

Mens sana in corpore sano? *Third Edition*

Trekking, moving and thinking in Val D'Aosta Alps, Italy
6, 7 and 8 July, 2018



“**Mens sana in corpore sano?**” meeting aims to support participants in exploring the value of physical activity in the conscious and unconscious processes of mind-body integration within a group's experiential context. It is a meeting model that offers a direct learning opportunity through a short period of coexistence, during which alternating moments of physical activity (trekking, stretching, yoga, dancing) with moments of exploration and reflection on experiences lived (discussion sessions)

The experience of getting together for a run every morning before the first scientific activity of the day, in IPA Boston Congress (2015), inspired our idea to combine exercise and psychoanalytic reflections.

We created the first “**Mens sana in corpore sano?**” encounter in the Italian Alps, (2016), we have the second edition in the Atlantic Coast of Uruguay days before the IPA Congress in Buenos Aires (2017) and we planning a new edition in Scotland for the IPA Congress 2019.

We invite you to the third edition in Val D'Aosta Alps, Italy!

This is the link with the video of first “**Mens sana in corpore sano?**” http://youtu.be/PsYfFh6_a-A

For more informations, please contact Paula Lopez paula.lopez378@gmail.com

It's possible to submit papers about the relation between psyche and body. Some of the papers received will be selected to be discussed in working groups (referee: Marco De Coppi marcodecoppi@libero.it)



For IPSO:

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“*Mens Sana in Corpore Sano?* is an IPA Grant submitted project (2017)

See what is Ipsos: <https://youtu.be/il4ytdB3jm0>