

THE PROGRAM

HOLOS

The Art of Care and Well-being

19 - 25
OCTOBER **2026**

***LECCE** ITALY*
CONVITTO PALMIERI

PROMOTED, CONCEIVED AND ORGANIZED BY:

QBOZERO

F.M.T.M.N.T

UNDER THE PATRONAGE OF:

REGIONE PUGLIA

Provincia di Lecce

Ordine dei medici di Lecce

ARESS

IN COLLABORATION WITH:

NAGA

“Anyone wishing to carry out accurate investigations in medicine must first consider the seasons of the year and their effects [...] the qualities of the waters [...] and of the soil, and study how the inhabitants live and what occupations they pursue.”*
Hippocrates*, On Airs, Waters and Places, I*

From the very first edition, I have imagined Hòlos as a space in which to approach the care of the human being by bringing different disciplines, forms of knowledge and traditions into dialogue.
The name itself evokes holism, a philosophical view that considers the human being as a complex whole made up of interconnected parts and systems, interacting and working together as a single unit. Body, mind, emotions, movement and nutrition are therefore not viewed as separate elements, but through the relationships that connect them and contribute to the overall balance of the person.

Over the years, Hòlos has explored different medical and philosophical traditions, from Thai culture to Traditional Chinese Medicine and Ayurveda, seeking each time to understand not only their techniques and practices, but also the ideas and views of the human being from which they emerged.
This year, I felt the need to broaden our perspective even further.

If the philosophical thinking behind holism invites us to consider the human being as a system in which different parts contribute to the formation of a whole, the One Health approach extends this same perspective beyond the individual, recognising that human health is itself closely connected to the health of animals, the environment and ecosystems.

This is where the decision to devote this edition to One Health comes from: not as a departure from the path Hòlos has followed, but as its natural development, from caring for the individual to the wider network of living and environmental relationships of which each of us is a part.

The programme of this edition grows out of this vision. Hòlos continues to bring together the different strands that have shaped its identity over the years: medicine and research, massage and manual therapy, body practices, meditation, art, education and public engagement.

What also connects them this year is the awareness that care takes shape within a network of relationships involving the places we inhabit, ecosystems, other living beings and the communities to which we belong.

We have therefore built the programme by bringing different fields of expertise and different languages into dialogue, while preserving the distinct nature of each. Doctors, researchers, biologists, veterinarians, health and rehabilitation professionals meet scholars of the territory, environmental experts and, in the final part of the programme, representatives from the worlds of journalism and law. Different perspectives, each contributing its own tools to a broader understanding of health in all its complexity.

Faced with the complexity of the world around us, of human beings and of living environments, scientific research and specialist knowledge are essential tools for understanding our present and, above all, our future. For Hòlos, access to knowledge therefore becomes essential: it is one of the deepest expressions of individual and collective freedom.

This is why I have always conceived and developed Hòlos not only as a place where professionals and experts can meet, exchange ideas and engage in dialogue, but above all as a space open to the wider public, where everyone can access information and tools that can deepen awareness of their own wellbeing and of caring for others.

Making knowledge accessible does not mean simplifying or diminishing it, but creating the conditions in which it can be understood, questioned and connected with individual experience. This is why Hòlos combines specialist training with opportunities for public engagement, discussion, practice and direct experience.
The One Health CME day and the meetings with researchers and scholars form one of the central strands of this edition; alongside them, massage and manual therapy bring attention back to the body, to listening and to the relationship with the individual, while body-based and meditative practices explore other forms of awareness.
The Massage and Manual Therapy Championship thus becomes not only a competition, but also a meeting place for professionals, schools and traditions from different backgrounds.

Our work with schools extends this reflection to younger generations, offering opportunities to observe, ask questions and develop a more conscious relationship with the world around them.

Because knowledge does not come only from listening or reading: sometimes it also comes through experience, observation, feeling and encounter.
It is from this plurality of languages that The Matter of Time takes shape, the exhibition accompanying this edition and bringing the themes of One Health into the realm of art. Sea, forests, animals, matter and traces of human intervention become different ways of questioning our relationship with the environment and with time.

The week culminates in the round table “One Health – Health as a Collective Responsibility”, where environment, health, information, law and community come together around a central question: how can what we know become part of our choices and of our collective life?

A project such as Hòlos could not exist without the work and trust of many people. I would like to thank the institutions that have chosen to support it, the Polo Biblio-Museale di Lecce, Eranos – Centro di posturologia applicata, Naga – Scuola Nazionale e Internazionale di massaggio, and the World Federation of Massage and Manual Therapy, with which Hòlos is conceived and promoted. Above all, my thanks go to everyone who has helped build this week and to those who, often away from the public eye, make every single stage of its organisation possible.

After four editions, I still believe that care also begins with the opportunity to know. To know means to understand, to choose, and to recognise the share of responsibility each of us has in caring for ourselves, for others and for the world we inhabit.
Sarah Helena Van Put
Artistic and Organisational Director

*__Hippocrates__, *Sulle arie, sulle acque e sui luoghi, Italian translation by Giovanni Capsoni, Milan, Tipi di P.A. Molina, 1839.*

VI EDIZIONE

OFFICIAL WORLD MASSAGE AND MANUAL THERAPY CHAMPIONSHIP

Disseminating knowledge and providing accurate information are among the main aims of the World Massage and Manual Therapy Championship ©® and the Traditional Nuad Thai Massage World Championship ©®.

Competitions are usually centred on the contest itself and are aimed primarily at participants, giving them an opportunity to demonstrate the quality of their training and techniques. The World Massage and Manual Therapy Championship, however, also seeks to open its doors to the wider public, creating opportunities for encounter, learning and exchange, while building connections with the broader field of integrative medicine.

As I have often said, over time we have partly lost sight of why championships for massage professionals were created in the first place, and of the ultimate purpose of the work we do: to deepen our understanding of traditional massage techniques with greater awareness, while at the same time remaining open to innovation, research and dialogue with other professional fields, so that we can offer increasingly skilled and informed support to the individual.

Our event therefore gives participants not only the opportunity to test their preparation and discover different techniques and approaches through encounters with colleagues from a wide range of backgrounds, but also seeks to restore value to the history and culture of massage. Our aim is to help both professionals and the general public gain a clearer understanding of the role of the massage practitioner and of the contribution manual treatments can make within an integrated approach to health and wellbeing.

Across centuries and very different cultures, massage has remained a recurring element in practices devoted to health, care and wellbeing. Different techniques, traditions and bodies of knowledge have developed over time into a language that, despite its many forms, continues to place the body, touch and the relationship with the individual at its centre.

In Italy too, it is important to encourage a deeper understanding of integrative medicine, understood as an approach that brings different forms of expertise and practice into dialogue while respecting their respective professional boundaries and the available scientific evidence. Exchange between healthcare professionals, researchers and qualified practitioners can contribute to more informed, person-centred approaches to care.

Through the World Federation of Massage and Manual Therapy, we work with doctors and specialist professionals from different countries to strengthen this dialogue and to promote the contribution of qualified massage and manual therapy practitioners.

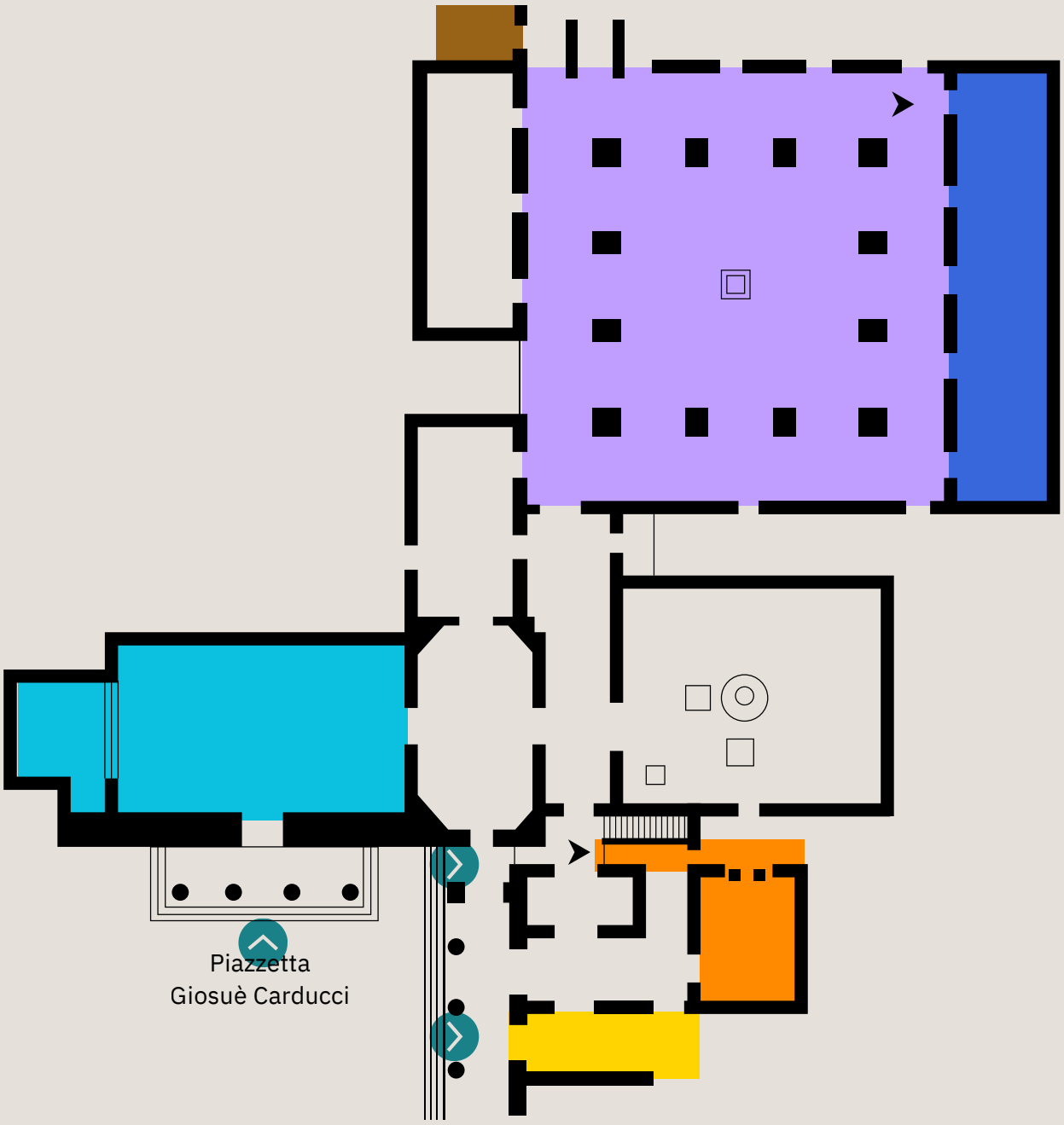
For this reason, I am particularly pleased and proud that so many Masters, associations and international schools have chosen, from the very beginning, to support our Championship through their presence.

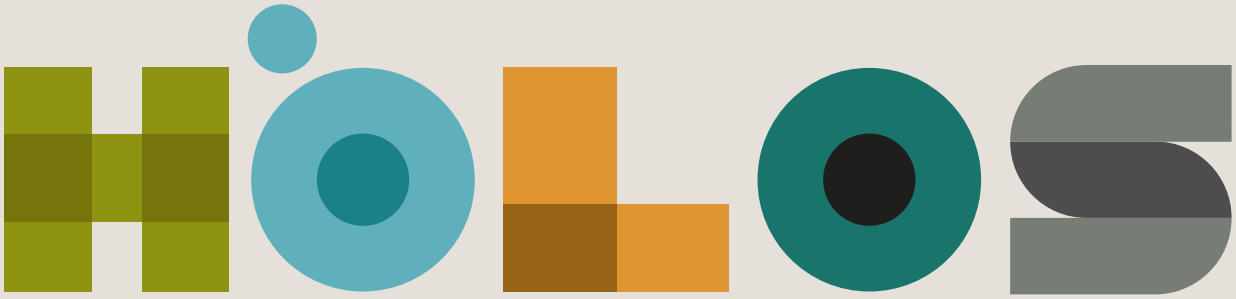
Jonathan Van Put

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

MAP

- Chiostro del '500
- Sala Chiostro del '500
- Sala Teatrino
- *San Francesco della Scarpa*
- *Sala Massaggi*
- *Wc*





The Art of Care and Well-being

Legend

- WORKSHOP
- PRACTICE
- SIDE EVENTS
- SEMINARS
- CONCERTS
- ECM
- WORLD MASSAGE AND MANUAL THERAPY CHAMPIONSHIP

Monday
19.10.2026

QBOZERO

F.M.T.M.N.T
Federazione Ufficiale del Mondo
di Massaggio Terapia Manuale Nuad Thai ©®

WORKSHOP

9:00 – *Chiostro del '500*
Natalia Zubrytska
Neurosedative Massage: The Art of Deep Relaxation.

The workshop introduces Neurosedative Massage, a method aimed at regulating the nervous system and promoting deep psychophysical relaxation. It integrates elements of Lomi Lomi, Smart Therapy, Spanish massage, work on biologically active points and stretching, while placing particular emphasis on rhythm, tempo and quality of touch.
The aim is to move beyond a simple sequence of techniques towards an approach capable of responding to and accompanying the recipient's state. The practice also explores continuity of movement, practitioner ergonomics, the development of a relationship of trust and a 7D multisensory approach, with the aim of creating a safe, conscious and non-invasive relaxation experience.

SEMINAR

11:30 – *Teatrino*
Proff. Maria Francesca Cascione – *Department of Experimental Medicine (DiMeS), University of Salento*

The One Health paradigm is based on the understanding that human, animal and environmental health are part of a complex system of interactions and therefore require an integrated, transdisciplinary approach. The talk will explore the contribution of physics and basic research to this perspective, focusing on a concrete application: the development of a colorimetric nanosensor for the detection of saxitoxin, an example of how environmental monitoring can translate One Health into practical tools for prevention and health protection.

SEMINAR

12:00 – *Teatrino*
Dott. Enrico Guerrieri – *PhD Candidate in PhD candidate in "Regulation, Management and Law of Public Sector Organizations" and member of the "Ius et Salus – One Health" Research Unit at the University of Salento*
One Health: Legal and Regulatory Framework and Constitutional Parameters

The One Health paradigm is becoming increasingly central to legal debate at both national and international level, raising questions about its legal foundations and constitutional framework. The talk will examine how Italy's 2022 constitutional reform strengthened the connection between the protection of human health, animals and the environment, opening the way to a possible new "constitutional ecological mandate" capable of guiding citizens, institutions and public policy in the interests of future generations.

WORKSHOP

14:00 – *Teatrino*
Dott. Aleksandar Stošić
Manual Therapy: Fundamental Principles, Assessment and Safety

The workshop defines the concepts of manual medicine and manual therapy, outlining their origins and development. The main techniques used by manual therapists will be presented, together with the areas of the body involved and the principles of joint biomechanics required for safe practice.
The session will also explore clinical assessment strategies, red flags and contraindications, combining theoretical content with practical advice and demonstrations. Participants will have the opportunity to ask questions and explore the topics in greater depth both during and at the end of the practical session.

19.10.2026

SEMINAR

16:30 – *Chiostro del ’500*
Dott. Piergiorgio Martena
Oral Functions and Postural Influence: Mastication, Swallowing and the Stomatognathic System in an Integrated Approach to the Patient

The course offers an integrated perspective combining dentistry, gnathology, posturology and rehabilitation, examining the role of the jaw, tongue, occlusion, cranio-cervical muscles, breathing and myofascial chains in the individual’s functional balance.
Mastication is considered not only as a digestive function, but also as a sensory, motor and proprioceptive experience capable of influencing muscle tone, symmetry and postural support.
Swallowing will be examined as a repeatedly performed action involving the tongue, jaw, hyoid bone, cervical spine and neuromotor control.

EXHIBITION

La materia del tempo
Opening: 19:00
Chiesa di San Francesco della Scarpa

The exhibition brings together different artistic languages and materials around the relationship between environment, memory, transformation and care.
The exhibition includes Rifiuti dal mare, conceived and organised by **MAUS – Museo dell’Ambiente dell’Università del Salento**, curated by **Piero Lionello, Michele Solca, Giorgia Alemanno and Christian Vaglio**; the video installation Padenti by filmmaker **Marco Antonio Pani**; drawings and sculptures by **Marion Bivort**; the cyanotype works by **Serena Leone** and olive-wood works by the **Rete Cultura del Legno d’Ulivo**, featuring works by **Renzo Durante, Davide Gelso and Cosimo Tramacere**.
Photography, video, ceramics and wood become tools through which to explore the relationship between human beings, the environment and the transformation of the territory








HOLOS
L'arte della cura e del benessere

Tuesday
20.10.2026

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WORKSHOP

8:30 – *Chiostro del '500*
Monika Szczotka
Yūsukōdo® – Yūsukōdo®
The Code of Youth.

The workshop presents Yūsukōdo®, an original method developed by Monika Szczotka for manual facial treatment, in which techniques inspired by the Japanese tradition are combined with a contemporary approach to well-being and tactile perception.
Through the concept of Touch Intelligence™, the therapist learns to modulate pressure, rhythm, direction and quality of touch according to the responses of the tissues and the individual, transforming facial massage from a simple sequence of techniques into a conscious experience of treatment, relaxation and rebalancing.

SEMINAR

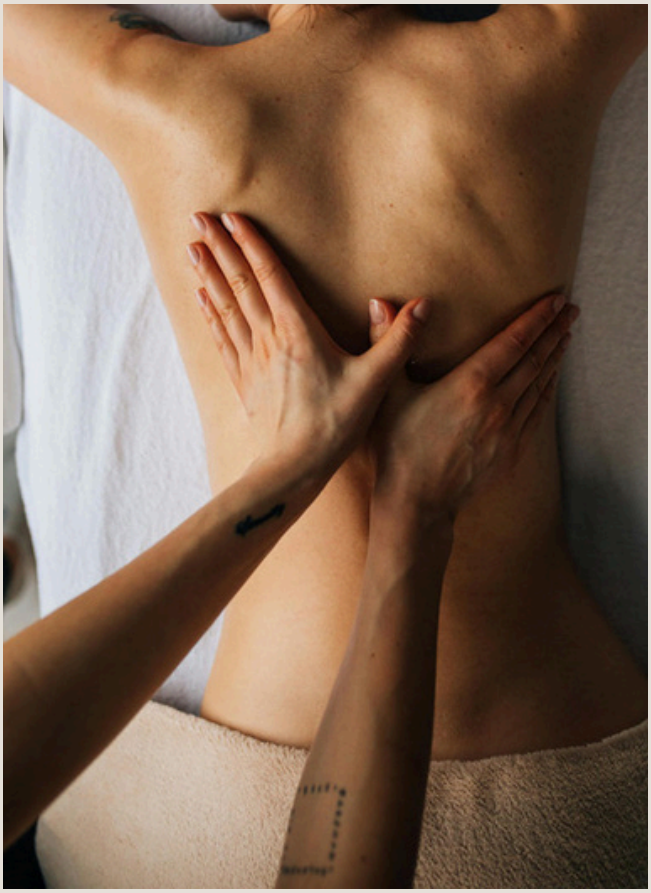
11:00 – *Teatrino*
Dor. Anna Mancarella
Clinical Reasoning in Massage and Manual Therapy.

The workshop explores clinical reasoning applied to massage and manual therapy, moving beyond the mere execution of techniques. From gathering information to postural and functional observation, participants will be guided in developing a treatment approach consistent with the individual characteristics of the person. Through clinical cases and practical demonstrations, the relationships between symptoms, function, biomechanical compensations and myofascial continuities will be explored, helping participants distinguish the site where pain occurs from the broader system of relationships that may contribute to maintaining it, while also recognising the limits of their professional competence.

WORKSHOP

14:00 – *Teatrino*
Dor. Marco Montanaro
Awakening the Body Systems through Oscillatory Fascial Integration Techniques.

The workshop explores the body as an ecosystem in constant communication through the fascial network. Using a practical approach, it introduces the oscillatory techniques of the Fascial Integration method, based on rhythmic and vibrating pressure acting on the elastic, viscoelastic and adaptive properties of the fascia.
The work aims to promote mobility, quality of movement, circulation, body awareness and regulatory processes. By stimulating the fascial receptor network, the workshop will also explore the relationships between fascia, the nervous system, posture and movement.



PRACTICE

16:30 – *Chiostro del ‘500*
Sarah Helena Van Put
Hatha Yoga and Traditional Thai Massage (Nuad Thai): Asanas, Mobility and Body Awareness – Module I

The practice explores the relationship between Hatha Yoga and Nuad Thai, highlighting the correspondences between certain yoga asanas and the postures, stretches and mobilisations used in traditional Thai massage.
Through a guided sequence, participants will directly experience the main positions involved, developing mobility, breathing, body awareness and quality of movement.
This first-hand experience also helps practitioners recognise the recipient’s resistance, stiffness and responses, refining their ability to adapt the treatment, work with the breath and encourage relaxation.

WORKSHOP

18:00 – *Chiostro del ’500*
Sara De Luca
Treatment of Myosomatization and Holistic Management of the Recipient.

The workshop introduces the concept of “myosomatization”, referring to the muscular somatization of psycho-emotional factors that may manifest as contractures, pain and stiffness.
The application of the Scientific Method to skin treatment and its effects on the central nervous system will be presented, with particular attention to the modulation of tension and pain signals. “Holistic management” of the recipient will be addressed as the professional ability to adapt interaction to the individual characteristics of the person, in accordance with the principles of linguistics and non-verbal communication.



Wednesday 21.10.2026

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WORKSHOP

8:30 – *Chiostro del '500*
Nikolay Hristov
Structure, Concept and Operating Principles of the Kan Therapy Method

The workshop presents the fundamental principles of Kan Therapy, a naturopathic rehabilitation method that integrates manual techniques, essential oils and mindful movement practices.
The session alternates theory and practical demonstrations, focusing on essential oil therapy and manual therapeutic correction, which includes deep myofascial techniques and post-isometric relaxation.
The programme is completed by a Mental Practice with Movement – Tai Chi session, aimed at developing body awareness, proprioception, quality of movement and psychophysical balance.

SEMINAR

11:00 – *Teatrino*
Christian Casili - Carmelo Buttazzo
Health Begins in the Soil: Soil, Biodiversity, Agriculture and Community from a One Health Perspective

The meeting explores the relationships between soil quality, biodiversity, agricultural practices, food systems and ecosystem health, showing how care for the land and agricultural production models also affect human health and the quality of life of communities.
The session offers a practical interpretation of the One Health paradigm, connecting environment, agriculture, health and community.

SEMINAR

Ore 12:00 – *Teatrino*
Prof. Fabio Pollice. *Professor of Economic and Political Geography, University of Salento; former Rector.*
Territory, Community and Health: Inhabiting Change

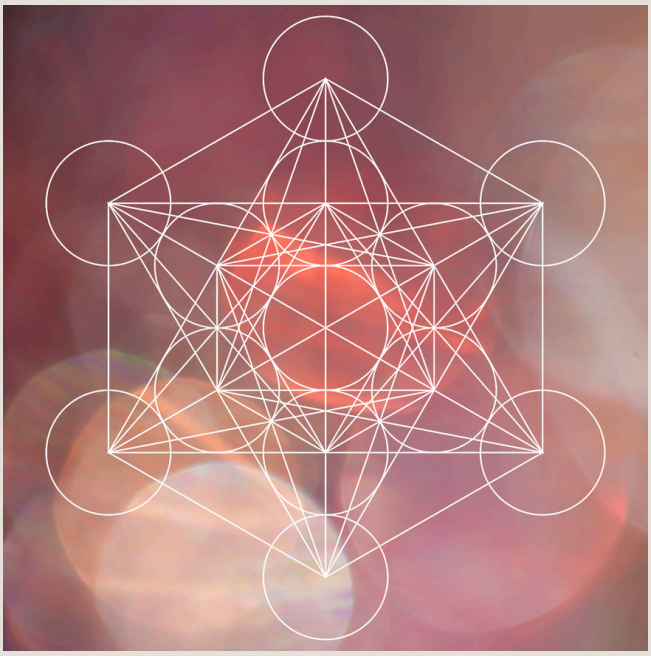
The seminar examines the relationship between territory, community and quality of life, approaching places as complex systems in which environment, landscape, social transformations and ways of inhabiting are closely interconnected. From a geographical perspective, change is considered not merely as a process to be endured, but as an opportunity to rethink the relationship between communities, local resources and well-being.



SEMINAR

14:00 – *Teatrino*
Dor. Flavio Foresio
Aromatherapy for Chakra Rebalancing: Well-Being as a Relationship Between Body, Emotions and Nature.

The seminar presents essential oils as tools that can support well-being, body awareness and the energetic rebalancing of the chakras.
The seven main chakras, their symbolic meanings and possible correspondences with specific essential oils will be introduced through an informative and experiential approach.
Within the framework of Circular Health, the session reflects on the relationship between the individual, the plant world, the environment and self-care. Safe methods for using essential oils will also be addressed, followed by a brief guided meditation experience.



CHAMPIONSHIP

Ore 18:00 – Chiostro del ’500
International Online Massage Championship



PRACTICE

16:30 – *Chiostro del ’500*
Sarah Helena Van Put
Hatha Yoga and Traditional Thai Massage (Nuad Thai): Asanas, Mobility and Body Awareness – Module II

The practice explores the relationship between Hatha Yoga and Nuad Thai, highlighting the correspondences between certain yoga asanas and the postures, stretches and mobilisations used in traditional Thai massage.
Through a guided sequence, participants will directly experience the main positions involved, developing mobility, breathing, body awareness and quality of movement.

Thursday 22.10.2026

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WORKSHOP

8:30 – *Chiostro del '500*
Francesco Corsi
Tuina – Traditional Chinese Massage: Principles, Techniques and Applications

The workshop introduces Tuina within the framework of Traditional Chinese Medicine. The fundamental principles of the method, the role of Qi and the meridians, and the main categories of manual techniques will be presented, with an overview of their characteristics and applications.
Traditional methods commonly integrated into treatment, such as cupping, Gua Sha and moxibustion, will also be introduced, together with selected practical examples. The practical session will focus on the demonstration and direct experience of some of the main Tuina techniques.

SEMINAR

Ore 11:00 – *Teatrino*
Prof. Alberto Basset. *Professor of Ecology, University of Salento; Interim Director of the LifeWatch ERIC Service Centre*
OneHealth concept in the framework of biodiversity and ecosystem stewardship

The seminar explores the OneHealth concept within the framework of biodiversity and ecosystem stewardship, highlighting the interdependence of human, animal and environmental health. Habitat protection, biodiversity conservation and the sustainable management of natural resources are presented as key elements in preventing ecological imbalances, reducing risk factors and promoting the well-being of communities and territories.

WORKSHOP

12:00 – *Chiostro del '500*
Sajo Kurtaj
DRY ICE – Thermal Contrast Manual Therapy.

The workshop presents an approach that integrates manual therapy and thermal contrast through the controlled alternation of cold and heat.
The use of dry ice, combined with thermal applications and specific manual techniques, allows participants to explore tissue responses, with particular attention to local circulation, relaxation, joint mobility and body perception.
Special attention will be given to the correct management of thermal stimulation and to safe application procedures.

SIDE EVENT

10:00 – *San Francesco della Scarpa*
Empty Cloud Italia – Leṇapāda, monastic project based in Acquaviva delle Fonti (Bari)
Theravāda Buddhist Meditation: Cultivating Peace and Tranquillity in Everyday Life

The session introduces Theravāda Buddhist meditation through a practice inspired by the ancient teachings of Buddha Sakyamuni.
Sitting and walking meditation are alternated with moments of dialogue and questions, offering participants direct experience of the practice. At the heart of the session is the cultivation of peace and tranquillity in everyday life, accompanied by a brief introduction to Early Buddhism and the Theravāda monastic tradition.

WORKSHOP

14:00 – *Chiostro del '500*
Marion Lamorgese / Stefania Corso
Integrated Neuro-Visceral and PNEI Protocol: From Metameric Release to Psychosomatics.

The workshop presents an integrated approach to manual treatment combining metameric work, visceral techniques, neuroreflexology and psychosomatic interpretation.
Techniques targeting the metameric areas and the visceral region will be presented, with attention to the autonomic nervous system, tissue mobility and tension patterns. The PNEI perspective will guide the exploration of the relationship between physical and emotional components through demonstrations and practical applications.

SIDE EVENT

16:30 – *Chiostro del '500*
Empty Cloud Italia – Leṇapāda, monastic project based in Acquaviva delle Fonti (Bari)
Theravāda Buddhist Meditation: Cultivating Peace and Tranquillity in Everyday Life.

The session alternates sitting and walking meditation with opportunities for dialogue and questions, offering participants direct experience of meditative practice. The focus of the session is the cultivation of peace and tranquillity in everyday life.

WORKSHOP

16:30 - *Teatrino*
Dor. Alessandro Di Tano
Dizziness and/or Cervicogenic Vertigo: Differential Diagnosis, Receptor Interactions and Integrated Teamwork.

The session addresses dizziness and cervicogenic vertigo as complex conditions linked to the interaction between the vestibular system, temporomandibular joint, posture, visual function and psychosomatic factors.
The main factors that may contribute to instability, unsteadiness and balance disorders will be examined, with particular attention to the relationships between proprioception, postural control, occlusion, vision and stress.
The aim is to provide an integrated interpretation of the symptom in order to support a more comprehensive assessment of the patient.

CONCERT

18:30 – *Chiostro del '500*
Morena Branca – Massimo Grieco
Meditative Sound Bath

The Meditative Sound Bath concludes the programme dedicated to Theravāda Buddhist meditation, guiding participants from the practice of silence and inner listening towards an immersive experience based on vibration and sonic resonance. Through harmonic instruments and sustained sounds, the session encourages relaxation, listening and body awareness, providing a space in which to integrate the meditative experience.
Although presented as a separate event within the programme, the sound bath represents its natural conclusion, transforming the attention cultivated through meditation into a shared perceptual experience.

Friday
23.10.2026

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SEMINAR

8:30 – *Teatrino*
Dor. Alessandro Rampello
TMJ, Tongue and Posture:
A Neurofunctional Network.

The cranio-cervico-mandibular system is an integrated functional unit in which the jaws, palate, tongue, TMJ, cervical spine and posture constantly interact.
The workshop explores the role of the tongue in palatal development, mandibular balance and cervical posture, focusing on the possible consequences of dysfunctional tongue posture and swallowing patterns.
The functional and therapeutic implications of restoring tongue balance in cranio-cervico-facial pain and dysfunction will be presented, with reference to the integration of manual therapy and the Bite Universale Anello Linguale “RI.P.A.RA.” device.

WORKSHOP

11:00 – *Chiostro del ’500*
Julijana Glisic
Low Back Pain: An Integrated Approach Combining Manual Therapy and Functional Re-education

The workshop presents an integrated approach to the assessment and treatment of low back pain, combining therapeutic massage, soft-tissue work and functional re-education. It explores the anatomy and biomechanics of the lumbar region, muscular imbalances, fascial restrictions and altered movement patterns. The practical session will present assessment procedures and therapeutic techniques, with particular attention to safety, treatment sequencing and adaptation to individual characteristics.

SIDE EVENT

10:00 – *San Francesco della Scarpa*
Empty Cloud Italia – Leṇapāda, monastic project based in Acquaviva delle Fonti (Bari)
Theravāda Buddhist Meditation: Cultivating Peace and Tranquillity in Everyday Life.

The session alternates sitting and walking meditation with opportunities for dialogue and questions, offering participants direct experience of meditative practice. The focus of the session is the cultivation of peace and tranquillity in everyday life.



23.10.2026

SEMINAR

14:00 – *Teatrino*
Jonathan van Put · Elisabetta Sardella
Practical Workshop on Deep-Tissue and Muscle-Release Massage

The workshop offers a practical introduction to fundamental muscle-release massage techniques, focusing on quality of touch, practitioner posture, pressure management and tissue response. Demonstrations and guided practice will include examples addressing common muscular and joint-related conditions, with particular attention to precautions and safety limits.

SIDE EVENT

16:30 – *San Francesco della Scarpa*
Empty Cloud Italia – Leṇapāda, monastic project based in Acquaviva delle Fonti (Bari)
Theravāda Buddhist Meditation: Cultivating Peace and Tranquillity in Everyday Life.

The session alternates sitting and walking meditation with opportunities for dialogue and questions, offering participants direct experience of meditative practice. The focus of the session is the cultivation of peace and tranquillity in everyday life.

PRACTICE

16:30 – *Chiostro del '500*
Francesco Corsi
Xing Shen Zhuang Gong – The First Practice of Nei Qi Gong.

The workshop introduces Nei Qi Gong and the training path of the Scuola Nei Qi Gong Fu through Xing Shen Zhuang Gong, the first practice in the method.
Following a brief introduction to the principles of Nei Qi Gong and the relationship between body, mind and Qi, the characteristics of the sequence and its work on body structure, awareness and the free circulation of energy through the meridians will be presented.
The final part will be devoted to a shared practice of the sequence, allowing participants to directly experience its movements and underlying energetic principles.

SEMINAR

18:00 – *Chiostro del '500*
Markour – Marco Sergi
Natural Movement.
The seminar offers a practical and theoretical exploration of natural movement through quadrupedal movement and other forms of locomotion. The aim is to rediscover the fundamental motor abilities of the human body by observing the spontaneous and instinctive ways in which it moves.
Through exercises performed on four points of support, participants will develop movement patterns, coordination, mobility, balance and body control.

CHAMPIONSHIP

20:00 – *Teatrino*
Opening of the 6th World Massage and Manual Therapy Championship

23.10.2026

CONCERT

21:00 - Piazzetta Giosuè Carducci
Taiko: Body, Breath and Rhythm in the Japanese Tradition.

The Quelli del Taiko concert brings the energy of traditional Japanese drums to Hòlos in a performance where sound, gesture, posture and breath become inseparable parts of a single experience.

In Taiko, rhythm arises from the involvement of the entire body: every stroke requires presence, coordination, precision and mutual listening, transforming musical performance into a collective action of great expressive power.

The strength of the percussion, the ritual quality of the gestures and the synchronisation of movement create a continuous dialogue between sound and visual expression, directly engaging the audience.

Active since 2012, Quelli del Taiko promotes awareness of Taiko and traditional Japanese culture through an artistic practice that brings together music, movement, discipline and embodied presence.

QUELLI DEL TAIKO



Saturday
24.10.2026

QBOZERO

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Federazione Ufficiale del Mondo
di Massaggio Terapia Manuale Nuad Thai ©®

24.10.2026

ECM COURSE

08:30 - *Sala Teatrino*
Health, Environment and Prevention within the One Health Paradigm
Nutrition, Physiotherapy, Psychology, Medical Cannabis

Scientific Coordinators:
Dr Anna Mancarella
Dr Caterina Origlia

ECM Residential Event: N. 498218
Number of participants: 100
ECM credits:8

IThe course explores the One Health paradigm as an integrated model for prevention and health promotion, based on the interconnection between human, animal and environmental health.
Through contributions from different fields, the programme addresses primary prevention, occupational health, veterinary public health and zoonoses, environmental change, agroecosystems and sustainable nutrition, mental health and healthy ageing.
Particular attention will be devoted to Healthy Longevity, the preservation of functional capacity and autonomy, and the role of environmental, social, psychological and behavioural factors in health and disease processes.

PROGRAMME

8:30 Participant registration
8:50 Presentation of the scientific programme

Moderator: **CATERINA ORIGLIA**

9:00 Forestal Medicine, Shirin-Yoku.
Dr Nicola Ciannamea

10:00 The Relationship Between Work and Health: Work-Related Health Damage, Notes on Risk Perception and Primary Prevention, with an Introduction to Ergonomics.
Dr Giovanni De Filippis

11:00 Coffee break

PROGRAMME

11:30 The Public Veterinary Animal Health Service and Essential Levels of Care: Human Health, Animal Health and Ecosystem Health.
Dr Giovanni Tortorella

12:30 The Agroecosystem from a One Health Perspective and Sustainable Nutrition.
Dr Stefano Spagnulo

13:30 Lunch break

14:30 "Qualia", Qualities within the Unified Field of Well-Being and Health: Dynamic Interactions Between Subjective and Objective Aspects in Complexity Science and Medicine.
Dr Caterina Origlia

15:30 Female Healthy Longevity: From One Health to FemGevity – The Role of Physical and Rehabilitation Medicine in Preserving Function, Autonomy and Quality of Life.
Dr Maria Parlangeli

16:30 Coffee break

17:00 The Impact of Environmental Change on Human Health in the Context of Emerging Infectious Diseases.
Dr Alessandra Panico

18:00 The Body as a Place of Integration within the One Health Paradigm: The Contribution of Psychotherapy.
Dr Marco Montanari

19:00 Closing Session and ECM Test



CHAMPIONSHIP

8:30 - *Sala Chiostro del '500*
San Francesco della Scarpa
Opening of the World Massage and Manual Therapy Championship.

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SIDE EVENT

16:00 – Chiostro del '500
Technology as a Therapeutic Aid

ALE&GIO
BENESSERE QUOTIDIANO

SIDE EVENT

16:30 – Chiostro del '500
Massage Techniques in Comparison: Demonstrations by the Championship Judges

A session devoted to practice and to the comparison of different approaches to massage and manual therapy.
The Championship judges will present techniques, working methods and their personal approaches to treatment, giving participants the opportunity to closely observe gestures, sequences, rhythm, quality of touch and session structure.
The demonstration thus becomes a space for professional exchange and the sharing of experience, where different languages and traditions can meet through practice.

SIDE EVENT

17:00 – *San Francesco della Scarpa*
Nature and Massage: An Alliance for Harmony of Body and Mind

l'albero della Vita

A session dedicated to the importance of mindful touch and the use of natural oils as tools for enhancing massage.
The experience of L'Albero della Vita®, a brand specialising in the production of high-quality massage oils and combining tradition, sustainability and innovation, will be presented.
The properties of pure vegetable oils and aromatic blends will be explored, showing how they can support professionals and wellness practitioners in creating sensory experiences that promote balance and harmony between body and mind.

PRACTICE

18:00 – *San Francesco della Scarpa*
Carlo De Giovanni
Wu Xing – The Five Elements in the Chinese Tradition

The session introduces Wu Xing, one of the fundamental principles of traditional Chinese culture, based on the relationships between Wood, Fire, Earth, Metal and Water.
The Five Elements represent qualities and dynamic processes interconnected through cycles of generation and control, and are applied in various fields, from Traditional Chinese Medicine to martial arts.
The session explores the symbolic meaning of the five principles and their reciprocal relationships, offering a key to interpreting nature, the body and processes of transformation according to traditional Chinese thought.

Sunday
25.10.2026

QBOZERO

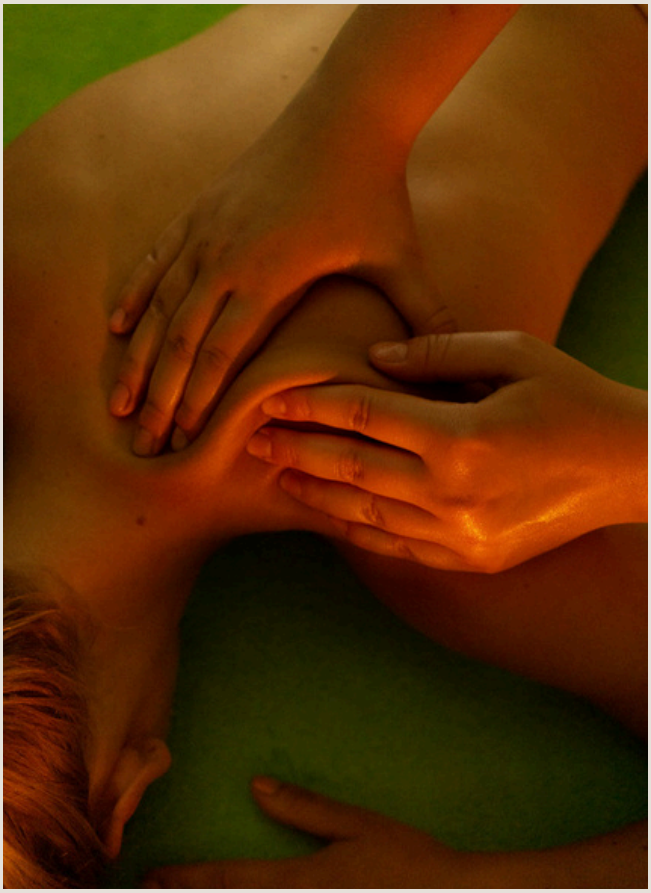
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25.10.2026

CHAMPIONSHIP

8:30 *- Sala Chiostro del '500 - Teatrino*
Opening of the World Massage and Manual Therapy Championship.

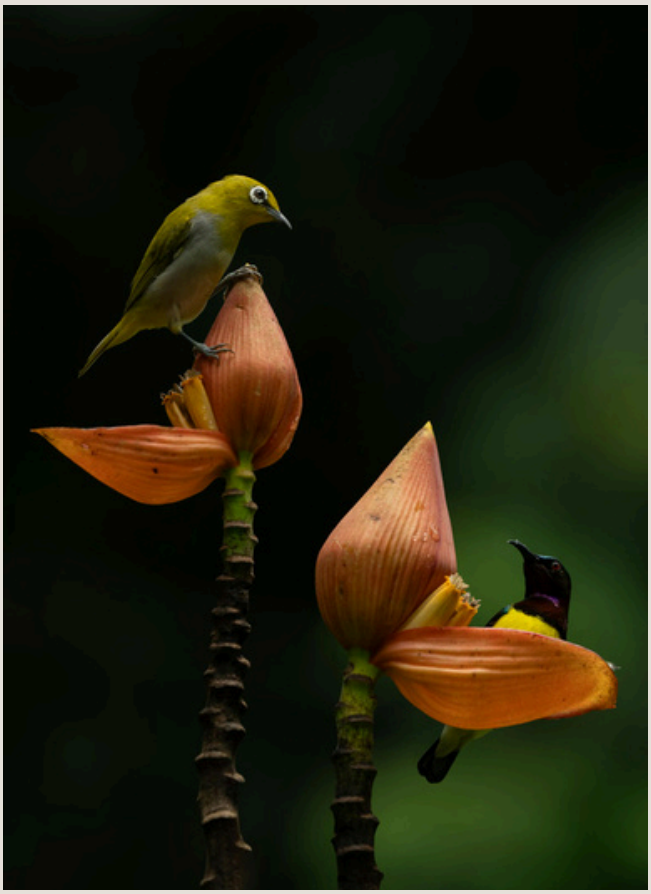
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SIDE EVENT

16:30 – *Chiosto del '500*
Marco Montanari
Miosynt – Senses, Awareness and Longevity

The presentation introduces Miosynt, a multisensory system that considers the body as a network capable of continuously receiving, processing and integrating information.
Through a combination of light, vibration, sound, olfactory and gustatory stimuli, which can also be combined with manual touch, the method aims to support autonomic regulation, emotional balance and the body's adaptive capacity.
The session also explores the relationship between sensory awakening, awareness and longevity, highlighting the role of the senses, curiosity and the ability to learn in supporting vitality, health and well-being over tim.



PANEL DISCUSSION

16:00 – *San Francesco della Scarpa*
ONE HEALTH – Health as a Collective Responsibility: Information, Rights, Environment and Community.

Talking about health means talking about people, the places where they live, and the conditions that can protect or undermine their wellbeing every day. This round table is conceived as a space for listening, dialogue and participation, bringing together environment, information, rights and collective responsibility.

Journalists, legal experts, specialists and local organisations will share data, experiences and different perspectives, bringing diverse views and sensitivities into dialogue in order to develop a broader and more nuanced understanding of the issues at stake. Open to the public, the meeting aims to provide useful tools for better understanding the connections between individual and community health, strengthening awareness, participation and the protection of rights, and reflecting together on how we care for places and the people who inhabit them.

Moderator: **Sarah Helena Van Put**

Continuing Legal Education for Lawyers: 1 ordinary training credit.

Continuing professional development for journalists: 5 ethics credits

PROGRAMME

16.00–16.30
Health Data and Prevention: Understanding the Local Area to Protect Public Health
Analysis of data, identification of risk factors and planning of prevention measures.
Dr Agnese Stefanelli *(Physician, Director of the Servizio Igiene e Sanità Pubblica – Area Sud, ASL Lecce; Council Member of the Ordine dei Medici di Lecce)*

16.30–17.15
Communicating Health and Environmental Issues: Sources, Data and Professional Ethics
Verification of sources, accurate interpretation of scientific data and the journalist's responsibility when reporting matters of public interest.
Prof. Anna Rita Longo *(Lecturer in Media, Science Communication and Science Journalism at the University of Salento.)*
Renato De Capua *(Journalist)*

17.15–18.00
The Right to Health and Environmental Protection: Legal Instruments and Public Responsibilities
The relationship between health protection, environmental quality, citizens' rights and the actions of public institutions.
Prof. Massimo Monteduro *(Full Professor of Administrative Law and member of the "Ius et Salus – One Health" Research Unit, Dipartimento di Scienze Giuridiche, Università del Salento)*
Prof. Alice De Nuccio (*Tenure-Track Researcher at Università Telematica Pegaso and member of the Observatory on Pharmaceutical Law and Life Science)*

18.00–19.00
Territory, Community and Participation: From Knowledge to Action.
Experiences and practices from civil society in protecting the environment, health and the commons

Associations, foundations and local organisations

To follow: final discussion and questions from the audience.

AWARDS CEREMONY

20:00 – *Teatrino*
Hòlos Award
One Health Award
World Massage and Manual Therapy Championship Awards

HÒLOS
L'arte della cura e del benessere

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Rifiuti dal mare
MAUS – Museo dell'Ambiente dell'Università del Salento, a cura di Piero Lionello, Michele Solca, Giorgia Alemanno e Christian Vaglio.

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HÒLOS
L'arte della cura e del benessere

PROMOSSO, IDEATO E
ORGANIZZATO DA:

QBOZERO

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