

CARP Ekaterinburg Activity

Ekaterinburg, Russia - Yuriy Gavrilin -December 1-6, 2017

"Love and Affection" seminar

We began the winter with a seminar on the theme: "Love and Affection" dedicated to the World AIDS Day on December 1st. This seminar completed a series of 3 secular seminars from Olga Solovyova and as usually gathers many guests.



"Worthy people" project

On December 2nd we had "Worthy people" project. Several prominent people came to share their accomplishments and experience:

- Stas Aslanidis is president of the floorball federation of the Sverdlovsk region.
- Alexander Shershnev - today he was able to drive 300 km for a day!
- Leonid Salamatov is a triathlete. Leonid for 2-3 years of his "career" (and he is already 47) was able to start from a scratch. First he ran a half marathon, then a marathon, and then he was unstoppable. And he overcame the iron distance, and then also the super-iron: 3.800m to swim + 180 km of bicycle ride +

42km of running. Next year, Leonid will organize in the Urals ultratriathlon "Ermak" - this is five iron distances in 5 days.

- Vladimir Radchenko - special photo correspondent

The project was organized by Konstantin Mishkin, the holder of the title "Glorious Volunteer" 2017. We read the principle (red color) once a week for him.

Yoga practice

On December 4th we had our regular Yoga practice. The number of participants has increased. And we have a professional teacher who agreed to give lessons for free up until New Year.



Movie club

On December 6th we organized a new version of movie club "Platinum" in which we transformed widely known movies and cartoons, and make it with new meaning and image. Everybody exercised their talent in making it new way.

