



I started doing Shiatsu about 20 years ago.

Over the years this passion has become a profession that has led me to have my own studio; I have continued to take courses with the same interest as the first day, in fact I define Shiatsu as a passion rather than a job.

Then I tried Meridian Stretching.

That one caught my attention: it was a work akin to Shiatsu, i.e. positions that tone and positions that disperse energy.

I liked the concept, also because I didn't find these principles in other disciplines: it could be an individualized work on the person.

Later I learned that this type of work was proposed by Silvia Marchesa Rossi, and I started the path with "Zen-Stretching", participating in several weekends in which she showed me all the exercises, how they alternated and how they were combined with each other.

I liked it because I understood that it is a self-treatment and a Shiatsu therapist needs to be always in balance, to be able to do this work, because the more fit he is, the more he can be useful to people.



And that's where my ZS journey began.

Zen-Stretching by working through the body, gently unlocks held tension and pain, to transform stagnant energy into constructive energy, and is suitable for adults and children.

Zen-Stretching for me is a self-treatment where you reconnect with yourself, it makes you reflect also thanks to the movement, it gives you the opportunity to approach the easiest position and stay as long as you feel good in it, without rushing, in your own time.

The pains of life close us, we stiffen, Zen-Stretching circulates energy, helps us to soften the body and automatically the mind.

It is a complete work, because we work on the body but also on the mind at the same time. It is a path of listening, of respecting one's own condition of rigidity and blockage, which changes from time to time, changing the exercises, without forcing.

The positions of closure, of introspection help us to look inside ourselves, while those of stability invite us to be more centered on ourselves and reconnect with the outside world.

Life is a constant change and that is why we need to be flexible in body and mind and this is a work of softness, kindness and listening, qualities that are essential for inner growth.