

Community Learning

Welcome to the Inner Work Series if you're also trying to transform toxic hierarchical dynamics towards more equity and allyship, and to build awareness of collective dynamics, group culture, mutual support and community.



Inner Work Series

Practicing inner work creates a solid foundation for personal and social change, and the effect is even more supportive and stronger when we practice in affinity groups.

These spaces are community learning spaces, since we will all learn and grow as a person and as a group, while tending to both individual needs and collective care. We use different community building practices, and a real sense of community might also emerge from here.

Ylva and Marijke host and hold these spaces, and guide you through unique individual and group practices around specific topics, inviting -never obliging- everyone to share experiences, accessing our collective inspiration.

Dates 2026:

"Navigating this crazy world"

Monday evenings
19:30-21:30

26/01 - 09/02 - 23/02 - 09/03

"Deconstructing my white body"

Wednesday evenings
19:30-21:30

04/03 - 18/03 - 01/04 - 22/04

Where + €:

online. 200€ / 4sessions

More info:

check [our website](#) or email to info@firoafacilitation.com

Registration:

welcome on [this webpage](#)

firoa facilitation

radical inclusion