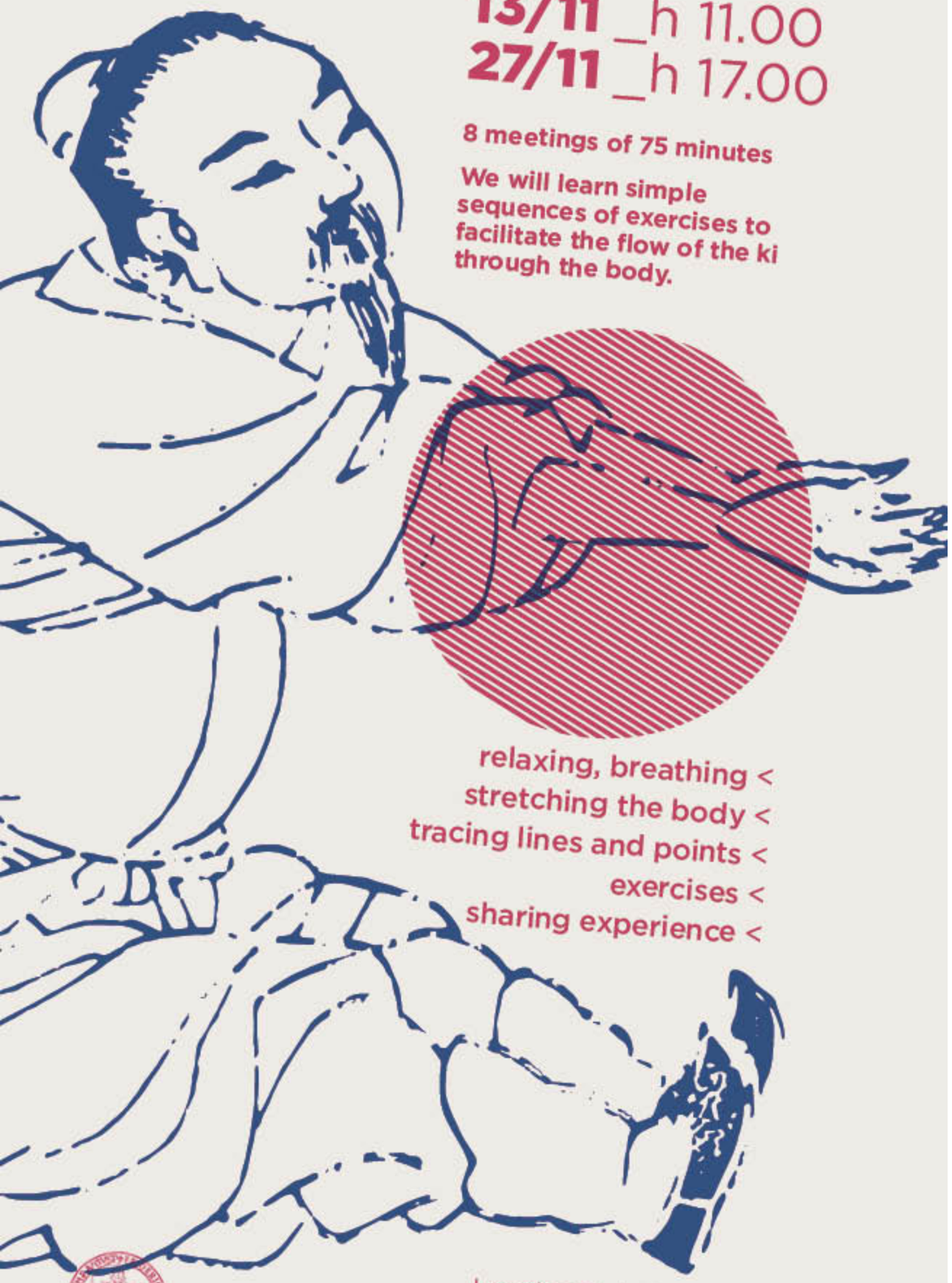
# ZEN IMAGERY EXERCISES

**13/11** _h 11.00
**27/11** _h 17.00

**8 meetings of 75 minutes**

**We will learn simple sequences of exercises to facilitate the flow of the ki through the body.**



relaxing, breathing <
stretching the body <
tracing lines and points <
exercises <
sharing experience <

Location: Porto Petraio,
Salita Petraio 18d Napoli

You should bring a gym mat,
comfortable clothes and warm socks!

maximum of 15 people
reservations required:
delegato.erasmus@unina.it

**Università**
**Degli Studi Di Napoli**
**Federico II**

All the activities are managed by L'Intrecciata ASD
Annual membership fee: 20€
The course will be carried-out in compliance with anti covid rules.