

Generation Human

FACT SHEET · LISBON · 2026

WHAT IT IS

Free, in-person gatherings in Lisbon for parents, teachers, therapists and anyone raising the next generation. Each evening mixes a mindfulness practice, a talk, open conversation, live performance and music. Nobody pays to attend, and nobody is paid to appear.

HOW IT RUNS

Free forever, no funding. Venues are lent, artists volunteer, brands contribute the food and the goodie bags every guest takes home. It runs entirely on people offering what they have.

FOUNDER

Yvonne Knap is a certified mindfulness teacher, trained with the Dhammakaya Buddhist monks of Thailand since 2015, and a biologist (BSc, University of Ljubljana) specialising in the neuroscience of mindfulness. She spoke at TEDx in the Netherlands in January 2026. With over 2,000 hours of personal meditation practice, she has guided more than 11,000 children and families across three continents, working with autistic children in North Carolina, war-affected communities in Gaza, and children with cerebral palsy in Slovenia. She founded Generation Human in Lisbon in 2026.

GATHERINGS

#1 First Meetup - Intention Setting, 6 August 2026, Lisbon.

#2 Raising Present Kids, 16 August 2026, Lisbon.

STORY ANGLES

- What is a human, and why is that special? Our children will be the ones who have to answer it.
- Generation Alpha and Beta are taught to use machines. Nobody is teaching them presence, intuition or empathy.
- The idea that the best thing you can give your child is time spent on yourself, and a room of parents testing it.
- Free forever, no funding. Spaces offered for free, artists volunteering, brands filling the goodie bags.
- From a Thai monastery to a Lisbon living room, a biologist who sat a decade with Buddhist monks.

CONTACT

Yvonne Knap, founder · yvonne.knap@gmail.com · gen-human.lovable.app/press