

Valle d'Itria
Salento

AWAKENING
IN THE BODY

with
Gerardo
Martino

Info 3291220041

Connect yourself to your inner space through the external one. Actually, each day is a new day and the body has its own reasons and its intelligence as well.

Even before the sun rises, the interior dimension of the movement and the hearing of subtle perceptions merge in harmony with the inner self, the nature and the gravity.

The early morning hours are the best to start an emotional, physical and mental journey in order to reach a healthier body diagram. They are also the best to optimize the information exchanges among endocrine, nervous, immune and metabolically viscera systems.

Seventy minutes of soft and energetic actions as well during which movement, posture, training and imagination are only some of the aspect of a journey where muscle chains, joints, fascial tissue, energetic meridians, breath, eyes, interpretation and even voice are involved in the three levels of space.

(AWAKENING IN THE BODY) integral part of the Spiralibiodinamiche Program, spring summer Valle d'Itria - summer autumn Salento -

with Gerardo Martino, body worker, personal trainer, voice trainer, performer, actor, composer, author. National Manager of IPS Postural Training.

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