

Individual Path of Personal Consciousness

Focusing on...

- **Ambition or Desire**
- **Competition or Evolution**
- **Fitness or Wellness**

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

PROPOSED EXPERIENCES

This is an Individual Path to improve the perception of one's own person and to reconnect the beauty and the inner joy.

We are willing to experiment the following basic concepts, we want to understand with the brain but above all with heart-stomach-skin how useful, beautiful and vital it is to choose Desire, Evolution and Wellness and how damaging, brutalising and deadly it is to choose Ambition, Competition and Fitness.

First of all, we are going to realize how spiritual movement (meditation) and physical movement (especially if supported by genuine contact with the natural environment) trigger the **wellness spiral** and therefore our evolution.

Our focus goes on following theoretical and practical experiences:

- Physical contact as a vehicle for the wellness
- The conscious movement generates the wellness
- Listening to the body for conscious movement
- Relationship and exchange of information between body, mind and spirit
- Mantras for conscious movement
- How does Meditation work on Movement
- How does Movement work on Meditation

Short walks - light runs - barefoot experiences are part of the experience

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)