



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:



IN PARTNERSHIP WITH

“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

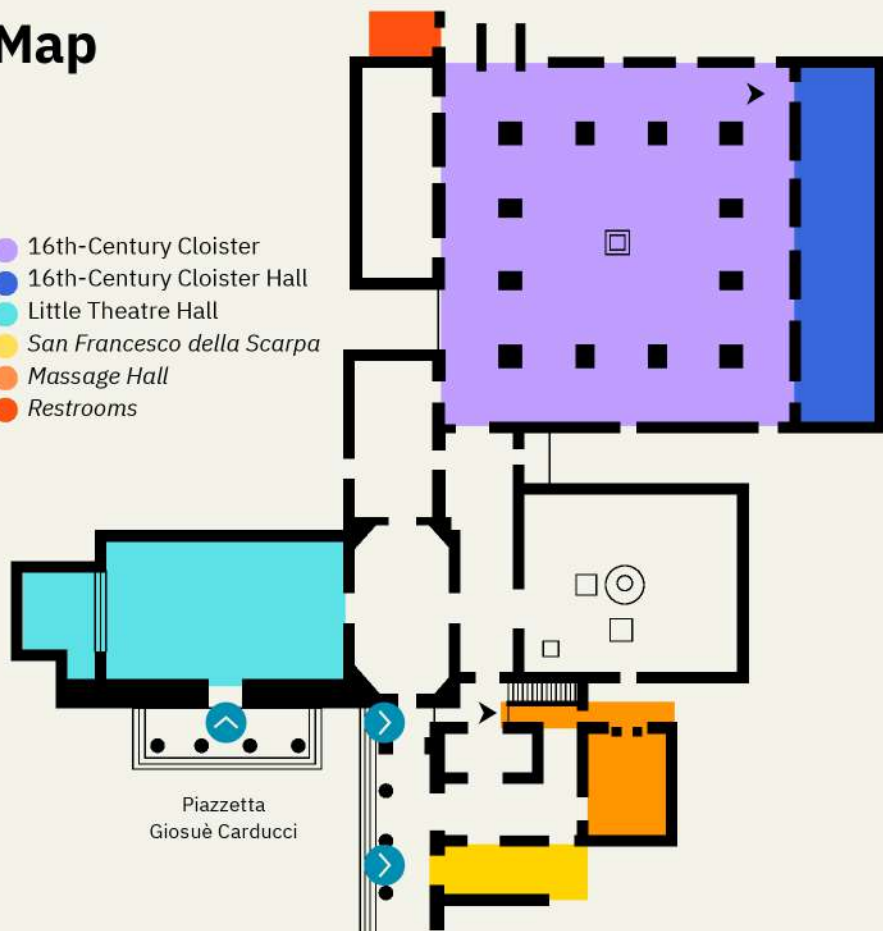
President of the Official World Federation of Massage and Manual Therapy Nuad Thai

Legend

	WORKSHOP
	PRACTICE
	SPECIAL EVENTS
	SEMINARS
	CONCERT
	CME – CONTINUING MEDICAL EDUCATION
	OFFICIAL WORLD CHAMPIONSHIP OF MASSAGE AND MANUAL THERAPY

Map

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



Legend

	WORKSHOP		CONCERT
	PRACTICE		CME – CONTINUING MEDICAL EDUCATION
	SPECIAL EVENTS		OFFICIAL WORLD CHAMPIONSHIP OF MASSAGE AND MANUAL THERAPY
	SEMINARS		

Monday

20.10.2025



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

WORKSHOP

Monday, October 20 · 8:30 AM

16th-Century Cloister Hall

The Neurophysiological and Immunological Benefits of Ayurvedic Abhyanga

Kalari Abhyanga, the traditional Ayurvedic massage linked to Kalaripayattu, combines synchronized movements and medicinal oils to promote balance and vitality. Recent studies highlight its effects on autonomic regulation, the HPA axis, vagal tone, and immune response. This session integrates theory and practice, exploring how this ancient technique can be incorporated into modern models of integrative and preventive medicine.

Speaker: Dr. Awudi Atitsogbui.

Monday, October 20 · 2:30 PM

Little Theatre Hall

Psychic and Emotional Blocks in the Body and Their Resolution through Manual Therapy

An immersive journey exploring the connection between body, psyche, and emotional memory through the Californian Emotional Massage technique, developed in the 1970s at the Esalen Institute. This is not simply a massage, but an approach that facilitates the release of emotional blocks by integrating Western psychology with Eastern holistic traditions. Blending theory and hands-on practice, participants will learn to recognize how emotions and trauma manifest in the body, to use touch as a tool for healing, and to create a safe therapeutic space.

Speaker: Master Jonathan Van Put

WORKSHOP

Monday, October 20 · 11:30 AM

Little Theatre Hall

Ayurvedic Medicine and Marma Therapy

This highly specialized workshop allows massage therapists and holistic practitioners to incorporate extremely functional, customizable, and adaptable techniques into their work protocols and competitions. It is aimed at any professional in massage and manual therapy who wishes to integrate the tradition and originality of Marma treatment with other types of massage, enhancing their effects for a more functional massage with long-term benefits.

The workshop will cover aspects related to the body — Prakriti (physical and physiological characteristics) — mental state (attitudes, mental setting, possible disorders) — and emotional state (type and intensity of emotions, predominance, and emotional management), along with corresponding assessments.

Speaker: Master Sara De Luca



PRACTICE

Monday, October 20 · 4:45 PM
16th-Century Cloister Hall
Chakra Harmonization



A three-session guided journey (1 hour each) designed to purify, align, and activate the seven main energy centers of the body. Through breathing techniques, guided meditations, sound vibrations, and tools for subtle body awareness, participants will learn to release blocks, regain emotional clarity, and awaken inner vitality. Suitable for both beginners and experienced practitioners, the workshop offers experiential practices and tools for daily chakra care and restoring the natural flow of vital energy.

Practice led by Dr. and Master Vivek Bharat Gaur

WORKSHOP

Monday, October 20 · 6:00 PM
Little Theatre Hall
Are There Safe Manipulation Techniques for the Cervical Spine?

Cervical manipulations, when performed with competence and a solid understanding of anatomy and biomechanics, can provide benefits to many patients but carry risks if applied by unqualified practitioners. This lecture will cover indications, contraindications, common pathologies, and safety tests for correct application. Three safe techniques of Translatory Spinal Manipulation (TSM) — disc traction, facet joint distraction/separation, and gliding — will be presented, along with effective mobilization procedures as foundational learning. The practical demonstration will showcase approaches and methods to ensure treatment efficacy and safety.

Speaker: Dr. Aleksandar Stosic

SPECIAL EVENTS

Monday, October 20 · 8:30 PM
16th-Century Cloister
In the Land of Patachitra

Photographic narratives of the Patachitra art (sung paintings) by the Chitrakar women of Naya Village, West Bengal, India.

Photo Exhibition by Luciana Trappolino



Tuesday 21.10.2025



F.M.T.M.N.T.
Federazione Mondiale
di Tecnologie Trasparenti e Non Invasive

WORKSHOP

Tuesday, October 21 · 8:30 AM

Little Theatre Hall

ReShapeS® - Where the Body Remembers and the Hands Restore

ReShapeS® is a manual method designed for the female body, integrating lymphatic, fascial, and emotional work to promote regeneration and internal balance. In this three-hour workshop, Sanja Avramović will present the principles of the method through practical demonstrations, clinical explanations, and simple exercises for self-application. Designed for therapists seeking not just a technique but a transformative philosophy, ReShapeS® combines knowledge, intuition, and authentic connection with the body.

Speaker: Sanja Avramović

Tuesday, October 21 · 11:00 AM

16th-Century Cloister Hall

Chronic Inflammation and Nutrition: A Dialogue Between Ayurvedic and Western Medicine

This seminar offers a dialogue between an Ayurvedic physician and a Western medicine doctor on the role of nutrition in treatment and prevention. Two distinct cultural and scientific approaches, which, despite using different languages and tools, reveal surprising points of convergence.



This seminar will highlight how the centrality of food and psycho-physical balance represents a shared foundation between the two traditions, demonstrating that, beyond cultural and methodological differences, caring for the human being arises from recognizing its inherent unity.

Speakers: Dr. and Master Vivek · Dr. Anna Maria Mancarella

WORKSHOP

Tuesday, October 21 · 2:00 PM

Little Theatre Hall

Yusukodo Face Shiatsu ®



An introduction to Japanese facial massage inspired by Kobido, combining delicacy and dynamism in harmony with yin-yang principles. By working on tsubo points, participants will learn to restore the energetic balance of the face with presence, attentive listening, and awareness, following the method developed by Monika after years of refinement.

Speaker: Monika K. Szczotka.

PRACTICE

Tuesday, October 21 · 4:30 PM
16th-Century Cloister Hall
Practice: Chakra Harmonization
Practice led by Dr. and Master
Vivek Bharat Gaur

WORKSHOP

Tuesday, October 21 · 5:30 PM
Little Theatre Hall
Association Between
Temporomandibular Joint
Dysfunction, Cervical Pain, and
Sleep Disorders: Clinical
Evidence and the Role of
Manual Therapy

Temporomandibular joint dysfunction (TMD) is often associated with cervical pain and sleep disturbances, such as insomnia and fragmented sleep. Masticatory and cervical muscles, bruxism, and chronic pain contribute to this complex interplay of symptoms. Manual therapy combined with targeted exercises improves pain, cervical mobility, mandibular function, and sleep quality. Sleep alterations also affect mood, the immune system, and cardiovascular health. Addressing TMD, cervical pain, and sleep disorders in an integrated manner is therefore essential. Personalized, multidimensional therapeutic approaches are currently the most effective strategy.

Speaker: Dr. Antonio Gargiulo

SPECIAL EVENTS

Tuesday, October 21 · 8:30 PM
16th-Century Cloister Hall
Diwali – Festival of Lights

Dīpāvalī, also called Divālī, is one of the most important Indian festivals and is celebrated in October or November. It symbolizes the victory of good over evil and is known as the "Festival of Lights." It marks the beginning of the Hindu New Year, representing the power of inner light that protects against darkness and negativity.



Organized in collaboration with the
Hare Krishna Temple of Arnesano

Wednesday 22.10.2025



QBOZERO



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

Federazione Mondiale
di Messaggio Immaginario e Audio-Tattile

WORKSHOP

**Wednesday, October
22 · 9:00 AM**

Little Theatre Hall

**Respiro Vivo and Its 5 Flows of
Harmonious Body for
Fibromyalgia**



A theoretical and practical program aimed at developing listening and understanding of bodily signals, with particular focus on fibromyalgia. Through the Respiro Vivo method, manual techniques, and the integration of holistic approaches with Traditional Chinese Medicine, the course provides tools to reduce pain, improve psychosomatic balance, and personalize treatments. Practical demonstrations, attention to contraindications, and interdisciplinary discussion sessions are included.

Speaker: Paolo D'Onofrio

**Wednesday, October 22
11:00 AM**

Little Theatre Hall

**Technology as a
Therapeutic Aid**

ALE&GIO
BENESSERE QUOTIDIANO

WORKSHOP

**Wednesday, October 22
2:00 PM**

Little Theatre Hall

**Manual Therapy Treatment for
Myofascial Dysfunctions**



This workshop is a journey into the muscular system. The theoretical part will provide an in-depth study of the anatomy and physiology of muscular and fascial structures, as well as the characteristics of myofascial pain. The practical part will focus on identifying the most appropriate approaches for a correct therapeutic protocol, locating and assessing the muscles under study to develop technical skills for safe practice, with active participant involvement.

Speaker: Giorgio Chiappari

MASTERCLASS

Wednesday, October 22

2:00 PM

16th-Century Cloister Hall

Ancient Thai Techniques for Neck and Facial Well-being

This workshop offers a journey through traditional Thai practices dedicated to releasing tension and restoring balance in the body and face. Working along the cervical line, facial lines, and therapeutic acupressure points, participants will release muscular and fascial restrictions, stimulate circulation, alleviate chronic tension, and restore facial vitality, promoting deep relaxation, emotional harmony, and natural expressiveness.

Speaker: Aunlipreeya Pandang

Registration fee: €100

Wednesday, October 22

4:30 PM

16th-Century Cloister Hall

Contemporary Thai Massage: Tok Sen – Yaang Khaang

A training course integrating tradition and innovation in Thai manual arts. In two hours dedicated to contemporary Thai massage, modern techniques to rebalance the body and energy will be presented. This will be followed by a one-hour module on the Lanna Tok Sen technique, including an introduction to the Trimurti stick, a distinctive tool that enhances treatment effectiveness. Finally, a one-hour demonstration of the Leg Stepping practice, an ancient foot-based technique useful for releasing tension and deeply stimulating muscles, will be offered.

Speaker: Phrapakorn

Paktharakansorn

Registration fee: €100

PRACTICE

Wednesday, October 22 · 4:45 PM

Little Theatre Hall

Practice: Chakra Harmonization **Practice led by Dr. and Master Vivek Bharat Gaur**

WORKSHOP

Wednesday, October 22

5:45 PM

Little Theatre Hall

"El Balance" – The Massage that Balances You and Your Client

Massage using original techniques. The session will cover how to prepare for the correct working position, proper ergonomics, and how to avoid mistakes during massage.

Speaker: Emil Elefterov



CONCERT

Wednesday, October 22

8:30 PM 16th

Century Cloister Hall

**Concert with Tibetan Bowls
and Ancient Instruments**

An invitation to pause, breathe, and let yourself be carried by sound. The Tibetan bowls open the path with vibrations that resonate deep within the soul; the rain stick and the ocean drum recall 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 you are cradled by the music of the earth and the universe.

Performance by Massimo Grieco

Thursday 23.10.2025



QBOZERO



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

Associazione Culturale del Terzo
e Terzo Millennio

WORKSHOP

Thursday, October 23 · 8:30 AM

Little Theatre Hall

Analgesic Benefits of Vodder Method Lymphatic Drainage in Fibromyalgia Patients



Fibromyalgia is a complex syndrome characterized by widespread pain, fatigue, and sleep disturbances, for which pharmacological treatments alone are often insufficient. Manual lymphatic drainage using the Vodder method, a gentle technique for stimulating the lymphatic system, has decongestive, relaxing, and analgesic effects, making it particularly suitable for fibromyalgia patients. The workshop will present theoretical principles, scientific evidence, and a practical demonstration of the techniques, providing useful tools for professionals interested in integrating this approach into pain management.

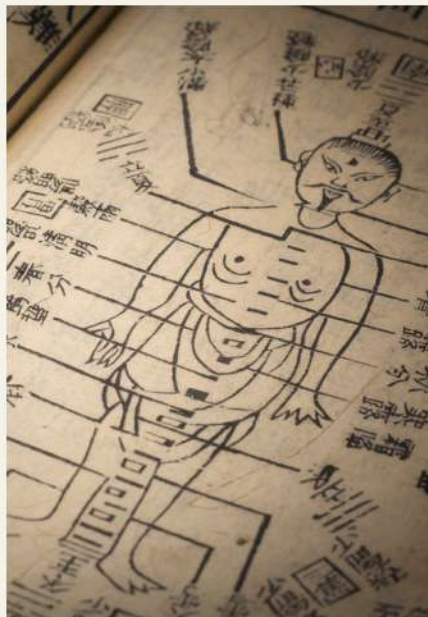
Speaker: Adele Cauteruccio

WORKSHOP

Thursday, October 23 · 11:00 AM

16th-Century Cloister Hall

Traditional Chinese Medicine: The Body as Narrator



Founder of the Massage Temple in Madrid, Maribel Corpa shares her twenty years of experience in listening to the body as a guide toward awareness and balance. Through the ancient wisdom of Traditional Chinese Medicine and practices such as acupuncture, moxibustion, massage, Qi Gong, and meditation, the body reveals itself as the narrator of a unique story, which the therapist interprets to restore the free flow of Qi.

Speaker: Maribel Corpa

WORKSHOP

Thursday, October 23 · 2:00 PM

Little Theatre Hall

Introduction to Massage: The Art of Mindful Touch

A practical and theoretical journey to explore how massage can stimulate the parasympathetic nervous system, promoting relaxation, stress reduction, and pain modulation. From the first contact to creating the right environment, and through specific slow and rhythmic touch techniques, participants will learn strategies to optimize client well-being and transform the bodily experience.

Speaker: Luca Mari

Thursday, October 23 · 4:30 PM

16th-Century Cloister Hall

SoulScan – The Missing Link in Bodywork

SoulScan is an innovative approach that integrates manual therapy, psychosomatics, bioenergetics, and karmic memory, allowing practitioners to recognize and transform unconscious beliefs hidden behind physical symptoms. Through demonstrations and guided practices, the workshop will show how to listen deeply to the body, give voice to its truth, and support an authentic, integrated healing process.

Speaker: Ante Antić

Thursday, October 23 · 5:30 PM

16th-Century Cloister Hall

Nature and Massage: The Alliance for Body and Mind Harmony



A session dedicated to the importance of mindful touch and the use of natural oils as tools to enhance the benefits of holistic massage. The experience of L'Albero della Vita®, a brand specialized in high-quality massage oils that combines tradition, sustainability, and innovation, will be presented. The workshop will explore the properties of pure vegetable oils and aromatic blends, showing how they can help professionals and wellness practitioners create unique sensory experiences, promoting balance, energy, and harmony between body and mind.

SPECIAL EVENTS

Thursday, October 23 – 6:30 PM

San Francesco della Scarpa

Opening of the Mandala dedicated to Tara the Savior, she who liberates from all dangers and suffering.

Followed by teachings on **Mahayana Buddhism**, led by **Venerable Master Geshe Tenzin Bakdo, Jangtse Thoesam Institute, Taranto.**

Friday
24.10.2025



Friday, October 24 · 8:30 AM
Little Theatre Hall
Fibromyalgia and Integrated Medicine: A Multidisciplinary Approach
Nutrition, Physiotherapy, Psychology, Medical Cannabis

Scientific Directors:
Dr. Anna Mancarella,
Dr. Caterina Origlia

ECM Event RES: No. 2112 - 462385 |
Participants: 100 | **Credits:** 8
Accredited Categories: Medical Doctor, Psychologist, Pharmacist, Biologist, Massage Therapist, Physiotherapist, Nurse, Dietitian
Free Admission for Auditors

Fibromyalgia is a complex syndrome characterized by widespread chronic pain, fatigue, sleep disturbances, and mood disorders. Its management requires an integrated approach involving multiple disciplines, with the goal of improving patients' quality of life. This condition also represents a major challenge for healthcare professionals.

This Continuing Medical Education (ECM) course aims to provide an in-depth and updated overview of fibromyalgia, analyzing its key aspects from different perspectives.

8:30 Participant Registration
8.50 Presentation of the Scientific Program

Moderator: **CATERINA ORIGLIA**

9.00 Fibromyalgia in Complexity Medicine: Integrative Energetic, Functional, and Nutraceutical Pathways
Caterina Origlia

10.00 Fibromyalgia: When the Body Tells the Soul's Pain
Vincenzo Primitivo

11.00 *Coffee Break*

11.30 Fibromyalgia: Disease or Symptom
Fiorenzo Carlino

12.30 Rehabilitation-Physiotherapy and Fibromyalgia: A Tailor-Made Suit
Simona Lazzari

1:30 PM *Lunch Break*

2:30 PM Fibromyalgia: New Diagnostic and Treatment Strategies in Integrated Medicine
Antonio Rizzo

3:30 PM Body Composition Analysis in Personalized Medicine
Stefano Spagnulo

4.30 PM *Coffee Break*

5:00 PM Therapeutic Cannabis and Non-Invasive Brain Stimulation in Chronic Pain and Fibromyalgia
Giovanni Caggia

6:00 PM Fibromyalgia and Depression: An Integrated Analysis of Neurobiology, Psychology, and Clinical Practice
Codruta Terbea

7:00 PM Closing Remarks and ECM Test

MASTERCLASS

Friday, October 24 · 8:00 AM
Chiostro del '500 Hall
Certified Ayurvedic Massage Course

An intensive journey to discover the art of touch according to Indian tradition. The program combines theory and practice: principles of Ayurveda, study of the doshas, use of herbal oils, and traditional manual techniques. Participants will develop practical skills and therapeutic sensitivity, useful for both personal growth and professional practice.

Speaker: Dr. and Master Vivek Bharat Gaur

Registration fee: €100

Friday, October 24 · 3:30 PM
Chiostro del '500 Hall
Traditional Tools for Body Wellness: Lanna Herbal Compress – Gua Sha – Tok Sen

This session takes us into the traditions of Northern Thailand, exploring three ancient techniques that blend ritual and body care. Scratching, a practice using sacred tools (wood or bone) to release toxins and rebalance energy; Tok Sen, a massage with a wooden or horn hammer and wedge, capable of dissolving deep tensions and improving circulation; and finally, Lanna-style herbal compresses, applied warm with turmeric and oils to relieve inflammation and stiffness, leaving a profound sense of relaxation.

Speaker: Nuengruethai Phimphaengrak

WORKSHOP

Friday, October 24 · 4:30 PM
Chiostro del '500 Hall
Chair Massage: Accessible and Effective Wellness



Chair massage is designed for those who cannot lie on a table or have difficulty keeping the head in a supine position. With this method, Master Boonjira demonstrates how to work comfortably and effectively, providing an intense and targeted treatment for the deep muscles. A technique accessible to everyone, combining practicality with therapeutic benefits.

Speaker: Boonjira Ramsland

ONLINE CHAMPIONSHIP

Friday, October 24 · 6:00 PM

Chiostro del '500 Hall

Online Championship



CHAMPIONSHIP

Friday, October 24 · 8:30 PM

San Francesco della Scarpa

**Festival Opening and
Championship**



Saturday 25.10.2025



F.M.T.M.N.T.
Federazione Mondiale
di Maratone (F.M.T.M.N.T.)

CAMPIONATO

Sabato 25 ottobre ore 8.30

Sala Chiostro del '500

Sala Teatrino

**Inizio Campionato Mondiale di
Massaggio e Terapia Manuale.**



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

Federazione Ufficiale del Mondo
di Massaggio Terapia Manuale Nud Thai (M)

PRACTICE

Saturday, October 25 · 11:30 AM

San Francesco della Scarpa

**Listen to the Body, Relax the
Mind – Yoga is for Everyone**

A traditional Indian Yoga session to restore balance and grounding after the summer season. Open to everyone, including complete beginners.

Led by Master Bronwyn White

SEMINARS

Saturday, October 25 · 10:30 AM

San Francesco della Scarpa

**Why Don't You Want to Heal?
The Hidden Paradox of Asking
for Help**

Everyone says they want to get better, but when the time comes to change... they prefer to keep the problem. Strange? No: pain is comfortable, familiar, even reassuring. Asking for help becomes an elegant way to continue complaining without actually taking any risks. Giving advice, at that point, is like shouting the emergency exit signs in a theater where no one wants to leave their seats. The point isn't to heal: it's to feel seen, understood, perhaps even pitied. This conference is for those who have the courage to admit that sometimes suffering is a choice—and that the psychologist's job isn't to act as a guru, but to stay there, even when the patient clings to their pain.

Speaker: Dr. Benjamin Collins

SEMINARS

Saturday, October 25 · 4:00 PM

San Francesco della Scarpa

**Neuroprogramming: The
Science that Awakens
Awareness**

Elia Tropeano, biologist, mathematician and researcher, created digital neuroprogramming and unique algorithms for self-communication. These simple, effective techniques help address physical and mental challenges by accessing the unconscious and bringing awareness to inner images, sensations and dialogues that undermine peace of mind.

Speaker: Dr. Nicola Ciannamea

SEMINARS

Saturday, October 25 · 4:45 PM
San Francesco della Scarpa
**Medicated Oils in Ayurvedic
Medicine for Dosha Balance**



Ayurvedic medicated oils are not just massage oils: they are powerful tools to rebalance the three doshas (Vata, Pitta, Kapha), restore vitality and inner harmony. Prepared with herbal infusions in vegetable oils, they deeply nourish through massage, stimulating skin, senses and nervous system. Personalized formulations turn each treatment into a ritual of well-being, promoting relaxation, clarity and renewed energy.

Speaker: Dr. Flavio Foresio

SEMINARS

Saturday, October 25 · 6:00 PM
San Francesco della Scarpa
Energetic Foot Reflexology

Energetic Foot Reflexology bridges classical reflexology with energy medicine, yin with yang, matter with energy. The foot is a hologram where emotions, pain and posture reflect the whole self. Rather than rigid protocols, this method invites personalization of touch, adapting to the person's unique story and needs.

Speaker: Dr. Antonella Ferrulli

PRACTICE

Saturday, October 25 · 7:00 PM
San Francesco della Scarpa
**Shi Pa Lo Han Chi Kung (The
Eighteen Disciples of Buddha)**

An ancient Taoist practice for "nourishing life," consisting of 18 exercises handed down for over a thousand years. By working with body, breath and attention, it strengthens muscles, tendons and joints, stimulates blood and chi circulation, improves organ function and supports longevity. A powerful practice for health, disease prevention, martial arts and energy-based manual therapies.

Led by Master Carlo De Giovanni

Saturday, October 25 · 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 weaves together past and present, tradition and innovation. The ancient Tibetan singing bowls, with their millenary history and evocative power of vibrations, become the starting point of a sensorial journey capable of opening new inner spaces. Around these resonances, the musicians have built an enveloping soundscape, shaped 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 an interplay that deeply touches the soul. It is a sonic journey where every vibration becomes a step, every echo turns into light, and time itself dissolves into a single breath. A journey not only to be listened to, but to be crossed with the soul open to encounter and revelation.

Artists:

- Alessandro Ferraro (Master in Electronic Music)
- Massimo Grieco (Master of Tibetan Singing Bowls)
- Valentino Imbriani (Master in Electronic Music)

Sunday 26.10.2025



F.M.T.M.N.T.
Associazione Culturale del Mondo
di Matematica, Informatica, Scienze e Tecnologia

CAMPIONATO

Domenica 26 ottobre ore 8.30

Sala Chiostro del '500

Sala Teatrino

**Inizio Campionato Mondiale di
Massaggio e Terapia Manuale.**

SEMINARS

Sunday, October 26 · 10:30 a.m.

San Francesco della Scarpa

**Listening, Support, Hope: the
Journey with APMARR**

This meeting is designed to showcase the valuable work of the Italian National Association for People with Rheumatological and Rare Diseases (APMARR), which has long been committed to supporting those living with fibromyalgia. The Association serves as a crucial point of reference: it creates self-help groups and psychological support pathways to face daily challenges, offering spaces for listening and sharing. At the same time, it acts as an active advocate through educational events, with the goal of raising awareness and informing society about the difficulties linked to this complex condition.

This event is an invitation to share experiences, build networks of solidarity, and strengthen hope. Because together, we can give greater strength to research, understanding, and—above all—to people.

Speaker: Antonella Celano

SEMINARS

Sunday, October 26 · 11:30 a.m.

San Francesco della Scarpa

**Photobiomodulation: The
Healing Power of Light**



In recent years, the scientific community has suggested that the chemical code may be activated by an informational code, leading to research on the use of Bioresonance frequencies to induce self-regulation processes in living systems. The use of light—from ultraviolet to infrared—has opened new horizons in various fields: optimization of mental performance, treatment of mood disorders such as anxiety and depression, behavioral disorders like autism and ADHD, neurodegenerative diseases such as Parkinson's and Alzheimer's, tissue regeneration, the field of Longevity, and much more. The session will present scientific research carried out in collaboration with prestigious universities, including Harvard Medical School in Boston, and will open a discussion with participants.

Speaker: Dr. Antonia Di Francesco

JUNIOR CHAMPIONSHIP

Wednesday, October 22

4:00 PM

Little Theatre Hall

**The Championship of Young
Massage Therapists: Sensitivity
and Well-being Competition**

SEMINARS

Sunday, October 26 · 4:00 p.m. *San Francesco della Scarpa* **Rights, Patient Protection, and Accurate Health Information**

Talking about health means talking about people, their vulnerabilities, and their rights. This meeting provides tools to understand the laws that protect patients and why respecting the privacy and dignity of those facing illness is essential. A central moment will be dedicated to direct patient testimonies, highlighting storytelling and lived experience as powerful tools of knowledge.

Moderator: Sarah Helena Van Put

continuing education for journalists – 5 ethics credits
continuing education for lawyers – 2 non-ethics credits

Program

Medical Cannabis: Between History, Rights, and Fake News

Speaker: Isabella Palazzo (*President of the Association for the Protection of Medical Cannabis Patients*)

Legislation and Patient Rights
An overview of national and regional legislation, with a focus on Apulia as a pioneer in regulatory frameworks.
Speaker: Lawyer Donato Maruccia

Regulatory Framework and Privacy Protection From GDPR to national regulations: safeguarding sensitive data and the responsibilities of professionals.

Speaker: Lawyer Graziano Garrisi
(*Scholar of the subject at the University of Salento, Data Protection Officer in public and private institutions*)

Ethics and Professional Standards in Health Reporting The role of journalists: accuracy, respect, responsibility.

Speaker: Maddalena Mongiò
(*Journalist, Press Office of the Order of Physicians and Dentists of Lecce*)

Pathography and the Narration of Illness From the patient's perspective: best practices in health journalism.

Speaker: Prof. Andrea Scardicchio
(*Associate Professor of Contemporary Italian Literature, University of Salento*)

Testimonies from representatives of patient associations

SPECIAL EVENTS

Sunday, October 26 – 7:15 PM *San Francesco della Scarpa* **Dissolution of the Mandala dedicated to Tara the Savior, she who liberates from all dangers and suffering.**

Led by **Venerable Master Geshe Tenzin Bakdo**,
Jangtse Thoesam Institute, Taranto.

CHAMPIONSHIP

Sunday, October 26 · 8:30 p.m. *Sala Teatrino* **Awards Ceremony – World Championship of Massage and Manual Therapy**

**Artistic
and organizational direction:**

Sarah Helena Van Put

**President of the World Massage
and Manual Therapy
Championship:**

Jonathan Van Put

Scientific Director:

Dott.ssa Anna Mancarella

**Presidente Official
Championship of the Massage
World Traditional Nuad Thai:**

Maestra Sorawee Sae sue

Scientific Director CME:

Dott.ssa Anna Mancarella,
Dott.ssa Caterina Origlia

Organizational Coordination

Franco Palmieri
Elisabetta Sardella

**Photographic Exhibition
In the Land of Patachitra**

Sarah Helena Van Put
Luciana Trappolino

Concert

Journey Along the Paths of the Soul

Alessandro Ferraro
Massimo Grieco
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

**Press Office, Graphics and
Communication:**

ValVan studio
di comunicazione e grafica

Catalogue

Sarah Helena Van Put,
Marta Valiani,
Erika Marsale

Hòlos Award Production

Autoctona di Daniela Palma

Photos and Video Documentation:

Andrea Agagiù

Simultaneous Translation

Silvia De Filippo
Ilaria Lopane
Michelangelo Nigro

Championship Judges:

Awudi Atitsogbui, Sara De Luca, Erika Marsale, Monika Ostrowska, Erica Argano, Gilda Giordano, Adele Cauteruccio, Giorgio Chiappari, Stefano Impalà, Emil Elefterov, Jonatan Vazquez, Denis Jessica Marentes Torres, Luca Mari, Monika K. Szczotka, Ante Antić, Aleksandar Stosic, Maribel Corpa, Paolo Manna, Boonjira Ramsland, Sanja Avramovic, Aunlipreeya Pandang, Phrapakorn Paktharakansorn, Vivek Bharat Gaur, Aurel Tudorache, Eva Todavčičová, Pattanun Pisitthanadej, Sorawee Sae sue

PROMOSSO, IDEATO E
ORGANIZZATO DA:



F.M.T.M.N.T
FEDERAZIONE MASSAGGIATORI ITALIANI

IN COLLABORAZIONE
CON:



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CONSIGLIO REGIONALE
DELLA PUGLIA



CON IL PATROCINIO DI:



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di Lecce**



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medici di
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