

Lucia Della Putta



Lucia, engineer and textile designer and former dance teacher approached the Zen-Stretching® following her physical problems of osteoarthritis and surgical interventions to eliminate calcific tendinitis in her shoulders, all of which prevented her movements and using her arms and hands and which gave her strong pains.

From the very first course she had a relief and regained the mobility of her arms especially her left shoulder that had suffered from capsulitis for several months after the surgery, which had, anyway, solved the problem of calcification. It was not by magic: the Zen-Stretching® exercises almost naturally cleared the blockages by moving the energy.

Besides, she felt the need to exercise but she knew full well that she could not have practiced any sports discipline, she could not force or make quick or sudden movements, not to talk about repeating some movements endlessly to be able to succeed. She could not bear clenching her teeth and enduring the pain the way she had been used to in order to perform a split or get on the tips of her feet like when she was dancing. Or still forcing the same part of the body to succeed in a position.

She found the Zen-Stretching® interesting, since it is based on the opposite principle: never force, listen to your body and to go with the rhythm of your physical possibilities.

While at the beginning the physical memory occurred during the practice of the Zen-Stretching®, so that Lucia found the right positions with a great flexibility but without a feeling of the meridians, over the time she learned to listen to her body, to let go, to take a step backward and take her time to get into the postures, and then she began to feel the lines forming, the heat through her body, tingling, swarming, stiffness, relaxation allowing her to perceive the good and bad feelings.

By assisting Barbara Anemone Aubry during classes or demonstration days of Zen-Stretching® Lucia has regained the taste for teaching, transmission, and this is how she started to follow the training to become a facilitator, in order to be able to benefit others from the advantages of this method.

She was able to experience teaching some lessons individually or in small groups, with people more or less physically trained. As her Cartesian and organized training suggested her, Lucia needed to make a program for the teaching of her weekly course and to have supports in order to be able to follow her own and her student's evolution during her Zen-Stretching® classes (see appendix).

Lucia has also set herself the goal of associating her textile craft with the practice of Zen-Stretching® to create a comfortable outfit for the practice of this discipline.

Since a Zen-Stretching® logo already exists, she has studied and stylized the basic positions related to the 5 elements: Metal, Earth, Absolute and Supplemental Fire, Water and Wood in order to reproduce them on t-shirts or tunics. The work of creation is in progress; here are her first studies:

