

## HARP Workshop in Manantial del Corazón Training Center, Spain

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December 27 to January 3, 2023



The Workshop was held at our precious Manantial del Corazón Training Center, where 22 young people (including the staff) met to spend time with their families and learn about themselves and our community through different activities and talks.

The participants enjoyed the content through different talks with different themes and dynamics focused on the knowledge and understanding of the human being and, of course, our movement. But not all were speeches from different speakers. Instead, the young people had plenty of action with the different activities proposed by the Harp committee, in which they showed their desire for competition and union between the different teams.

Moments or days to highlight would be our already famous Challenge Day, in which the participants came to overcome their physical limits, through high-intensity activities, as well as their spiritual limitations, through activities that awakened all their will and heart to achieve their goals. . But not everything was tireless torture since they also had the opportunity to design t-shirts using the "tie-dye" technique, thus creating spectacular designs.

Another remarkable moment is found in the fact that, after three years of waiting, we were able to celebrate New Year's together. We ate the grapes at midnight, and afterward, there was dancing, board games, laughter, jokes, and food, a cheerful and welcoming atmosphere to start the year off right for all our young people, who we hope will continue to grow and prepare for future courses.