



Health Time

Shiatsu Open Day

Join us for a special **Open Day** dedicated to **Shiatsu**, the ancient Japanese art of pressure therapy. Shiatsu improves health, reduces stress, and helps us to be more focused and gain energy through profound psycho-physical rebalancing.

Sessions will be held on appointment (on Wednesday afternoons, and on Thursday mornings) by the qualified practitioner **Mr. Marco Praticó**.

Well-being

Prevention



Balance



N.B: Sessions don't have any medical or aesthetic connotation, and are used exclusively to improve the state of health of the whole person.

Open Day: Thursday, April 30 - 12:00 PM – 1:00 PM
FAO Room E020

JOIN US!



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