

Individual Path: personal growth of movement skills for the wellness; intuitive movement; bodyweight activities without tools

Are you used to meditate? If not, you will be given a basic technique

What about expressing your creative and vital force by carrying out "humble physical endeavours" and go beyond and even beyond what you believed to be your limits (to run the half marathon or the marathon, to ride 600 km by bike....)?

Or, would you like to simply realize that things you considered beyond your psychophysical capacity, such as exceeding the 10 km run, climbing the Stelvio by bike, making a solo night outdoors are actually within your immediate or near reach?

This individual path is exactly what you look for!

You will experience and recognize that within us we can and need to find not only the vision and the strength to fulfil our desires, but also the tools, the mapping, the indicators and the sensors to feel and understand fatigue, tiredness, autonomy, and to manage nutrition, hydration, rest and recovery.

Our focus goes mainly on following experiences:

- Identifying the relationship between spiritual strength and physical performance.
- How to overcome competition and ambition.
- How to catch the difference between fatigue and suffering
- Avoiding and managing psycho-physical crises.
- Movement as harmony and spiritual evolution.

The costs will be set according to the chosen path, to be defined together during a free preliminary meeting.

Course available in Italian and English (with advance notice)