



## Free Pedagogy

"Assign children more freedom and less empire, let them do more by themselves and demand less from others."

– Jacques Rousseau



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Our “Free Pedagogy” workshops are directed to teachers and/or parents interested in knowing themselves more, and learning in a deeper way how the psychological, emotional and physical aspects of the child works.

These workshops are also for children. We combine art, play exercises, dancing and meditation to create a loving context where children learn to unwind naturally to show adults their real needs, which are often not allowed to be expressed at home or at school. When children cannot express themselves fully, they begin to repress their feelings and create within themselves a shell that will hurt them all their life.

“You only learn what you learn by yourself”  
- Francisco Ferrer.

It is important that parents and teachers know the value of creating healthy spaces, of greater freedom and acceptance of the child’s desire for expression. This will allow them to unfold more naturally and, therefore, be more open to learning things by themselves; thus, developing much richer neuronal connections than when learning something by heart.

According to psychologist Howard Gardner, when the child is engaged in an appropriate task, he enters a state of flux or state of well-being, allowing neuronal connections to expand, thus making learning more meaningful.

The human brain is built within the first years of life and the neuronal pathways that the child develops at that stage will be the ones that he/she will use the rest of his/her life. In the absence of spaces where the child has the freedom to learn and discover on his/her own, this development will be limited because the neurons that are not activated during childhood, eventually die in adolescence.

“The best school is under the shade of a tree”  
- Rosa Sensat.



The great pedagogues of history have agreed that in order to achieve optimal learning the child needs nature, freedom to express himself/herself, both physically and emotionally, and being in a loving environment. To open space for this, both parents and teachers must begin to generate a change in themselves first, encouraging the existence of a love relationship initially with themselves, in order to extend it to their children and students.

This workshop is a deep space of connection and a sign that it is possible to open ourselves up to new ways of teaching, where the first step is to start to relax as adults, and to understand that the child should be educated according to his/her own interests, not those of society's or by discipline, based on the foundation that every human being is good. This will allow a more human, spontaneous, free and profound pedagogy find its way inside classrooms.