

## Mindful Breathing and Wellbeing with Fabio Andrico

Date : September 9, 2019

**Bologna, Italy, September 7-8, 2019**



The competence and experience of Fabio Andrico, together with his clarity and simplicity in explaining and teaching, as well as his warmth and empathy, made the Course on “Mindful Breathing and Wellbeing”, held on 7-8 September in Bologna at the [Foundation for the Salutogenesi ONLUS](#), a highly engaging and motivating event.

Fabio Andrico has gladly accepted the Gakyil’s invitation to return to Bologna, as requested by all the participants.