



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA
DIPARTIMENTO DI
SCIENZE PER LA QUALITÀ DELLA VITA

Second cycle degrees programmes (LM) in:
Wellness Culture: Sport, Health And Tourism
Wellness, Sport and Health

II semester
Academic year 2022-2023
Rimini Campus of the University of Bologna

In collaboration with:
UNESCO Chair, Global Citizenship Education
in Higher Education

International Research Center on Global
Citizenship Education

SEMINARS

BODY CULTURES: LET'S PLAY! THREE SOMATIC OUTDOOR SEMINARS

Promoted within the courses of:

Body cultures by Professor Marcella Terrusi
Global Citizenship Education and Outdoor Education
by Professor Alessandro Bortolotti and
Professor Massimiliano Tarozzi

20TH APRIL 2023
10.00 A.M. - 1.00 P.M.

Community weaving

Bring a textile, a scarf or a small blanket you love. We'll practice dance in an outdoor space, exploring somatic connections and meaningful relationship among bodies: moving ourselves with care of the environment we will build an extemporary community.

Teacher: Gaia Germanà - community dance educator

27TH APRIL 2023
10.00 A.M. - 1.00 P.M.

Centering and boundaries

A somatic experience around embodiment. Body awareness as a key to centering. The body as an anchor in times of chaos, a source of wisdom in times of post-truth, a beginning of reconnection in a time of disconnection: to ourselves, to each other, to the planet. A set of body-mind techniques to nurture a state of wholeness and integrity.

Teacher: Alessandro Fattorini - somatic movement educator



5TH MAY 2023
10.00 A.M. - 1.00 P.M.

Trust your balance

"Leap and the net will appear" is the motto that underlines this path: a challenging practice of balance that includes trust and outdoor landing.

Teacher: Erica Fierro - aerial acrobat

All the seminars will be held outdoor in the Square on the Water, Green Area, Ponte di Tiberio, Rimini

