

IPSO Mens sana in corpore sano?

FIRST Winter Edition



Friday 19 January

16.00 Hotel arrival.

<http://www.hotellagrange.it>

17.30 Program

First paper by Dr. **Stefano Pozzoli**: "Optimal experience and performance in sports and oneiric and transforming experience in analytic sessions" + discussion

20.30 Dinner

21.00 Briefing with the guide

Saturday 20 January

7.30 Breakfast

9.00 Trekking with the guide

12.00 Lunch in the mountain Hutte

14.30 Arrival in the hotel Sauna + Rest

17.00 17.15 Breathing exercise with Dr. **Michele Lagala**

17.15-19.00 Discussion on clinical cases. Theme: Breathing

20.00 Dinner

21.30 Pub and dancing

Sunday 21 January

8.30 Breakfast

10.00 Skyway to Pavillon (20 Euros)

Walking around 1,5 km with the guide

Light Lunch

13.00 end of the meeting

PS: Possibility to pick up from Milan, Ginevra, and Torino airports

Guide cost and mountain equipment depend on the number of participants (around 50 Euros)

