others."

Natasha Kolesar, PhD. founder of IDEAL



Goals of the program

- *Discovering a collective and spiritual lifestyle*
- *Promoting an experience of personal transformation*
- *Learning selfless service*
- *Exploring one's potential and possibly redirecting career choices*
- *Gaining social and community experience and find personal ways to share it in any community*

Program Content

Work, workshops, community and leisure activities form the core of the program. Personal and group coaching by facilitators help support the integration and development of participants during their stay.

Work Commitment in various fields (garden, infrastructure, kitchen, etc...)

- 5-6 hours per day, 5.5 days a week (on average)
- Cooking and kitchen cleanup once a week as a member of the community
- 2 workshops of 2 to 3 hours per week (see below)
- One free day

The Garden sector which requires the biggest work force includes planting, watering, weeding, harvesting, preserving. The Infrastructure sector represents wood working, plumbing, building and general maintenance.

Workshops (based on availabilities and interest)

- Health - Well-Being: Energetic Healing, Apitherapy, Music-therapy, Kinesiology, Chi-Kong, Prenatal, Perinatal & Family Education
- Spirituality
- Personal Development: Life Coaching, Astrology, Tarot, Intuitive Communication with horses
- Arts - Creativity: Music, Vocal Arts, Drama, Dance (Pancourthy), Silk Painting

Accompaniment

- Each companion receives a sponsor from the community to help with his/her integration
- During the first week, our pedagogical adviser meets each companion to define objectives and intentions that will organize better his/ her experience at IDEAL Society and facilitate learning.
- Companions are invited to participate in morning presentations, special events, sharing circles with the community

Life at IDEAL

The residential exchange program takes place in a francophone collective environment of approximately 50 members living on a 350 acres property in the beautiful Rocky Mountains of South-Eastern British Columbia. This inclusive lifestyle is the foundation of the program and combines the diverse skills of all its members for a rich human learning experience.

Our daily life includes the practice of various yogas. For example:

- the yoga of sound through singing
- the yoga of nutrition through the preparation and sharing of meals
- the yoga of light through meditation during sunrise
- breathing exercises, movements, dance (paneurythmie) ...

General schedule of the day

- Meditation at sunrise (optional)
- Breathing exercises and movements (optional)
- Morning gathering including singing, meditation and breakfast
- Spiritual lecture or community presentation (optional)
- 10:15 to 12:15 Working in your sector of activity
- 12:30 to 1:30 Lunch
- 1:30 to 5:30 Working in your sector of activity
- 6:00 Dinner

Practical information

- The IDEAL center is located in Jaffray, BC, a small rural community, 45 minutes from a shopping town. Weekly transportation is available for personal needs. The closest airport is Cranbrook, Canadian Rockies International Airport, YXC.
- The Center provides shared accommodations from tent, to caravan to a shared room in a collective house. Accommodations are rustic but clean.
- The Diet is largely organic, vegetarian, including eggs regularly and fish on occasion.
- Cellular connection is fair and internet is available through wifi. For long distance calls, a phone card is needed.

Visit the website of IDEAL Society to learn more about the collective, artistic and spiritual life style that is experienced there. A number of videos can be found as well on Vimeo and Youtube, <https://vimeo.com/idealsociety>.



Testimonials

“I found it a really rich experience to have access to so many high quality activities in such a variety of fields connected to the expansion of our being, the sharing of our understanding of different energies, different aspects of life with this level of spirituality that honours each one of our actions”.

Ludovic, 29 year old, France

“My experience at IDEAL clearly brought about a personal transformation. I was able to express my potential at 110% and be myself. Meeting my real self enabled me to work on my flaws and to radically transform.”

“Exploring my potential at IDEAL gave me the opportunity to discover the art of singing and helped me find my potential in various fields I wasn't aware of.”

Quentin, 21 years old, Canada

“Working in the garden was a discovery and I appreciated spending time there every day. It brought me new knowledge and a stronger connection to nature. Moments spent gardening with the group of young people and others in the community were spaces in which I was privileged to create real and sincere exchanges.”

“Each young person should be able to live such experiences, taking time to explore oneself and deepen the knowledge of oneself, to live singular and precious moments, to discover talents, passions, interests and then go back into the world with useful keys for life”.

Alice, 25 years old, France

**For information, to register or to make a donation, please contact
info@idealsociety.ca or visit www.idealsociety.org**