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I wrote my thesis mainly describing the lessons and information days that I proposed, noting the particularities that I encountered from time to time. I prepared the introduction working on the text for a conference I gave at "Zen-A", Wellness Fair, in Genoa. I made three "homemade" videos in which I introduce the Zen-Stretching, the Map and the exercises and the path of the Meridians.

I report here some of my introductions.

I gave my first introduction in February 2019 in my studio. There were six women, some of them yoga practitioners: it lasted two and a half hours. I started by explaining what it is and talking about Silvia Marchesa Rossi who conceived the method and how Zen-Stretching could help their energetic rebalancing and help them rediscover their sleepy resources; how they would have learned how to listen to the messages from their bodies and to perceive the energetic conditions of their meridians, thus also modifying the emotional sphere.

After the verbal introduction we started the lesson.

A brief warm-up: head, shoulders, arms, hips, legs, ankles.

Basic exercises of Conception Vessel and Governor Vessel, to begin.

Then demonstration and performance of the basic exercises of all the Elements starting from Metal.

Finding the Individual Fullness and Emptiness of energy and correcting it.

Basic exercises again, to check the change in the energy condition for everyone.

Handing over Zen-Stretching card of the exercise proved to be Full and Relaxation with short Meditation.

They were all very enthusiastic about the method: they felt better, they were amazed at how they could perform the exercises more easily the second time, how the card provided mirrored them and they also appreciated the meditation with the card placed in a part of the body that was comfortable and safe for them.

In March I gave an introduction at a Pilates Center. There were four women and a man. It lasted two and a half hours. They were mostly dancers and it was very interesting to see how they did the exercises with great ease while being able to identify the fullness and emptiness. I followed the usual presentation pattern and also this time I liked it very much.

At the beginning of June, I made an introduction at a recreation club. There were three girls who only had an hour break. This time I couldn't use the usual scheme and doing this one hour presentation wasn't easy: trying to say the main concepts, warm-up, basic exercises showing where they could feel the Meridians, correction and then the test again. I had to choose, for time reasons, whether to have them perform tonifying or dispersion exercises. For a fortunate combination they all had a fullness in the Metal element and I had all three of them do the dispersion, showing them only one dispersion exercise. On that occasion there was no time for meditation.

In August I made an introduction for two friends of mine who live in Rome and were in Genoa for

some time. He was a former colleague of mine from the airport, who now teaches geography in Rome and is an instructor of fit-box and martial arts. She is also a teacher and they are both Master Reiki, so already trained to work with the energy of the person.

I was curious about their opinion, about the method and how I exposed it and it was really interesting and fun to do the lesson with them, as they are accustomed to perceiving energy flows.

After the explanation, the lesson began. We did some warming-up, basic series of Conception Vessel and Governor Vessel, basic series of all the Elements with research of fullness and emptiness, individual correction, replication of the basic series and final meditation with the card. Reading about the Wood Element from the book Ki-Sei as meditation since it was full for both of them.

They were really satisfied and very impressed by the method: they felt more supple, relaxed but at the same time revitalized.