



The Art of Care and Well-being

WORLD CONGRESS

ON INTEGRATED MEDICINE,
MASSAGE AND MANUAL THERAPY



OCTOBER 20-26, 2025
LECCE ITALY CONVITTO PALMIERI

PROXIMITY DESIGNED
AND ORGANIZED BY



IN COLLABORATION
WITH



CON IL SOSTEGNO DEL
CONSIGLIO REGIONALE
DELLA PUGLIA



UNDER THE
PATRONAGE OF:



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**Photographic Exhibition
In the Land of Patachitra**

Sarah Helena Van Put
Luciana Trappolino

Concert

Journey Along the Paths of the Soul

Alessandro Ferraro
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Valentino Imbriani

In collaboration with:

Polo Biblio Museale di Lecce

In partnership with:

ERANOS - Centro studi di
posturologia applicata

Naga - Scuola nazionale e
internazionale di massaggio,

Tutela Pazienti Cannabis Medica

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Communication:**

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di comunicazione e grafica

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“He is healthy who dwells in the Self, whose doṣas are in balance, whose vital fire burns harmoniously, whose tissues are well-formed, whose wastes are eliminated, and in whom the soul, the senses, and the mind shine with bliss.”

CARAKA SAṂHITĀ, SŪTRASTHĀNA

Like matter in constant transformation, Hòlos too draws inspiration from the ceaseless motion of the universe, opening its third edition under the banner of change and shaping its days into the World Congress on Integrated Medicine, Massage and Manual Therapy: seven days in which physicians, healthcare professionals, and experts come together to share knowledge, recognizing the human being in all its complexity.

Since the earliest times, philosophers from East to West have viewed living beings – and thus humanity – as a complex unity, a totality, a healthy organism in which all bodily functions work in unison and without disturbance. In fact, the word “healthy,” when applied to things as well as to people, carries the meaning of “whole, intact, unbroken.” From this perspective, it is easy to recall the Sanskrit word Yoga, which, deriving from the root yuj-, means “to join, to unite, to yoke” — binding body, mind, and vital energy into a single dimension, aspiring toward the perfection of the One, and at the same time discovering the One within the multiplicity of its parts. Over the centuries, masters, philosophers, and physicians have sought to unite form and matter to bring forth vital energy, the principle linking every aspect of reality to a universal Soul of the World, where the One and the many find their correspondence.

It is precisely from this ancient wisdom — that of India and Ayurvedic Medicine — that this year Hòlos takes inspiration to build its program, beginning with the guiding image of this edition: the figure of Shiva, the cosmic dancer (Naṭarāja), who embodies the eternal cycle of the cosmos: creation (Śṛṣṭi), preservation (Sthiti), destruction (Saṁhāra), illusion (Tirobhava), and liberation (Anugraha).

As Fritjof Capra writes in *The Tao of Physics*, there is a profound resonance between Tantric philosophy and modern physics:

“Every subatomic particle not only performs an energetic dance but is also a pulsating process of creation and destruction ... without end ... For modern physicists, the dance of Shiva is the dance of subatomic matter. As in Hindu mythology, it is a continuous dance of creation and destruction involving the whole cosmos; the basis of all existence and of all natural phenomena.”

In Indian tradition, the figure of Shiva embodies both complexity and ambivalence: he is at once destroyer and regenerator, the one who dissolves forms yet ensures their cyclical renewal. His cosmic dance, the *tāṇḍava*, does not merely represent chaos, but rather the necessary condition for the universe to maintain its balance. This dual movement of destruction and rebirth finds a powerful echo in Ayurveda, India’s most ancient system of medicine, which understands health and illness not as irreducible opposites but as phases of the same process of rebalancing. In this endless dance, human beings discover themselves immersed in a rhythm that mirrors the microcosm of their own bodies. Just as Shiva’s limbs trace circles of energy, Vāta, Pitta, and Kapha flow within us — forces in perpetual motion that call for harmony and attention. When this balance is broken, an act of transformation is needed: a return to the universal flow, so that life may once again be expressed in health and wholeness.

The dance of Shiva is not only an aesthetic vision, but a cosmic healing. Likewise, Ayurveda is not merely about herbs or physical practices, but about understanding one’s own rhythm, the seasons, and the flow of the universe itself.

In both cases, the message is the same: to learn how to dance with chaos, to transform disorder into harmony, to recognize that life and healing arise from flowing with cosmic energy.

Sarah Helena Van Put

Artistic and Executive Director of Hòlos. The Art of Care and Well-being

5th Edition

OFFICIAL WORLD CHAMPIONSHIP OF MASSAGE AND MANUAL THERAPY

Dissemination and accurate information are the main goals of the **World Massage and Manual Therapy Championship ©®** and the **World Traditional Nuad Thai Massage Championship ©®**.

Normally, a competition focuses solely on the contest itself and is addressed exclusively to participants, in order to highlight their training and techniques.

The World Massage and Manual Therapy Championship opens its doors to create a bridge between the public and the world of **Integrated Medicine**. As I have said many times, over the years we have forgotten why these championships were established in the first place for practitioners: the ultimate purpose of our work as massage therapists is to learn with greater awareness the ancient techniques of massage while at the same time embracing innovation, so we can meet and help those in need of support and care.

Our event therefore not only gives participants the chance to measure their preparation and discover new techniques from their peers, but also aims to highlight the history and methods of massage—allowing both professionals and the public to better understand the role of the massage therapist and the benefits massage can bring as part of **Integrated Medicine**.

Among the many healing practices, massage has remained the one true common thread across millennia. With its values and techniques, it has managed to establish a universal language when it comes to human care and well-being.

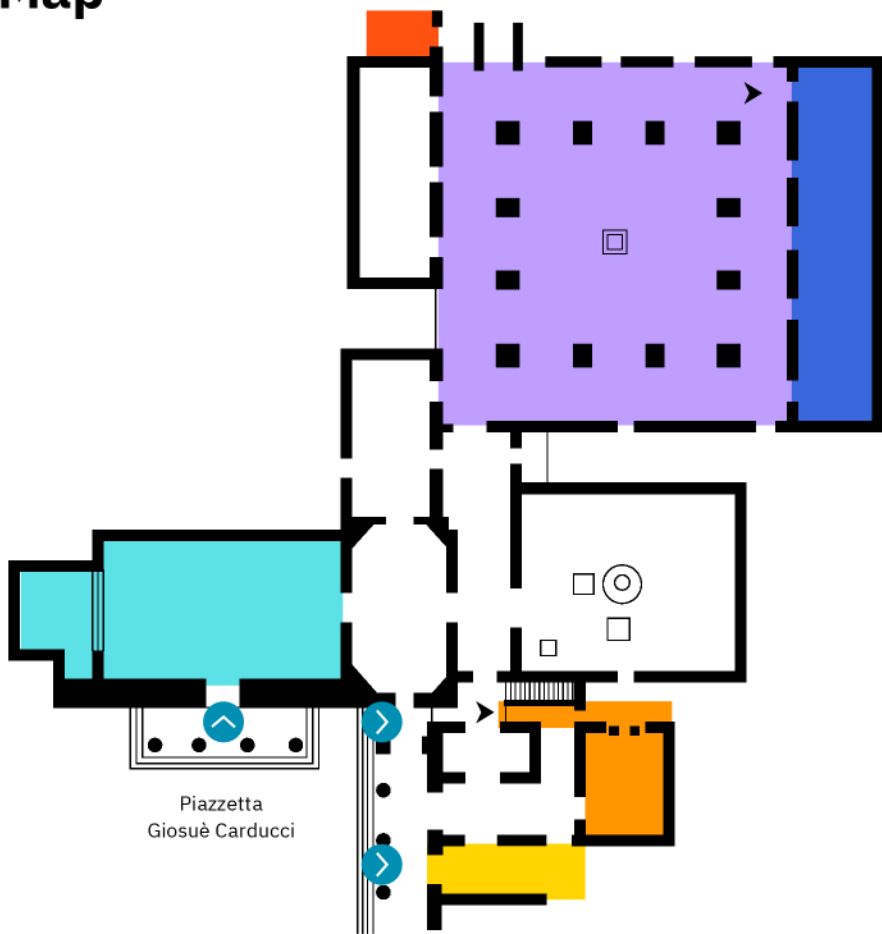
Our country, in fact, needs to align itself with the rest of the world, where Integrated Medicine is already recognized as a therapeutic approach that can help address conditions modern science increasingly struggles to understand.

Through the **Official World Federation of Massage and Manual Therapy Nuad Thai**, we collaborate with doctors and specialists from all over the world to rebuild that bridge—supporting them with highly trained and professional massage and manual therapy practitioners. This is why I am truly happy and proud of the participation of so many Masters, associations, and international schools that, from the very beginning, have chosen to support our Championship with their presence.

Jonathan Van Put

President of the Official World Federation of Massage and Manual
Therapy Nuad Thai

Map



- 16th-Century Cloister
- 16th-Century Cloister Hall
- Little Theatre Hall
- *San Francesco della Scarpa*
- *Massage Hall*
- *Restrooms*

WORKSHOP



F.M.T.M.N.T.
Federazione Mondiale di Maratona
di Maratona, Triathlon, Maratona, Triathlon, Triathlon



Monday, October 20th - 8:30 AM
Sala Chiostro del '500

NEUROPHYSIOLOGICAL AND IMMUNOLOGICAL BENEFITS OF AYURVEDIC ABHYANGA

Kalari Abhyanga, a traditional full-body Ayurvedic massage rooted in the martial art of Kalaripayattu, combines vigorous, synchronized movements with medicinal oils to restore balance and vitality.

Beyond its cultural and therapeutic value, emerging evidence suggests that such structured manual therapies may exert profound effects on the neurophysiological and immunological systems.

This presentation explores the mechanisms by which Kalari Abhyanga can influence autonomic regulation, vagal tone, the hypothalamic-pituitary-adrenal (HPA) axis activity, and immune response.

Referencing current research in psychoneuroimmunology, mechanotransduction, and integrative medicine, we will examine how this ancient practice aligns with modern scientific models of stress reduction, inflammation regulation, and somatic resilience.

The session aims to bridge traditional Ayurvedic wisdom with biomedical inquiry, highlighting the potential role of Kalari Abhyanga in integrative and preventive medicine.

Educator: DR. AWUDI ATITSOGBUI

WORKSHOP

EDUCATOR: DR. AWUDI ATITSOGBUI

Dr. Awudi Atitsogbui is the President and International Coordinator of the Official World Federation of Massage-Manual Therapy and Nuad Thai.

He holds degrees in Political Science, Educational Psychology, and a Bachelor of Ayurvedic Medicine and Surgery (BAMS).

He is the author of "Ayurveda & Panchakarma: Complete Theory and Manual Guide."

A recognized member of the Ayurvedic Federation of India, he completed seven years of advanced academic studies in Ayurveda and Panchakarma in Kerala, India.



Monday, October 20th 11:30 AM

Little Theatre Hall

LA MEDICINA AYURVEDA E IL MARMA THERAPY

A highly specialized workshop designed to provide massage therapists and holistic practitioners with functional, customizable techniques that can be integrated into their protocols and used in massage competitions.

This workshop is open to all professionals in massage and manual therapy who wish to combine the originality and tradition of Marma treatment with other massage styles, enhancing their overall effectiveness and generating long-lasting benefits.

The session will explore the body (Prakriti – physical and physiological characteristics), mental state (mindset, attitudes, possible disorders), and emotional state (dominant emotions, their intensity, and how they are managed), including an assessment test.

Theoretical Part

- Introduction to the history and philosophy of Ayurveda
- Prakriti – Vata Dosha; introduction to Pitta and Kapha
- Marma – anatomical and functional specifics
- Ayurvedic oils
- Indications and contraindications of the treatment

Practical Part

- Correct therapist posture during each phase of the treatment
- Proper approach and attitude throughout the session
- Marma treatment for balancing Vata, Pitta, and Kapha Doshas

Educator: MASTER SARA DE LUCA

Trainer Sara De Luca, President of the Massage Department of the Official World Federation of Massage-Manual Therapy-Nuad Thai, is celebrating 20 years of professional activity this year.

She is a holistic practitioner and trainer in massages and holistic disciplines such as Chakra Therapy, Crystal Healing, Aromatherapy, Spa and Hammam treatments, and, of course, Ayurvedic massage and therapies.

She is a bronze, silver, and gold medalist and has received special awards at international massage championships.



Monday, October 20th - 2:30 PM

Little Theatre Hall

PSYCHIC AND EMOTIONAL BLOCKAGES IN THE BODY AND THEIR RESOLUTION IN MANUAL THERAPY

This 4-hour immersive workshop explores the profound interconnection between body, psyche, and emotional memory. It is based on the powerful and transformative technique of California Emotional Massage, developed in the 1970s at the renowned Esalen Institute in California. Originally conceived as a somatic approach to healing emotional wounds, this method integrates Western psychological theories with Eastern and holistic healing philosophies.

Far beyond a simple relaxing massage, this approach works to release unconscious blocks held in the fascia, muscles, and energetic field. The technique is influenced by Gestalt therapy, Freudian and Jungian psychoanalysis, and quantum principles related to body-field awareness, in synergy with Ayurvedic, Tibetan, and Thai traditions. The workshop combines theoretical insights with a practical experiential journey, guiding participants through:

- Understanding how psychological trauma and emotions manifest somatically
- Using touch as a channel for relational healing
- The art of mindful contact and emotional resonance
- Techniques to identify patterns of emotional containment and encourage their release

Participants will practice specific protocols, learn to create a safe therapeutic space, and develop the sensitivity to read the body as an emotional map. Through breathing, flow, rhythm, and presence, practitioners will experience how manual therapy can become a gateway to inner transformation.

This is not just a technique course: it is a profound exploration of the body as a stage where the invisible stories of the soul are written, and where healing can begin through intentional and compassionate touch.

Key topics:

- The body as a repository of emotional memory
- Identifying psychic blocks through physiology
- The role of interoception and the nervous system
- Mindful touch as a therapeutic tool
- Protocols for emotional release

Educator: MASTER JONATHAN VAN PUT

The educator, Master Jonathan Van Put, Founder and President of the World Federation of Massage – Manual Therapy – Nuad Thai ©®.

Spokesperson and recognized as the “Master of Ancient Traditional Massage Therapy,” he holds over 46 specializations in massage techniques (from Western to Eastern), including national and international licenses, a National Technical Certificate from C.S.E.N. as a Sports Masseur, technical Masters, and specialization Masters. Over the years, he has trained hundreds of students throughout Italy and collaborated with the most renowned schools and associations worldwide.

Thanks to NAGA, he was able to restart the Masters’ training project called “I am in the Legends: Guardian of the Ancient Path of Massage Masters,” the oldest training path dedicated to becoming a Therapy Master through massage, already applied and internationally recognized by several Trainers today.

CEO and founder of NAGA, the National and International School of Traditional Massage and the Official World Championship of Massage and Manual Therapy ©®, with 20 years of experience as a Massage Therapist. He has collaborated for years with Physiotherapists, Doctors, Psychologists, Psychiatrists, and Thai Masters for the care and rehabilitation of the body as well as the spirit, mind, and energy regeneration.

Lecturer, Trainer, and Master of Massage.

Monday, October 20th - 6:00 PM

Little Theatre Hall

SAFE MANIPULATION TECHNIQUES FOR THE CERVICAL SPINE

Cervical spine manipulation techniques are standard procedures used by many manual therapists (osteopaths, chiropractors, and others) worldwide. When learned correctly and safely, they can greatly benefit many patients suffering from various (often painful) conditions.

However, when performed by unqualified “therapists,” these techniques can pose—and unfortunately sometimes do pose—a risk to patients due to the sensitive structures of the neck tissues, particularly the cervical vertebrae.

For this reason, it is essential that anyone performing these techniques in their practice carefully learns their safe and competent execution.

In the lesson preceding the practical workshop, the necessary knowledge of cervical spine anatomy and biomechanics will be reviewed, along with safe manipulation techniques for the cervical spine, as well as the most common indications and contraindications.

Common pathologies, injuries, and damages of the cervical spine will be discussed, including the tests used for their diagnosis. The most effective safety tests to avoid contraindications during manual procedures will be presented, with emphasis on referring treatment to qualified medical specialists.

Additionally, the best tests to identify cervical nerve damage caused by compression at the foraminal exits (so-called disc-root conflicts) and their corresponding safe treatment methods will be covered.

Considering the optimal mechanics of Translatory Spinal Manipulation (TSM) techniques, three main types of SAFE TSM techniques are distinguished:

Ecco la traduzione in inglese professionale:

1. Discal traction
2. Facet joint distraction/separation
3. Facet joint gliding/sliding

These techniques will be explained both theoretically and practically to highlight and demonstrate the positioning, approach, and method of manual procedures on the cervical spine itself, as well as their relationship with other manual techniques applied to different parts of the human body. It will be explained and demonstrated how these manipulation techniques FACILITATE the work of both the patient and the therapist, ensuring correct and safe execution.

Educator: DR. ALEKSANDAR STOŠIĆ

Dr. Aleksandar STOŠIĆ, born in Rijeka, Croatia, in 1955, is a specialist orthopedic surgeon with 27 years of hospital experience (including 14 years as Director of the Kantrida Pediatric Orthopedic Institute – Clinical Hospital Center Rijeka). He has completed advanced studies in manual therapy and has been professionally practicing manual medicine/therapy, working independently as a freelancer for 18 years.

With over 33 years of experience, he is a full-time expert in orthopedics and traumatology.

He is a recognized sports physician in Croatia and the most decorated doctor in Croatian basketball; an international licensed ski instructor (I.S.I.A.) for 51 years. For about 17 years, he has been conducting courses in manual medicine/therapy in two countries, with approximately 500 participants. He has worked for several years as a demonstrator and assistant at the Faculty of Medicine in Rijeka and has led physiotherapy courses at the University of Applied Sciences in Rijeka. Inventor and recipient of several prestigious international awards for his inventions.



Tuesday, October 21th - 8:30 AM
Little Theatre Hall

ReShapeS®

WHERE THE BODY REMEMBERS AND HANDS RESTORE

Within every woman's body lies a map — a map that remembers, retains, and remains silent. Within every woman's body flows a current — one that can be reactivated, restored, and brought back to life. ReShapeS® is a manual therapeutic method developed specifically for the female body, emotions, and internal regulation. This demonstrative workshop is designed to introduce participants to the essence of the method.

Over the course of this three-hour workshop, the work will be demonstrated on a model, guiding us through a deeper understanding of the body's layers: The lymphatic system, fascia, adipose tissue, and the silent emotional blocks that often remain invisible.

The workshop includes:

- Demonstration of a selected portion of the ReShapeS® procedure
 - Explanation of the clinical and functional effects of the treatment
 - How manual therapy can lead to outcomes such as improved digestion, reduced bloating, decreased body circumference, and enhanced skin tone
 - Micro-exercises and points that participants can stimulate on themselves
- ReShapeS® is a method that blends knowledge and intuition, structure and gentleness.*

It was created for therapists who seek more than just a technique — they seek transformation.

Participants will leave the room not only with new skills but with a desire to integrate this philosophy into their professional journey.

Educator: SANJA AVRAMOVIĆ

Trainer Sanja Avramović, Vice President of the Official World Federation of Massage-Manual Therapy and Nuad Thai for Serbia, judge and lecturer in international competitions, is recognized as a leading figure in a movement that redefines the therapist's role — from a traditional practitioner to a conscious guide in the process of physical and emotional healing.

International educator, award-winning therapist, and founder of the original methods Lipomodelovanje® and ReShapeS®.

Her treatments and educational programs combine manual, fascial, lymphatic, and emotional regulation techniques, grounded in deep intuition, anatomical precision, and genuine connection with the female body.

Her method, *ReShapeS®*, was developed for therapists seeking a manual approach that is both effective and as light as light itself.

Courses are held in Belgrade and across Europe, and graduates of her school now practice throughout the continent.

The body remembers everything... Our task is to remind it how to let go, regenerate, and breathe again.

Tuesday, October 21th - 11:00 AM

Sala Chiostro del '500

CHRONIC INFLAMMATION AND NUTRITION: DIALOGUE BETWEEN AYURVEDIC AND WESTERN MEDICINE

This seminar is dedicated to the meeting point between Ayurvedic medicine and Western medicine. Two physicians, representing traditions that may appear distant, will engage in a discussion on the topic of nutrition. Through this dialogue, it will emerge that—despite their different languages and tools—both perspectives share a fundamental principle: caring for the person arises from harmony between body, mind, and environment. We will discover how, rather than dividing us, the different approaches can integrate, revealing a common foundation that unites health sciences beyond cultural boundaries: humanity is one, and nutrition is the bridge between biological balance and deep well-being.

Educator: Dr. & Master Vivek Bharat Gaur

The educator, Dr. Vivek Bharat Gaur, studied mechanical engineering. In 2002, he founded BHS to initiate yoga treatments and camps across the country with revered saints and yoga followers. He launched Ayurveda Panchakarma for the first time in Rishikesh in 2004. With over 23 years of experience in the wellness field, he has worked with thousands of individuals from diverse backgrounds across more than 60 countries. He has visited, lived, and led programs in over 30 countries. He organizes yoga sessions for beginners, public treatment camps, yoga for corporations/offices, and yoga for schools/children.



WORKSHOP

DOTT.RE E MAESTRO VIVEK BHARAT GAUR - DOTT.SSA ANNA MARIA MANCARELLA

Dr. Anna Maria Mancarella

Graduated in Medicine, specialized in Physical Medicine and Rehabilitation (Physiatry) and Posturology, and a specialist in Obstetric and Gynecological Psychoprophylaxis. A Naturopath, she has been working in the field of Integrated and Complementary Medicine for over 30 years.

After working in private clinics specializing in physiotherapy, postural re-education, and hydrokinesitherapy, she founded in 2014 the Eranos Association – Center for Applied Posturology Studies, where she serves as Medical Director. Over the years, she has taught various training and continuing education courses in the field of care and prevention. Since 2018, she has been a lecturer at the Naga Massage School, teaching in the Advanced Specialization Courses in Massotherapy Techniques.

Founder of the Federation, she also serves as the Medical Spokesperson of the Board of Directors of the Official Federation of Massage and Manual Therapy – Nuad Thai.

Tuesday, October 21th – 2:00 PM

Little Theatre Hall

YUSUKODO FACE SHIATZU®

The YUSUKODO FACE SHIATSU® workshop introduces participants to the traditional knowledge of Japanese facial massage. This technique is gentle yet dynamic, rooted in the harmony of yin and yang styles, and inspired by the Kobido tradition of Tokyo, Japan.

Participants will learn the precise art of working with *tsubo* points—an approach that requires the ability to “listen” and “feel” in order to restore energetic balance in the face. A massage therapist must work with calm, presence, and heart: this is what separates true masters from mere technicians. This method is the result of years of refinement and represents a mindful approach to facial healing and nourishment.

Educatorr: MONIKA K. SZCZOTKA

Monika Szczotka has been named an Honorary Member of the Official World Federation of Massage – Manual Therapy – Nuad Thai, and serves as Vice President representing the field of Manual Therapy for Poland.

She collaborates with Collegium Witelona State University's Faculty of Health in the field of physiotherapy, and with Dolnośląska Szkoła Wyższa University, teaching in the cosmetology program with a focus on biological regeneration.

Founder and Director of the ShenZen Institute and CIDESCO Poland Beauty & Spa member, she is a professional corporate trainer and executive coach specializing in wellness, nervous system balance restoration, and psychosomatic manual therapy. She supports managers, leaders, and professionals in building psychophysical resilience, stress management, and the effective integration of work and regeneration.

Tuesday, October 21th - 5:30 PM

Little Theatre Hall

ASSOCIATION BETWEEN TEMPOROMANDIBULAR JOINT DYSFUNCTION, NECK PAIN, AND SLEEP DISORDERS: CLINICAL EVIDENCE AND THE ROLE OF MANUAL THERAPY

Temporomandibular joint dysfunction (TMD) is frequently associated with cervical pain (cervicalgia) and sleep disorders such as fragmented sleep, insomnia, or poor sleep quality.

Epidemiological studies show that patients with TMD report significantly worse sleep quality scores (e.g., PSQI), greater cervical disability, and reduced mandibular function compared to healthy controls.

From a pathophysiological perspective, the overlap between these conditions can be explained by three main mechanisms:

- The shared involvement of masticatory and cervical muscles, which are interconnected through innervation, muscle tone, and mandibular resting postures that can alter cervical alignment;
 - The presence of parafunctional behaviors like bruxism, which negatively affect both the TMJ and sleep quality;
 - The modulation of chronic pain through neurophysiological mechanisms, which heighten pain perception at night and lower the sleep threshold.
- Clinical evidence supporting the effectiveness of manual therapy and physical exercise in treating TMD suggests that these approaches can improve not only pain and jaw function, but also cervical mobility and sleep quality.

For instance, a randomized clinical trial on patients with bruxism showed that after 8 weeks of manual therapy combined with home exercises, there was a significant reduction in pain, cervical disability, the number of trigger points, and a notable improvement in sleep quality—compared to exercise alone. Another systematic review found that *manual therapy combined with cervical spine treatment* enhances TMD joint function and reduces pain.

The importance of sleep, particularly at night*, is crucial:

Sleep disturbances are linked to psychiatric disorders, immune dysfunction, cardiovascular issues, and an increased risk of stroke.

Overall, evidence strongly supports that TMD, cervicalgia, and sleep disorders are interrelated conditions that tend to exacerbate one another.

Manual therapy, combined with exercises and behavioral modifications, represents an effective therapeutic strategy to address this complex multidimensional condition.

Future studies should focus on optimized protocols, long-term effects, and approaches that consider the patient as a whole within a biopsychosocial framework.

Educator: Dr. ANTONIO GARGIULO

Dr. Antonio Gargiulo is a highly qualified osteopath with a degree in motor sciences. His passion for the human body was born from a personal experience: after suffering an accident and chronic pain, he found relief and solutions thanks to a French osteopath. This encounter sparked a transformative journey, both personal and professional, driving him to expand his skills to provide the best care for his patients.

His dedication to his profession and family makes him an empathetic and motivated practitioner, always ready to help others achieve a healthier and more balanced life.

Wednesday, October 22th - 9:00 AM

Little Theatre Hall

LIVING BREATH AND ITS 5 FLOWS OF HARMONIC BODY FOR FIBROMYALGIA

From a theoretical perspective, we will thoroughly explore all the signals the body sends us — from the most subtle sensations, to discomfort, and up to illness.

This knowledge helps to overcome fear when deciding and personalizing each treatment, but above all, to understand one's own limits and possibilities.

By enhancing our sensitivity through verbal and non-verbal listening, we increase the sensitivity of touch. Every body will communicate its needs, respecting its timing — especially important when working with someone affected by fibromyalgia syndrome.

Fibromyalgia is like an unrelenting fire that causes persistent pain, even though it is not a progressive disease and does not cause tangible damage to the body.

In this workshop, we will cover

- Signals of Fibromyalgia*
- What are its signs?
- How do they manifest?
- What are "Tender Points"?
- Latest Therapeutic Approaches and how they perfectly integrate with holistic treatments and why.
- Living Breath , a technical-practical method of guided breathing exercises to be performed with the client, helping us understand and analyze the pain's key areas, including the analysis of "Tender Points."
- Main indications of these breathing techniques, which produce significant results for this syndrome and prepare the client to lower their sensitivity level.
- Physiological and Psychosomatic Effects
- What happens at the Central Nervous System level, myofascial, articular, and emotional levels.
- The power of expansion on a psychosomatic level.
- Fibromyalgia in Traditional Chinese Medicine and how to intervene through the 5 Flows of Harmonic Body.

Practical part:

- Let's try analyzing our "tender points" through breathing.
- Living Breath and its exercises, Abdominal Analysis in Fibromyalgia
- The three technical steps in fibromyalgia, respecting its timing and its 5 Flows with the Harmonic Body techniques: Digital Relaxation, Triphasic Massage, Fluid-Musical Massage
- Contraindications
- The importance of integration and collaboration with doctors, physiotherapists, and psychologists

Educator: PAOLA D'ONOFRIO

Paola D'Onofrio is a Shiatsu practitioner trained in the Namikoshi method and an expert in the Masunaga method with 40 years of experience.

She began her journey in the field of aesthetics, specializing in various manual techniques including sports massage and the Vodder method for lymphatic drainage, before moving on to Shiatsu. She also studied breath analysis techniques and conducted in-depth research in psychosomatics.

Specialized in Emotional Kinesiology, incorporating principles from Traditional Chinese Medicine.

Her working method is the result of 42 years of experience, addressing many issues including fibromyalgia with her techniques.



Wednesday, October 22th - 2:00 PM
Little Theatre Hall

MANUAL THERAPY TREATMENT IN MYOFASCIAL DYSFUNCTIONS

This workshop is a journey into the muscular system.

The theoretical part will include an in-depth anatomical and physiological study of muscular and fascial structures and the characteristics of myofascial pain.

We will discuss the most frequent phenomena that can alter the "contraction/relaxation" mechanism or "cross-bridge," causing painful dysfunctions on which the professional must act with targeted and effective treatments.

The practical part will distinguish the most appropriate methods for a correct therapeutic protocol, localizing and evaluating the muscles examined to acquire technical skills for safe practice, directly involving participants.

Educator: DR. GIORGIO CHIAPPARI

The educator, Dr. Giorgio Chiappari, is a physiotherapist since 1984, having earned his degree in Turin.

He studied in Brussels (1986–88) at IBM Connective Tissue Massage and in Paris (1988–90) at CIEMM.

WORKSHOP

EDUCATOR: DR. GIORGIO CHIAPPARI

He specializes in Manual and Reflex Therapy and practices at his own clinic, where he treats injuries and disorders of the musculoskeletal structures and peripheral nervous system.

Currently, he is:

Co-founder of MWA (Massage and Wellness Academy) in Turin since 2016, responsible for the Holistic Path/Sports Massage training.

President representing the Manual Therapy category in the Official Federation of the World of Massage, Manual Therapy, and Nuad Thai.

Instructor of the Locomotor System, Nervous System, and Sports Massage.

Lecturer in the healthcare field on Postural Risks and MAPO for healthcare personnel.

Co-author of articles on posture and massage techniques in specialized journals.

A great enthusiast of the musculoskeletal system, his lessons focus on explaining the importance of connective tissue, the fascial system, and the body's biotensegrity.

He firmly believes that only a deep knowledge of anatomy allows Manual Therapy treatments to achieve significant results.

Wednesday, October 22nd – 5:45 PM

Little Theatre Hall

“EL BALANCE” THE MESSAGE THAT BALANCES YOU AND YOUR CLIENT

This workshop is an update featuring new massage techniques, ergonomics - wellness, and freestyle techniques.

We will learn the complexity of the massage techniques and observe the techniques up close.

We will learn how to properly use the body while working. This is extremely important for the therapist's safety and for the correct application of techniques and achievement of the massage goal.

New massage techniques. Knowledge on wellness and free-body techniques.

It will give you a different perspective on working correctly with your own body and the client's body.

The workshop is based on new knowledge, techniques, and elements from other types of massage. This will help your clientele increase and remain satisfied, highlighting why it is important to develop and invest in yourself.

Educator: EMIL ELEFTEROV

The educator, Emil Elefterov, is a world-renowned master of massage techniques, a licensed massage therapist for 9 years, and a co-founder of BAMT (Bulgarian Association of Myofascial Therapists). He has been a professional participant in European massage competitions. He is a member and Vice President for Bulgaria of the Official World Federation of Massage - Manual Therapy - Nuad Thai. He teaches at the "Bogoya" College and the "Bogoya" Professional Training Center. He participates in international events, competitions, and massage seminars, and has won gold medals in various competitions and organizations. He is a representative of international organizations that carry out similar international events.



Thursday, October 23rd - 8:30 AM
Little Theatre Hall

THE ANALGESIC BENEFIT OF VODDER METHOD LYMPHATIC DRAINAGE IN FIBROMYALGIA PATIENTS

Fibromyalgia is a complex syndrome of multifactorial etiology, characterized by widespread musculoskeletal pain, chronic fatigue, sleep disturbances, and cognitive symptoms. Despite its high prevalence, treatment remains a challenge, as pharmacological protocols alone often fail to guarantee satisfactory clinical improvement. In this context, interest in complementary and integrated therapies, including the Vodder method of manual lymphatic drainage, is growing.

The Vodder method of lymphatic drainage, developed in the 1930s by Emil and Estrid Vodder, is a gentle manual technique that stimulates the lymphatic system, promoting the drainage of interstitial fluids and accumulated toxins. The rhythmic and light movements help improve microcirculation and reduce muscle tension, generating a decongesting, relaxing, and analgesic effect.

Numerous clinical studies suggest that, in patients suffering from fibromyalgia, lymphatic drainage can reduce pain perception, improve sleep quality, and contribute to a general sense of psychophysical well-being. The Vodder approach, thanks to its gentleness and its ability to induce a parasympathetic state, is particularly suitable for subjects hypersensitive to touch, which is typical of the fibromyalgia population.

WORKSHOP

EDUCATOR: ADELE CAUTERUCCIO

The purpose of this workshop is to analyze the theoretical principles and scientific evidence related to the analgesic action of Vodder lymphatic drainage, with a practical, demonstrative session aimed at providing useful tools for professionals in the sector. In-depth analysis will cover the neurophysiological mechanisms that regulate pain modulation, the specific manual techniques employed, and the application criteria for patients with fibromyalgia.

Educator: ADELE CAUTERUCCIO

The educator, Adele Cauteruccio (Diamante, 1975), is a specialist in the Vodder method of lymphatic drainage, with experience in the oncological, vascular, and post-surgical fields. She is a national lecturer and Vice President for the Calabria Region of the Official World Federation of Massage, Manual Therapy, and Nuad Thai. She manages practices in Paola and Cosenza and also works as a first responder in emergency health services, ensuring qualified assistance.

Thursday, October 23rd -11:00 AM
Sala Chiostro del '500

TRADITIONAL CHINESE MEDICINE: THE BODY AS A NARRATOR

In this workshop, we will discuss Traditional Chinese Medicine (TCM): a millenary philosophy that, throughout the centuries, has transmitted wisdom that still retains its full meaning today.

Every body, every Being, every Soul bears the marks of time and experience. Every pain, every tension, every symptom tells a personal and unrepeatable story. Chinese Medicine teaches us to read these signs, to recognize the body's words, and thus guides us to find our way, to evolve towards a fuller and more conscious life.

The body is a narrator: it tells us its story through symptoms, the rhythm of the pulse, the color of the skin, and the presence of tension and blockages. The therapist is not only a technician but an interpreter who listens to those messages, transforms them, releases what is held back, and restores the free flow of Qi.

With the millenary wisdom of Oriental Medicine, we can rely on tools such as acupuncture, moxibustion, massage, Qi Gong, meditation... to embark on a journey of healing, balance, and evolution. This is a holistic path that reunites body, mind, emotions, and energy in a deeper harmony.
Does something in these words resonate with your Soul?

Educator: MARIBEL CORPA

The educator, Maribel Corpa, a founding partner of the Tempio del Massaggio in Madrid, has understood through over twenty years of experience with people that every Being is unique, and that we are all constantly searching for our path. She has learned that the body speaks to us non-stop through signals and a special language. Her goal has been to learn to understand this language and decipher the messages that guide us. Thanks to the study of various techniques, she has matured an experience that today allows her to accompany all Souls who feel the need to rediscover themselves.

Thursday, October 23rd -2:00 PM

Little Theatre Hall

INTRODUCTION TO MASSAGE: THE ART OF CONSCIOUS TOUCH

The workshop will address "The Art of Conscious Touch," an introduction to massage dedicated to those who wish to embark on a path of excellence and become the face of their nation in international competitions. With his expertise, Luca Mari will guide participants on a journey of awareness, teaching not only the technique but also the ability to convey emotions and transformation through touch.

The goal of the workshop is twofold:

- Correct Posture of the Massage Therapist: to work with energy, fluidity, and without strain.
- Creating a 360° Holistic Experience for the Client: integrating stretching maneuvers and harmonic movements capable of making every massage not only effective but also deeply regenerating and memorable.

Educator: LUCA MARI

The educator, Luca Mari, is a professional massage therapist internationally recognized for the excellence of his technique and his creativity in the field of massage. With a career built on study, passion, and competitions, he has collected numerous awards in world-level massage championships, standing out for his manual sensitivity and the elegance of his maneuvers. Today, he shares his experience through masterclasses and training programs, with the goal of spreading a massage culture based on presence, quality, and transformation.

Thursday, October 23rd - 4:30 PM

Sala Chiostro del '500

SOULSCAN THE MISSING LINK IN BODYWORK

Discover how to listen beyond the muscles and fascia, into the psychosomatic, bioenergetic, and karmic fields, and forever transform your therapeutic work. Every symptom holds a story. Behind the tension in the body, beliefs such as "I am not enough" or "I must control everything" are often hidden. SoulScan is a revolutionary approach that allows therapists to identify these unconscious imprints, not through words, but through silence, presence, and the body's own response.

In this workshop, you will learn how to anchor yourself to the heart, read the images of the soul, and translate them into a powerful phrase that brings liberation, recognition, and integration.



SoulScan is not a technique; it is a bridge. A bridge between manual therapy and psychosomatics, between bioenergetics and karmic memory. It brings holistic transformation, not just physical relief.

Through live demonstrations and practical exercises, we will experience how the body never lies and how true healing begins when the truth is expressed with love.

This presentation will open up an entirely new dimension of therapeutic work, helping you connect more deeply with your clients and facilitate real and lasting change.

Educator: ANTE ANTIĆ

The educator, Ante Antić, is a manual therapist with over 16 years of clinical experience, specializing in bodywork and holistic approaches to health. He is the Founder and Director of the Akademija Supra Studium, Croatia.

He is an International Judge and Vice President of the Manual Therapy Department for Croatia for the Official World Federation of Massage - Manual Therapy – Nuad Thai. As the founder and director of the Akademija Supra Studium in Croatia, he trains therapists in advanced manual therapy and integrative healing methods. Through his unique approach called SoulScan, Ante connects manual therapy with psychosomatics, bioenergetics, and karmic memory, guiding both clients and professionals to uncover the hidden roots of pain. His work is dedicated to helping therapists expand their practice beyond the physical body and towards the totality of the human being.

Friday, October 24th 3:30 PM

Sala Chiostro del '500

TRADITIONAL TOOLS FOR BODY WELLNESS: LANNA GUA SHA – LANNA TOK SEN HERBAL COMPRESS

Tools for 'Screatching'

1. A "magic knife" (a wooden knife) or an animal bone, such as a tiger's fang, ivory, or deer antler, which is considered sacred and used to scrape or scratch the painful area. "Screatching" is a treatment method that uses a tool to treat by scraping the area believed to contain poison, along with chants and spells (prayers). Its benefits are the expulsion of toxins from the body, the restoration of blood balance, and the improvement of blood circulation.

2. Tok Sen

Tok Sen Tools: Hammer, Wedge (Lightning wood, Makha wood, Tamarind wood, animal horn, ivory)

3. Herbal Oil (Sesame oil) (Optional)

Tok Sen is a massage technique that uses two tools: the first is a support tool and the second is a hammer. These are used to tap muscles and tendons.

Benefits of Tok Sen: softens stiffened muscles and rebalances the body, promoting regular blood circulation. It helps to relax muscles throughout the body and relieve muscular pain.

4. Herbal Compress (Lanna style herbal compress)

Equipment: Herbal compress ball, Fresh turmeric or turmeric powder (fresh turmeric juice), Stove (used as a base for fire), Plowshare (used as a heating base)

WORKSHOP

EDUCATOR: NUENGRUETHAI PHIMPHAENGRAK

Method: Apply herbal compresses and massage them onto various parts of the body, utilizing the heat from the plowshare on the stove. The herbal compress ball is then dipped into the turmeric oil mixture, which generates heat from the herbal compress.

Benefits of Herbal Compresses: Relieves muscle tension and stiffness, reduces muscle inflammation, improves blood circulation, and promotes relaxation throughout the body.

Educator: NUENGRUETHAI PHIMPHAENGRAK

The trainer, Nuengruethai Phimphaengrak, has been appointed as an Honorary Member of the Federation and holds the position of Vice President representing the World of Nuad Thai for Norway. She is an expert therapist in Thai medicine

Friday, October 24th - 4:30 PM

Sala Chiostro del '500

CHAIR MASSAGE: ACCESSIBLE AND EFFECTIVE WELLNESS

Chair massage is designed for those who cannot lie on a treatment couch or experience difficulty keeping their head in a supine position. With this method, Master Boonjira demonstrates the possibilities of working comfortably and effectively, guaranteeing an intense and targeted treatment on deep musculature. This is a technique accessible to everyone, combining practicality with therapeutic benefits.

Educator: BOONJIRA RAMSLAND

The trainer, Boonjira Ramsland, has been appointed as an Honorary Member of the Federation and holds the position of Vice President representing the World of Nuad Thai for Norway. She is an expert therapist in Thai medicine, a Recognized Master, and a trainer.



MASTERCLASS



F.M.T.M.N.T.
Formazione Ufficiale del Mondo
di Marketing Integrale Marketing Team S.p.A.

Wednesday, October 22nd -2:00 PM

Sala Chioistro del '500

ANCIENT THAI TECHNIQUES FOR NECK AND FACE WELLNESS

Workshop Techniques:

·Ancient Thai Cervical Line Release: A traditional Thai technique passed down through generations, focusing on the neck and cervical region. It helps release fascial restrictions, reduce nerve compression, and alleviate chronic neck and shoulder tension. It combines finger and elbow pressure with subtle vibrations to restore nerve function and energy flow.

·Thai Facial Line Release: Gentle finger techniques along the facial fascia and nerve pathways. It improves blood and lymph circulation, reduces muscle stiffness, and enhances skin vitality. It promotes the natural balance of the face and fosters deep relaxation.

·Thai Therapeutic Acupressure on the Face: Targeted acupressure on key facial points with a therapeutic focus. It aids in recovery from facial paralysis (Bell's palsy) by stimulating cranial nerves V (Trigeminal) and VII (Facial). It restores muscle activity, rebalances emotional tension, and rejuvenates overall facial expression.

Educator: AUNLIPREEYA PANDANG

The educator, Aunlipreeya Pandang, has been appointed as an Honorary Member of the Federation and holds the position of Vice President representing the World of Nuad Thai for Thailand. She is an Expert Thai Master, Massage Therapist, and Beauty Operator.

Registration fee: €100

Wednesday, October 22nd -4:30 PM

Sala Chiostro del '500

MASSAGGIO THAI CONTEMPORANEO TOK SEN YAANG KHAANG

•**Tok Sen – Traditional Thai Hammer Massage:** Tok Sen uses wooden or natural tools that are rhythmically tapped along the body to create vibrations. These vibrations reach deep muscles, improve blood circulation, and help release fascial adhesions, making healing more effective.

•**Trimurti Wooden Tool Massage:** A modern innovation of Thai massage designed to conserve energy and support therapists with less physical strength. The wooden tool is used to apply pressure along the body's energy lines, providing effective pressure effortlessly.

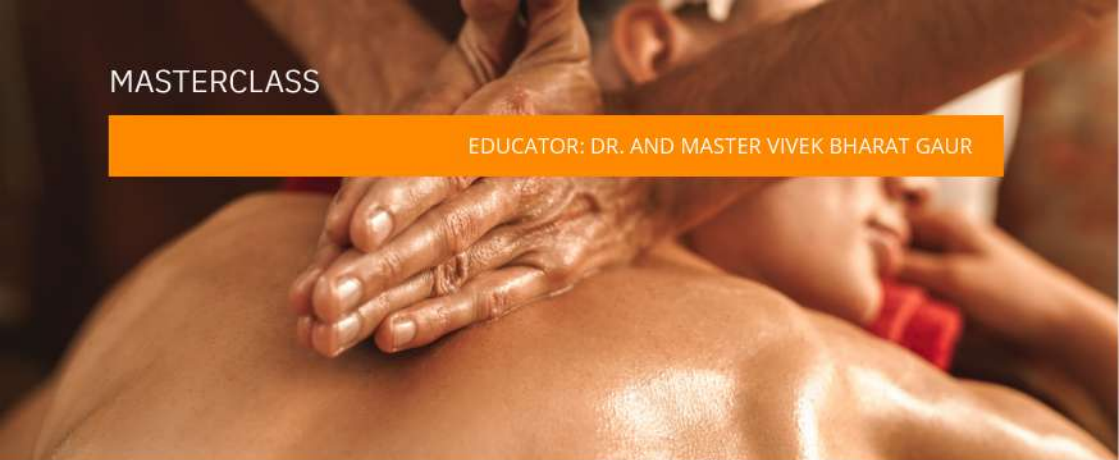
•**Northern Thailand Yam Khang – Foot Massage with Heat:** An ancient Lanna healing art, once practiced by farmers after long days in the fields. By using heated feet to apply pressure along the body, Yam Khang relieves pain, alleviates muscle tension, improves circulation, and restores energy.

•**The Art of Contemporary Thai Massage:** A harmonious blend of traditional Northern Thai massage and modern stretching techniques. This practice not only enhances graceful movements but also aligns with the principles of body mechanics and correct posture.

Educator: PHRAPAKORN PAKTHARAKANSORN

The educator, Phrapakorn Paktharakansorn, has been appointed as an Honorary Member of the Federation and holds the position of Vice President representing the World of Nuad Thai for Thailand. He is an Expert Thai Master and Massage Therapist.

Registration fee: €100



MASTERCLASS

EDUCATOR: DR. AND MASTER VIVEK BHARAT GAUR

Friday, October 24th -8:00 AM
Sala Chiostro del '500

CERTIFIED AYURVEDIC MASSAGE COURSE

A transformative journey into the ancient healing art of Ayurvedic Massage, a holistic practice rooted in eternal Indian wisdom. This course offers those practicing wellness and loving healing an immersive experience in the philosophy, techniques, and therapeutic benefits of Ayurvedic massage. Under the guidance of expert teachers and Ayurvedic therapists, participants will learn the fundamental principles of Ayurveda, body constitution (dosha), and, alongside practical training, traditional massage techniques using herbal oils. The program blends theory and practice to cultivate intuitive touch, anatomical understanding, and a profound sense of healing presence. Whether you are seeking personal growth, professional improvement, or a deeper connection with the body-mind system, this course is designed to provide you with skills that nourish both the giver and the receiver.

WORKSHOP OFF

EDUCATOR: DR. AND MASTER VIVEK BHARAT GAUR

Course Highlights:

- Introduction to the philosophy and principles of Ayurveda
- Understanding the doshas and body types
- Step-by-step massage techniques
- Use of Ayurvedic herbal oils
- Practical sessions with supervision
- Certification upon completion (can be combined with International certification with your school's name/register and our School's name and logo, etc.).

Let Ayurveda guide your hands (and your heart) along a path of Conscious healing.

Educator: DR. AND MASTER VIVEK BHARAT GAUR

The educator, Dr. and Master Vivek Bharat Gaur, studied mechanical engineering. BHS was founded in 2002 to launch yoga treatments and camps across the country with revered saints and yoga followers. He pioneered Ayurveda Panchkarma in 2004—for the first time in Rishikesh. With over 23 years of experience in the wellness sector, working with thousands of people from diverse cultural, demographic, gender, financial, social, and other backgrounds, with beneficiaries spread across more than 60 countries, he has visited, stayed, and conducted programs in more than 30 countries. He organizes yoga sessions for beginners, therapeutic yoga camps for the general public, and Yoga for businesses/offices, and Yoga for schools/children.

Registration fee: €100

CME COURSES



F.M.T.M.N.T.
Formazione Ufficiale del Mondo
di Marketing Finanziario e Assicurativo

Friday, October 24th - 8:30 AM

Little Theatre Hall

FIBROMYALGIA AND INTEGRATIVE MEDICINE: A MULTIDISCIPLINARY APPROACH

Dr. CATERINA ORIGLIA

Dr. Caterina Origlia, is a Medical Doctor, lecturer, and a clear and authoritative voice of Integrative Medicine in Italy. Her experience in Internal Medicine is interwoven with a deep knowledge of Homeopathy, Phytotherapy, and ancient Vedic and Ayurvedic disciplines, creating a dialogue that unites science and millenary wisdom.

Dr. ANNA MANCARELLA

Dr. Anna Maria Mancarella, is the Founder of the Federation and holds the position of Treasurer, as well as being the representative for the World of Massage and Manual Therapy. As a Physical Medicine and Rehabilitation Specialist, Lecturer, and Trainer with over 50 years of experience in the field of Medicine, she serves as the link to doctors and specialist figures who actively support the Federation. She is the Health Spokesperson for the Executive Council in the Official World Federation of Massage – Manual Therapy complex – Nuad Thai.

Fibromyalgia in the Medicine of Complexity: Integrative Energetic, Functional, and Nutraceutical Approaches

Caterina Origlia

The wide variability in the manifestations and course of fibromyalgia syndrome requires an integrated assessment using methods characteristic of complex systems analysis. Reducing inflammation through appropriate nutritional strategies, achieving psycho-emotional and energetic balance, and using dietary supplements, nutraceuticals, and herbal remedies—such as Ayurvedic preparations containing active molecules like boswellic acids—as well as homeopathic and homotoxicological therapies, offer interesting holistic opportunities to support conventional treatments. These approaches enable personalized and flexible responses, reduce potential iatrogenic side effects, and improve treatment compliance.

Fibromyalgia: When the Body Tells the Pain of the Soul

Vincenzo Primitivo

This presentation offers a psychosomatic interpretation of fibromyalgia, highlighting how stress, anxiety, and trauma can trigger chronic bodily responses. Physical pain thus becomes the expression of deep emotional distress, often unspoken or unacknowledged.

Fibromyalgia: Disease or Symptom?

Fiorenzo Carlino

Fibromyalgia is a syndrome—a complex of symptoms that may arise from various causes. It is not a disease per se but the symptomatic expression of one or more underlying conditions. Distinguishing between a syndrome and a disease is crucial for both diagnosis and therapy. Failure to identify the root illness that produces a given symptomatology leads to focusing solely on the symptoms, often resulting in symptomatic treatments—pharmacological or otherwise. Treating a symptom is very different from curing the condition that causes it. This distinction may explain the frequent therapeutic failures in fibromyalgia and its uncertain nosological classification: rheumatic, neurological, psychiatric—or perhaps the so-called “disease that doesn’t exist.” The latter may, paradoxically, be the most accurate, as fibromyalgia represents a complex symptomatic expression of other underlying pathologies.

Rehabilitation-Physiotherapy and Fibromyalgia: A Tailored Approach

Simona Lazzari

The complexity of fibromyalgia symptoms requires a multi- and interdisciplinary treatment approach in which pharmacological therapy is complemented by patient education and rehabilitation. The EULAR guidelines (European League Against Rheumatism) recommend non-pharmacological therapies: physiotherapy (manual therapy, hydrotherapy, and mind-body therapies), which show more lasting and satisfactory effects over time.

Fibromyalgia: New Diagnostic and Treatment Strategies with Integrative Medicine

Antonio Rizzo

Fibromyalgia is a complex and debilitating syndrome characterized by widespread musculoskeletal pain, chronic fatigue, and neurovegetative symptoms, often leading to misdiagnosis and fragmented therapeutic pathways. Integrative medicine offers new perspectives, combining conventional approaches with complementary methods to address the disease holistically. This work explores the latest diagnostic strategies focused on a multidimensional evaluation of the patient and examines therapeutic pathways integrating pharmacotherapy, nutraceuticals, mind-body techniques, and lifestyle interventions. The goal is to outline a personalized care model capable of improving quality of life and reducing the symptom burden in a condition that remains underdiagnosed and challenging to treat.

Body Composition Study in Personalized Medicine

Stefano Spagnulo

Personalized medicine is based on the principle that each individual is unique, and studying body composition becomes a key tool to understand this uniqueness. Analyzing the distribution of lean mass, fat mass, body water, and bone density allows for the mapping of individual metabolic and physiological profiles, facilitating tailored therapeutic interventions.

Modern technologies such as bioimpedance analysis, DEXA, and magnetic resonance imaging allow for precise mapping of body structure, useful not only in clinical settings but also for prevention and lifestyle improvement. In this context, body composition is no longer just a diagnostic parameter but becomes a functional and predictive indicator.

A personalized approach allows nutritional strategies, physical activity programs, and pharmacological treatments to be tailored to the patient's specific characteristics, maximizing effectiveness and minimizing side effects. Interindividual variability, often underestimated in conventional medicine, is valued here as a therapeutic lever.

In summary, studying body composition in personalized medicine promotes a holistic view of the patient, where biology, environment, and behavior interact to build customized care pathways. This approach transforms body analysis into a preventive, predictive, and participatory tool.

Therapeutic Cannabis and Non-Invasive Brain Stimulation (NIBS) in Chronic Pain and Fibromyalgia

Giovanni Caggia

Over the past ten years, the use of therapeutic cannabis and Non-Invasive Brain Stimulation (NIBS) has entered clinical practice for the treatment of chronic pain and fibromyalgia, both as a first-line therapy and according to the principles of integrative medicine, in combination with more traditional treatments.

This presentation aims, including historical notes, to explain the mechanisms of therapeutic cannabis and NIBS, and concludes with a description of the author's personal experience at the Clinical Neurosciences Institute of Lecce.

Fibromyalgia and Depression: An Integrated Analysis of Neurobiology, Psychology, and Clinical Practice

Codruta Terbea

Fibromyalgia (FM) and depression share not only common neurobiological bases (alterations in BDNF, serotonergic dysfunction, chronic inflammation) but also critical psychological factors that perpetuate their vicious cycle. This presentation explores, based on the latest scientific evidence (2022–2024), how pain catastrophizing, alexithymia, psychological trauma, and emotional dysregulation contribute to FM–depression comorbidity, influencing both diagnosis and treatment.



SEMINARS



F.M.T.M.N.T.
Federazione Mondiale di
Morfologia Torpida Marziale Nuda Torpida

Saturday, October 25th -10:30 AM
San Francesco della Scarpa

WHY DON'T YOU WANT TO HEAL? **THE HIDDEN PARADOX** **OF ASKING FOR HELP**

Everyone claims to want to feel better, but when it's time to change... they prefer to hold onto the problem. Strange? No: pain is comfortable, familiar, and even reassuring. Asking for help becomes an elegant way to continue complaining without truly taking a risk. Giving advice, at that point, is like shouting the emergency exits in a theater where no one wants to get up from their seat. The point is not healing; it's about feeling seen, understood, perhaps even pitied. This lecture is for those who have the courage to admit that suffering is sometimes a choice—and that the psychologist's job is not to be a guru, but to remain present, even when the patient clings to their own pain.

Educator: DR. BENJAMIN COLLINS

Clinical psychologist, registered with the Lazio Professional Order, and specializing in Integrated Strategic Psychotherapy. DSA tutor, sports psychologist for Integra Sport 2013 ASD, which promotes inclusive sports; member of the Scientific Society of Strategic Psychotherapy; holds a Master's degree in NLP (Neuro-Linguistic Programming).

Saturday, October 25th -4:00 PM
San Francesco della Scarpa

NEUROPROGRAMMING: THE SCIENCE THAT TURNS ON AWARENESS.

Elia Tropeano is a renowned biologist, mathematician, and researcher. He is the creator of digital neuroprogramming and algorithms. His techniques are easy, fast, and effective for addressing physical or mental problems through a new communication with oneself and one's own brain. This teaching investigates the unconscious by bringing awareness to images, sensations, and internal dialogues crystallized somewhere in our brain that undermine one's serenity, shedding light on the self.

Educator: DR. NICOLA CIANNAMEA

He graduated in Medicine and Surgery in 1982 and specialized in Orthopedics and Traumatology in 1987. He served as Chief Medical Officer at the "Vito Fazzi" Hospital in Lecce from 1998 until December 2019, heading the Foot and Ankle Pathology and Surgery Clinic. He is an expert in Osteopathy, Applied Kinesiology, Homeopathy, and, since 2020, in Digital Neuroprogramming and Elia Tropeano's Algorithms.



Saturday, October 25th - 4:45 PM
San Francesco della Scarpa

MEDICATED OILS IN AYURVEDIC MEDICINE FOR DOSHA REBALANCING

Ayurvedic medicated oils are not simple massage oils, but tools for rebalancing the three doshas (Vata, Pitta, and Kapha) and promoting vitality and inner harmony. Prepared with vegetable oils and medicinal plants, they act as a vehicle for deep nourishment through massage, stimulating the skin, senses, and nervous system. The formulations are chosen based on individual characteristics, transforming the Ayurvedic treatment into a wellness ritual that relaxes the body, promotes mental clarity, and renewed energy. The presentation will illustrate the main types of oils, treatments, and benefits for rebalancing and self-care.

Educator: DR. FLAVIO FORESIO

He graduated in Pharmacy from the University of Parma and simultaneously earned the professional qualification of Shiatsu Operator at the affiliated Apos school "Da Cuore a Cuore."

He then spent a month in India attending an intensive course in Ayurvedic Medicine at the Kandamkulathy Ayursoukhyam Ayurvedic Hospital in Kerala, the undisputed homeland of Ayurvedic Medicine.

Saturday, October 25th -6:00 PM
San Francesco della Scarpa

ENERGETIC PLANTAR REFLEXOLOGY

Energetic Plantar Reflexology arises from the need to unite yin with yang, matter with energy, and classic reflexology with energetic medicine. The foot is a hologram; a whole world made of emotions, pains, and posture that tells the story of the self is hidden within the small. There is no rigid protocol, but a method that encourages the personalization of manual treatment.

Educator: DR. ANTONELLA FERRULLI

She graduated in Biology and Herbal Techniques, with a university specialization in Phytotherapy. Certified as a Naturopath, she later specialized in Chromopuncture at the Peter Mandel Institute and in Pediatric Naturopathy. In 2008, she opened her herbal shop in Gioia del Colle and her center for bionatural disciplines, Armonya, in Acquaviva delle Fonti (Bari). She teaches Chinese medicine, phytotherapy, and other bionatural disciplines at naturopathy training schools. Author of the book: "Energetics of Emotions", Anima Edizioni.

Sunday, October 26th - 10:30 AM

San Francesco della Scarpa

LISTENING, SUPPORT, HOPE: THE JOURNEY WITH APMARR

This meeting is designed to raise awareness of the valuable work of the National Association of People with Rheumatic and Rare Diseases (APMARR), which has always been committed to supporting people living with fibromyalgia. The Association represents a precious point of reference: it creates mutual self-help groups and psychological support paths to face the daily burden, offering spaces for listening and sharing. At the same time, it actively serves as a spokesperson through educational events, with the aim of spreading awareness and sensitizing society to the difficulties related to this complex pathology. This event is an invitation to share experiences, build solidarity networks, and strengthen hope. Because together, we can give more strength to research, understanding, and, above all, to people.

Educator: ANTONELLA CELANO



**ASSOCIAZIONE NAZIONALE PERSONE CON MALATTIE
REUMATOLOGICHE E RARE APS-ETS**

Sunday, October 26th - 11:30 AM
San Francesco della Scarpa

PHOTOBIOMODULATION: THE HEALING LIGHT

For some years now, the scientific community has hypothesized that the chemical code is activated by an informational code, initiating research on the use of Bioresonance frequencies to induce self-regulation processes in the living system. The use of light, from ultraviolet to infrared, has opened up new scenarios in various fields: optimization of mental performance, counteracting mood disorders such as anxiety and depression, behavioral disorders such as autism and ADHD, neurodegeneration in the elderly, Parkinson's, Alzheimer's, tissue regeneration, Longevity, and much more. Scientific research conducted with prestigious Universities like the Harvard Medical School in Boston will be presented and discussed with the participants.

Educator: DR. ANTONIA DI FRANCESCO

Her classical education and degree in Chemistry provide her with both a humanistic and scientific perspective, fueling her interest in the borderlands where science and spirituality speak the same language. She founded and directs the Integrated Medicine centers IOMED, offering concrete support to those wishing to explore the deeper conflicts of illness, including karmic or genealogical dimensions. She is a speaker at international conferences on the use of bioresonance frequencies, particularly light, and conducts residential seminars and webinars on personal growth and the symbolic meaning of illness. She employs techniques for measuring the human energy field.

Sunday, October 26th - 4:00 PM

San Francesco della Scarpa

RIGHTS, PATIENT PROTECTION, AND CORRECT HEALTH INFORMATION

Talking about health means focusing on people, their vulnerabilities, and their rights. This meeting offers tools to understand the laws that protect patients and why respecting the privacy and dignity of those facing illness is fundamental. A central moment will be dedicated to direct patient testimonies, valuing narration and experience as tools for knowledge.

Moderator: SARAH HELENA VAN PUT (Publicist, Puglia Order of Journalists)

Training Objectives:

- To provide journalists with tools for correct, balanced, and respectful information regarding patients, with a focus on the use of Medical Cannabis.
- To deepen the national and regional regulatory framework with particular reference to the Puglia Region.
- To strengthen ethical and deontological skills, especially regarding the protection of patient privacy and dignity with reference to Article 26: Environmental, Scientific, and Health Information.
- To promote good journalistic writing practices in the health sector.

MEDICAL CANNABIS AMONG HISTORY, RIGHTS, AND FAKE NEWS.

Speaker: ISABELLA PALAZZO

(President of the Association for the Protection of Medical Cannabis Patients)

REGULATIONS AND PATIENTS' RIGHTS.

The national and regional legislative framework, with a focus on Puglia as a regulatory vanguard.

Speaker: AVV. DONATO MARUCCIA

(Lawyer)

REGULATORY FRAMEWORK AND PRIVACY PROTECTION.

From the GDPR to national legislation: protection of sensitive data and the responsibilities of professionals.

Speaker: AVV. GRAZIANO GARRISI

(Expert in the subject matter at the University of Salento, Data Protection Officer in public and private bodies.)

ETHICS AND DEONTOLOGY IN HEALTH REPORTING.

The role of the journalist: correctness, respect, responsibility.

Speaker: MADDALENA MONGIÒ

(Journalist, Press Office for the Order of Physicians and Dentists of Lecce)

PATHOGRAPHY AND THE NARRATIVE OF ILLNESS.

The patient's perspective: good practices in health journalism.

Speaker: PROF. ANDREA SCARDICCHIO

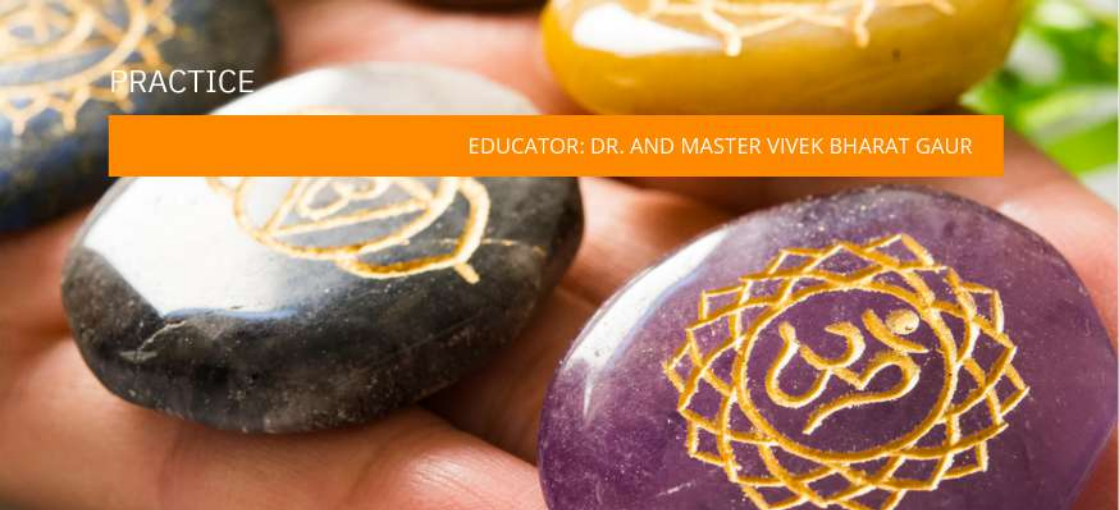
(Associate Professor of Contemporary Italian Literature at the University of Salento).

·Testimonies from patient association representatives.

PRACTICE



F.M.T.M.N.T.
Federazione Mondiale di
Morfologia Torpida Marziana Tardiva



Monday, October 20th - 4:45 PM

Tuesday, October 21st - 4:30 PM

Wednesday, October 22nd - 4:45 PM

Sala Chiostro del '500

CHAKRA HARMONIZATION

Enter a deeper state of energetic balance and self-awareness through this workshop—a guided journey to cleanse, align, and activate the body's seven main energy centers. Over three targeted one-hour sessions, participants will explore powerful tools such as breathing exercises, sound healing, guided meditations, and subtle body awareness techniques to bring harmony to the chakras and restore the natural flow of prana (life force).

Each session is designed to progressively deepen the experience for both beginners and experienced practitioners, using experiential practices, group energetic work, and reflective insights. This workshop will help release blockages, enhance emotional clarity, and awaken one's inner vitality.

PRACTICE

EDUCATOR: DR. AND MASTER VIVEK BHARAT GAUR

What to expect:

- Introduction to the chakra system
- Guided meditations for each energy center
- Breathing and mantra techniques for balance
- Sound vibrations and visualization practices
- Tools for self-diagnosis and daily chakra care

Who should attend?

Ideal for yoga practitioners, meditators, healers, or anyone who feels energetically out of sync or is seeking personal transformation. Reconnect with your subtle energetic body: restore balance, clarity, and inner peace in just three powerful sessions.

Educator: DR. AND MASTER VIVEK BHARAT GAUR

Dr. and Master Vivek Bharat Gaur, studied mechanical engineering. BHS was founded in 2002 to launch yoga treatments and camps across the country with revered saints and yoga followers. He pioneered Ayurveda Panchkarma in 2004—for the first time in Rishikesh.

With over 23 years of experience in the wellness sector, working with thousands of people from diverse cultural, demographic, gender, financial, social, and other backgrounds, with beneficiaries spread across more than 60 countries, he has visited, stayed, and conducted programs in more than 30 countries. He organizes yoga sessions for beginners, therapeutic yoga camps for the general public, and Yoga for businesses/offices, and Yoga for schools/children.



Saturday, October 25th-11:30 AM

San Francesco Della Scarpa

LISTEN TO THE BODY AND RELAX THE MIND YOGA IS FOR EVERYONE

Immerse yourself in a traditional Indian Yoga class to find balance and centering after the summer season. Open to everyone, including those who have never practiced Yoga.

Yoga practice led by MASTER BRONWYN WHITE

The trainer, Master Bronwyn White, is a traditional Indian Yoga teacher, qualified at YOGA VIDYA GURUKUL, Nashik, India (www.yogapoint.com) with the following qualifications:

- * Yoga Teacher
- * Advanced Pranayama Teacher
- * Yoga Psychology and Philosophy Teacher
- * Children's Yoga Teacher
- * Teacher and Examiner for Yoga Teacher Training

Short courses qualified at Kaivalyadhama:

- Raja Yoga Techniques
- Kriya Yoga and Holistic Life Meditation

She has taught Yoga in various regions of Italy, India, and South Africa, organizing customized individual lessons for students, based on their specific needs, as well as group classes ranging from beginner lessons, Yoga for back pain, Prenatal Yoga, Yogic lifestyle, and more advanced classes. She organizes courses both independently and in collaboration with various institutions and individuals to promote the benefits of Yoga. She personally holds residential training courses for traditional Indian Yoga teachers and assists with the teaching, supervision, and examination of students participating in the various courses offered by Yoga Vidya Gurukul in India. All teachings are based on the practical principles of Hatha and Patanjali Yoga. She also teaches meditation techniques and is a meditation practitioner herself.

PRACTICE

MASTER BRONWYN WHITE

She has taught Yoga in various regions of Italy, India, and South Africa, offering personalized individual lessons tailored to students' specific needs, as well as group classes ranging from beginner sessions, Yoga for back pain, Prenatal Yoga, Yogic lifestyle, to more advanced classes.

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Saturday, October 25th -7:00 PM

San Francesco Della Scarpa

SHI PA LO HAN CHI KUNG (CHI KUNG OF THE EIGHTEEN DISCIPLES OF BUDDHA) TAOIST PRACTICE FOR THE NOURISHMENT OF LIFE

Chi Kung, literally translated as “energy work” or more simply “energetic work,” refers to a series of techniques revised and systematized starting in 1950 in the People’s Republic of China. These techniques find their origin in the ancient tradition of Taoist practices, and anciently this body of techniques was known, among other names, as tao yin, translatable as “nourishment of the way (life).”

In ancient times, what has now converged into chi kung was known and practiced with different names and methods depending on the style.

The Shi Pa Lo Han Chi Kung is one of the oldest exercises maintained within the school of Master Lee Kam Wing and is composed of eighteen sections.

It is said that these exercises reached us after about a thousand years within the Chi Hsing Tang Lang Chuan (Seven Star Praying Mantis style). Shih Kung CHIU CHI MAN, the master of L.K. Wing, who passed away in September 2002 at the age of one hundred and one, attributed his longevity to the daily practice of Shi Pa Lo Han Chi Kung.

The purpose of the exercises is to train and achieve a strong physique and to provide a good practice method for training the vital functions of the human body to reach a good state of health and minimize the risk of disease. The eighteen exercises or sections of the Shi Pa Lo Han Chi Kung, by working on the body, breath, and focus, strengthen the musculature and circulatory system, stimulating energetic circulation (chi) and vital functions.

The practice of Shi Pa Lo Han Chi Kung has multiple benefits for our body: on a physical level, it strengthens tendons, joints, and bones, stimulates the strength of fingers, arms, elbows, wrists, and chest, increases energy in the feet and legs, and generally improves our external strength; on an internal level, it develops "original chi" and improves blood circulation, stimulates energy in the appropriate channels, and enhances the functions of internal organs. The practice of these exercises, therefore, increases the ability to defend against illnesses and thus maintain longevity. Furthermore, it is considered of significant importance for those who practice martial arts, for Shiatsu, Tuina, and reflexology practitioners, etc., and for the correct development and use of vital energy.

Practice led by MASTER CARLO DE GIOVANNI

Carlo De Giovanni began practicing martial arts in 1974, studying Tae Kwon Do under Master Gino Perulli. He then continued with Japanese and Chinese martial disciplines under Master Luciano Corsano, with whom he also attended Shiatsu courses.

In the 1990s, he became an international instructor of Kundalini Yoga in the school of Yogi Bhajan and earned a diploma in Traditional Chinese Massage and Qi Gong under Prof. Li Xiao Ming, director of the Institute of Medical Qi Gong Research at Beijing University.

He practices and teaches Shi Pa Lo Han Chi Kung, one of the oldest forms of Chi Kung originating from the Shaolin Monastery, which he learned from Master Lee Kam Wing, one of the most renowned generational masters of the ancient Chi Hsing Tan Lang Chuan (Seven-Star Praying Mantis Style).

Since 2003, under the guidance of Master Severino Maistrello, he has been a 2nd Duan Federal Instructor of the Wudang Fu Style Federation and founded the Tai Chi Chuan – Chi Kung Association for the promotion and practice of Chinese internal disciplines.

RELATED EVENTS

EXHIBITION MANDALA CONCERTS



QBOZERO



F.M.T.M.N.T.

Federazione Ufficiale del Mondo
di Mandala e Trapianti Mandala T.M.T. 2019

Monday, October 20th -8:30 PM

Chiostro del '500

IN THE LAND OF PATACHITRA

In West Bengal, there is a village where women, called Chitrakar, are the bearers of a tradition dating back over 2,500 years—that of the sung paintings, called Patachitra or Scrolls. The term comes from the union, in Sanskrit, of the words Patta, meaning a piece of cloth, and Chitra, meaning image, hence “images on cloth.” These are colorful strips of paper and fabric, of various sizes, painted predominantly with natural dyes obtained from local flowers and plants, following a millenary technique, whose main function is to tell stories.

The Chitrakar women accompany the slow unrolling of these panels with songs that describe their contents. Along with them, the stories told have also evolved: alongside classic themes recounting Hindu myths or aspects of nature, we find scrolls that address political, current affairs, and contemporary issues, such as the attack on the World Trade Center on September 11th, the sinking of the Titanic, the tragedy of the tsunami, the problem of Covid as experienced and seen in the female community, and topics related to violence against women.

They display their works by traveling to various villages and different states across India. It can be said that Patachitra, in addition to having high artistic value, also has high social and cultural significance: through their dissemination, they succeed in raising awareness about various issues even among less affluent classes who rarely have access to information, thus reaching illiterate people as well. For the Chitrakar women, the art of Patachitra represents a great form of economic emancipation and self-determination that aims to voice the struggle of Indian women towards achieving equality.

EXHIBITION

EXHIBITION PHOTOGRAPHY BY LUCIANA TRAPPOLINO

Photographic Exhibition by LUCIANA TRAPPOLINO

Born in Orvieto on February 15, 1964. Graduated in Economics and Commerce from Sapienza University in Rome (Italy). She currently lives in Lecce, where she works for a public company. Since childhood, she has cultivated a passion for photography, which she diligently pursues in recent years, in perfect combination with her great passion for travel. Her photography is primarily a travelogue and an ethnic testimony of the traditions, customs, and practices of peoples that are being lost due to Western contamination. In recent years, she has also focused on local traditions and realities to promote their authenticity and beauty, beyond stereotypes. Photography plays an important role in this process of knowledge, thanks to its immediate perception, more so than a written text. She has received several awards and Honorable Mentions, including those from the FIOF International Photographer Awards (2017, 2018, and 2019 editions); she was a finalist at the Miami Street Photography Festival 2018; a finalist at the Urban Photo Awards 2020 and 2024; a multiple-time finalist at SIPA; winner of the 1st prize in the competition promoted by Amnesty International Italy 2019; winner of the 1st prize at FIIPA-FIOF 2019 for the "People" Category; Ambassador of Italian Photography at the International Art Photography festival Lishui – CHINA in 2020, and Ambassador of Italian Photography and finalist at the Fokus Awards in Albania in 2022 and 2023 in the "Life" and 'Land' category ; Honorable Mention at the Tokyo International Foto Awards 2023; Honorable Mention at the PX3 Prix de la Photographie Paris in 2023, 2024, and 2025; her project 'The Last Guardians of the Forest' was awarded among the top 10 travel stories at the Travel Tales Award 2024. Some of her works have been exhibited in various collective and personal exhibitions in different Italian cities. The solo exhibition 'Glimpses from the Global South' (Sguardi dal sud del mondo) was exhibited in Lecce in 2019 and in the province of Ancona in 2021. The solo exhibition 'The Last Tattooed Women of Myanmar' was exhibited at the International Photography Festival promoted by Fiof in Orvieto, Minturno (LT), and Barletta in 2018, in addition to being exhibited in the province of Lecce (2019), Teramo (2019), and Matera (2021); the traveling collective exhibition 'Social

EXHIBITION

EXHIBITION PHOTOGRAPHY BY LUCIANA TRAPPOLINO

Isolation Beyond the Pandemic' promoted by Amnesty International Lombardia in 2023 was organized in the main cities of Lombardy; some photos were exhibited at the Corigliano Calabro Photography festival and the Colorno Photography Festival 2023; In 2023, the exhibition 'Hijab' traveled jointly with the Exhibition of Artist's Books 'Woman Life Freedom, my name is Night' (Donna Vita Libertà, il mio nome è Notte), conceived and designed by Maddalena Castegnaro, head of the Presidio del Libro-Archivio del libro d'artista VerbaManent of Sannicola (LE), with the aim of denouncing the condition of invisibility and silence to which Iranian women are condemned by an autocratic and inhuman religious regime that suffocates all dissent with violence and fear. In 2024 and 2025, the solo exhibition 'In the Land of Patachitra,' curated by Prof. Maddalena Castegnaro and together with Prof. Urmila Chakraborty, was exhibited in Copertino, Casarano, and Maglie. Some of her photos have been published in important photographic magazines: including National Geographic, the FIAF Yearbook, Photo Professional, Il Fotografo, Dodho Magazine, ViaggioFotografico.it, L'Oeil de la Photographie, and Edge of Humanity Magazine. In 2024, in collaboration with the Vidyasagar University 'Centre for Adivasi Studies and Museum' of West Bengal and with Prof. Urmila Chakraborty, she realized the photographic project on the Chitrakar women of the village of Naya and their art of Patachitra."





Tuesday, October 21st, 8:30 PM
Chiostro del '500 Hall

DIWALI FESTIVAL OF LIGHTS

Dīpāvalī, also known as Divālī, is one of the most important Indian festivals and is celebrated in October or November. Deepavali means "a row (avali) of lamps (deepa)."

It is known worldwide as the "Festival of Lights." It symbolizes the victory of good over evil and marks the beginning of the Hindu New Year, representing the power of inner light that protects from darkness and negativity.

This festival is celebrated by Hindus, Jains, and Sikhs. Clay lamps are lit inside and outside homes to signify the "triumph of light over darkness, good over evil, and knowledge over ignorance."

Like many Hindu festivals, it is also a harvest festival. Diwali is celebrated after the crops have been gathered at the end of the monsoon season and also marks the beginning of winter in the Indian subcontinent.

The different days of Diwali are associated with various legends and stories.

The most popular legend tells that Lord Rama returned to his home, Ayodhya, after 14 years of exile in the forest, together with his wife Sita, on Diwali Amavasya, the darkest night of the year.

The people of the city, to honor their king's return, lit rows (avali) of lamps (deepa).

Another legend tells that Lord Krishna killed the demon Narakasura and freed the maidens he had held captive. In yet another story, Lord Krishna, in his child form, pushed King Bali—an immortal and powerful ruler—into the depths of the underworld to break his pride.

The Diwali celebrations last for five days during the Hindu month of Ashwayuja, which usually falls between October and November. For Hindus and Jains, it is a celebration of life and an opportunity to strengthen bonds with family and friends. For Jains, it also marks the beginning of the new year.

Organized in collaboration with:
The Hare Krishna Temple of Arnesano



Thursday, October 23, at 6:30 PM
San Francesco della Scarpa

OPENING OF THE MANDALA DEDICATED TO TARA, THE SAVIORESS SHE WHO LIBERATES FROM ALL DANGERS AND SUFFERINGS

MANDALA

This Tibetan term is composed of “kil,” meaning circle or center, which conveys the idea of essence, and “kor,” meaning around, to take or to grasp — therefore, Mandala literally means “to grasp the essence.”

It carries various meanings, but in Tantra, it represents the complete celestial residence or palace of a principal Deity, surrounded by their retinue. Mandalas are often depicted as paintings on rolled canvases (thangkas), carvings on wood, or intricate designs made from colored sand.

Meditating on the mandala — as Tibetan monks do while creating it — involves contemplation of the various symbols it contains, as well as reflection on the entire cycle of creation–destruction–creation of multiple universes.

For the disciple, meditating on the mandala is of fundamental importance: it represents a profound inner journey leading toward ultimate evolution — complete enlightenment.

Followed by teachings on Mahayana Buddhism.

MEDITATION IN TIBETAN BUDDHISM

Everyone wants happiness and tries to avoid suffering, yet we often end up running away from happiness and heading straight toward suffering. We do everything in our power to feel satisfied and happy — we study, work, have children, buy things, try to reconnect with nature, eat what we believe to be healthy foods, exercise, and practice yoga — but nothing ever seems to truly fulfill us.

There is nothing wrong with wanting happiness. The problem lies in believing that relationships or the possession of material goods are its source. They cannot be, because all phenomena are impermanent.

Everything changes; everything is transient. According to Buddhism, there is a lasting form of happiness — and it resides within our own mind. By practicing the Buddhist path, we can learn to be happy at any moment and in any situation of our lives, even in difficult or painful ones. This can be achieved by learning to tame the mind, freeing ourselves from problems such as dissatisfaction, anger, and anxiety, and eventually realizing how phenomena truly exist in reality.

This process unfolds gradually — through listening, studying the nature of the mind and phenomena, reflecting and analyzing, and finally transforming the mind through meditation. After all, in Tibetan, the word for “meditation” means to familiarize oneself.

Familiarize with what? With the object of meditation — which can be anger, jealousy, or even a painful family situation that leaves us hurt or frustrated.

Buddhist meditation is, in essence, a path, a method that helps us become familiar with positive, virtuous states such as love, compassion, patience, serenity, and so on, so that over time they become natural. In this way, situations or people we once considered hostile can be faced with confidence, calm, and patience.

By **Venerable Geshe Tenzin Bakdo**,
Jangtse Thoesam Institute, Taranto



The Chan Tze Thoesam Institute – Mahayana Buddhist Center

was founded thanks to the deep faith and strong determination of the three Albano sisters — Nora, Vittoria, and Ada — and their spouses, Agostino Marassi and Piero Vinci.

The founders turned to their spiritual guide, Geshe Sonam Cianciub, then resident teacher at the Samantabhadra Institute in Rome, expressing their wish to establish a Dharma Center in Taranto, a place where people could meet and study the ancient philosophy and wisdom of Buddhism.

Geshe Sonam Cianciub welcomed their request and, after visiting our city several times throughout 1996, officiated the inauguration ceremony of the Center's headquarters on January 19, 1997. On that same occasion, he conferred the Bodhicitta vows as a sign of good auspice for the students of Taranto, encouraging them to always keep this motivation in carrying out the activities that the Center would promote.

The following year, in July 1998, thanks to Geshe Sonam Cianciub — who came from the Gaden Monastery — Geshe Namgyal arrived to reside permanently at our Center, accompanying its growth and establishment in the region over the next twenty years.

CONCERTS

PRACTICE PERFORMED BY MASSIMO GRIECO

MWednesday, October 22nd, 8:30 PM

16th-Century Cloister Hall

CONCERT WITH TIBETAN BOWLS AND ANCIENT INSTRUMENTS.

An invitation to stop, breathe, and let the sound flow through you. The Tibetan bowls open the path with vibrations that resonate in the soul; the rainstick and the Ocean drum bring back the memory of water and its eternal cycles; the kalimba, with its crystalline notes, guides toward spaces of lightness and inner silence. A meditative concert, a timeless journey in which to be lulled by the music of the earth and the universe.

Practice performed by MASSIMO GRIECO, MORENA BRANCA

MASSIMO GRIECO, a holistic operator, postural gymnastics teacher, and researcher in the field of sound/vibrational techniques. A former electronic music composer, he became interested in the holistic care of the human being. He began studying massage derived from the Ayurvedic tradition, which he deepened by attending a clinic in Kerala (India), after which he expanded his knowledge of massage by studying it through the traditions of other cultures such as Hawaiian and Thai, until discovering the Himalayan Bowls. After a careful study of these ancient bowls, he began offering individual sound/vibrational massages and treatments and group Sound Baths, which he has been taking on the road for about three years with monthly appointments in Umbria, Lazio, Liguria, and the Maremma, in addition to leading a self-development working group, with weekly meetings, also through sound, in Orbetello (GR).

MORENA BRANCA, a massage therapist since 2017, she began her studies with Master Jonathan Van Put, acquiring over twenty massage techniques and deepening her knowledge of massotherapy techniques through the Master's program in advanced techniques held by Dr. Anna Mancarella. Over the years, she has attended specialization and advanced courses at the Naga school with international Masters: Lin Patchamart, Awudi Atitsogbui, Kiung Baek, and Marey El Hamouly. She also specializes in music therapy, particularly meditation and chakra rebalancing through Tibetan singing bowls with the Tibetan Master Tonla Sonam.



CONCERTS

ALESSANDRO FERRARO - VALENTINO IMBRIANI - MASSIMO GRIECO



Saturday, October 25th, 8:30 PM
San Francesco della Scarpa

JOURNEY ON THE PATHS OF THE SOUL

Journey on the Paths of the Soul is a musical experience that intertwines past and present, tradition and innovation. The ancient Tibetan bowls, with their millenary history and the evocative power of vibrations, become the starting point of a sensory journey capable of opening up unprecedented inner spaces.

Around these resonances, the musicians have built an enveloping soundscape, which takes shape through the encounter with the nuances of electronic music. The result is a profound dialogue between archaic and modern sounds, a bridge where ancient instruments and electronic music meet, giving voice to a conversation capable of deeply touching the soul.

It is a sonic journey where every vibration becomes a step, every echo becomes light, and time itself dissolves into a single breath. A journey that is not just listened to, but is traversed with the soul open to encounter and revelation.

CONCERTS

ALESSANDRO FERRARO - VALENTINO IMBRIANI - MASSIMO GRIECO

ALESSANDRO FERRARO (Master in Electronic Music)

Alessandro Ferraro, sound designer and electronic music composer. Born and trained in Lecce, he began studying drums and later electronic music. He graduated from the "Tito Schipa" Conservatory in Lecce and subsequently attended a Master in Music for Film and Videogames, after which he began collaborating with an American audio company as a sound designer, foley artist, and audio editor. He has worked on several videogames, TV commercials, a short film, and a feature film. He performs live for Aaltra, At Fest, Onirica, and has also been a lecturer and external tutor for the Academy of Fine Arts in Bari, for a high school, and for various other private institutions. He releases electronic music as an independent artist and on foreign labels. He researches new live performance modalities based on the integration of analog modular systems, concrete music, digital algorithms, and percussion.

VALENTINO IMBRIANI (Master in Electronic Music)

Valentino Imbriani, degree in electronic music, sound designer, and 3D design, with a musical journey that has touched various forms and genres (rock, pop, jazz), playing in different formations until arriving at electroacoustic music. He has always written music, initially with classical notation and then with increasingly personal systems, resorting to sequence notes, but never entirely abandoning the tradition that shaped him.

Practice performed by MASSIMO GRIECO

Massimo Grieco, a holistic operator, postural gymnastics teacher, and researcher in the field of sound/vibrational techniques. A former electronic music composer, he became interested in the holistic care of the human being. He began studying massage derived from the Ayurvedic tradition, which he deepened by attending a clinic in Kerala (India), after which he expanded his knowledge of massage by studying it through the traditions of other cultures such as Hawaiian and Thai, until discovering the Himalayan Bowls. After a careful study of these ancient bowls, he began offering individual sound/vibrational massages and treatments and group Sound Baths, which he has been taking on the road for about three years with monthly appointments in Umbria, Lazio, Liguria, and the Maremma, in addition to leading a self-development working group, with weekly meetings, also through sound, in Orbetello (GR).

CHAMPIONSHIP



F.M.T.M.N.T.
Federazione Mondiale di Maratona
di Maratona, Triathlon, Maratona, Triathlon, Triathlon

Saturday, October 25 and Sunday, October 26 at 8:30 a.m.
Sala Chiostro del '500 and Sala Teatrino

Championship of Massage and Manual Therapy ©® and the World Championship of Traditional Nuad Thai Massage ©®.

The dissemination and correct information is the main objective of the **World Championship of Massage and Manual Therapy ©® and the World Championship of Traditional Nuad Thai Massage ©®**.

The Federation aims to develop and promote the true dissemination of massage, valuing various techniques and practices, giving space to beauticians, massage therapists, holistic operators, physical therapists (massoterapeuti and fisioterapisti), osteopaths, kinesiologists, chiropractors, doctors, and experts around the world.

This is why we have included the two championships within a larger context: the First World Congress of Integrative Medicine, Massage, and Manual Therapy ©®, organized with the support of the Ministry of Health, Sports, the Italian Association of Medical Doctors and Dentists, and Psychologists and Psychiatrists.

The World Championship of Massage – Manual Therapy – Nuad Thai ©® should primarily be a competition; instead, this organization has managed to transform it at the same time into an opportunity for massage therapists to find professional inspiration, networking, training, and professional growth, a space to understand and promote their image, and where amazing collaborations are born every year, continuously expanding knowledge and protection for this world.

PROMOSSO, IDEATO E
ORGANIZZATO DA:



F.M.T.M.N.T.

di Massaggio, Terapia Nervale, Acupuntura, Yoga

IN COLLABORAZIONE
CON:



CON IL SOSTEGNO DEL
CONSIGLIO REGIONALE
DELLA PUGLIA



CON IL PATROCINIO DI:



Provincia
di Lecce



Ordine dei
medici di
Lecce



IN PARTNERSHIP CON:



WITH THE SUPPORT OF:



l'albero della Vita

ALE&GIO
BENESSERE QUOTIDIANO



THE SCHOOLS



HÓLOS
L'arte della cura e del benessere



F.M.T.M.N.T
Federazione Mondiale
di Maneggio Torpato Marzotto Nudo Torpato