

Official languages: English and Italian

## International Kinesiology Conference

# “Kinesology”

Listening to your inner guide

## October 2nd – 5th 2025

*Assisi- Italy*

**Cittadella**

*Organized by*



**iksen**

Istituto di Kinesiologia Specializzata e Naturopatia  
celebrating more than 37 years of Kinesiology and allied disciplines  
activity

*Endorsed by*



**IKC**

*International Kinesiology College  
celebrating 35 years of Touch for Health  
supervision and certification  
and other Kinesiology activities*

**In cooperation with**



ASSOCIAZIONE INTERNAZIONALE OBIETTIVOLOGIA

*Associazione Italiana Obiettivologia*

*Supported by*



**A.K.S.I.**

*Associazione di Kinesiologia Specializzata Italiana*

*We are very happy to invite you to the International Kinesiology & Touch for Health Conference organized by I.K.S.E.N in collaboration with A.I.O. (International Association of Objectivology). This is also the official International Kinesiology College (I.K.C.) Conference. I.K.C. is the worldwide organization that sets the standards for Touch for Health, Professional Kinesiology Trainings taught in many countries and many Kinesiology courses worldwide. It will also be a wonderful opportunity for you who are abroad, in Europe and overseas, for a full Italian working holiday in one of the most significant cities on the Italian soil, also birthplace and life of Saint Francis, patron saint of Italy.*

*The aim of this Conference is to disseminate knowledge of the most advanced kinesiological methods through demonstrations, practical workshops and direct contact with the most esteemed exponents in the world of Kinesiology.*

*All the conference speeches and presentations and courses will be presented in English and Italian languages. You will be able to exchange knowledge, experiences and ideas with "intelligences" from every corner of the planet.*

*In the latest years, kinesiological research has explored many areas, becoming an integrative science in the dynamics of health, well-being, the ability to achieve one's goals and professional development, with excellent results, ever-increasing user consensus and attention of Academic Medicine.*

*Everyone can participate, both those who are approaching Kinesiology for the first time and want to have more precise and clear ideas of what it is and what it can do, and those who are already active in some kinesiology and/or natural methods or field and wish to deepen and expand this knowledge .*

*There will be moments of relaxation and fun such as "the talent show", "the gala dinner" and breaks with live music.*

*You will also have the opportunity to enjoy the beauty of Assisi, a city rich in history and spirituality. They will be four unforgettable days. We look forward to see you!*

**THE ATTENDANCE OF THE ENTIRE CONFERENCE  
ALLOWS THE CREDIT OF 50% OF THE  
CONFERENCE HOURS (15 HOURS) AS UPDATE FOR  
REGISTERED TOUCH FOR HEALTH  
INSTRUCTORS AND CONSULTANTS.**

## -----CONFERENCE PROGRAM-----

### **OCTOBER 2nd**

- 9.00 a.m. – 2.00 p.m. Registration  
9.00 a.m. – 1.00 p.m. Introduction to kinesiology.  
Learning the basics of muscle testing. Free class for those who have registered for the entire conference.  
9.30 a.m. – 1.00 p.m. Guided visit with a Saint Francis monastic of Assisi Basilica and promenade in Assisi (reservation required – radio guide required 3,00 euros).  
2.30 p.m. – 3.30 p.m. Opening ceremony with the International Kinesiology College  
3.30 p.m. – 5.30 p.m. Lectures  
5.30 p.m. – 6.00 p.m. Break  
6.00 p.m. – 7.30 p.m. Keynote speaker

### **OCTOBER 3rd**

- 9.00 a.m. – 10.30 a.m. Lectures  
10.30 a.m. – 11.00 a.m. Break  
11.00 a.m. – 1.00 p.m. Lectures  
1.00 p.m. – 2.30 p.m. Lunch time  
2.30 p.m. – 4.30 p.m. Lectures  
4.30 p.m. – 5.00 p.m. Break  
5.00 p.m. – 6.00 p.m. Lectures  
6.00 p.m. – 7.30 p.m. Keynote speaker  
9.00 p.m. Talent show

### **OCTOBER 4th**

- 9.00 a.m. – 10.30 a.m. Lectures  
10.30 a.m. – 11.00 a.m. Break  
11.00 a.m. – 1.00 p.m. Lectures  
1.00 p.m. – 2.30 p.m. Lunch time  
2.30 p.m. – 4.30 p.m. Lectures  
4.30 p.m. – 5.00 p.m. Break  
5.00 p.m. – 6.00 p.m. Lectures  
6.00 p.m. – 7.30 p.m. Keynote speaker  
8.15 p.m. Gala Dinner

### **OCTOBER 5th**

- 9.00 a.m. – 10.30 a.m. Lectures  
10.30 a.m. – 11.00 a.m. Break  
11.00 a.m. – 1.00 p.m. Lectures  
1.00 p.m. – 2.30 p.m. Lunch time  
2.30 p.m. – 5.00 p.m. Lectures  
5.00 p.m. – 5.30 p.m. Closing ceremony

**This conference is an excellent opportunity to learn, share and have fun. DON'T MISS IT**

## **COURSES OFFERED AFTER THE CONFERENCE**

### ***October 6th-9th***

9.00 a.m. – 6.30 p.m. “Touch for Health in Depth 1”

### ***October 10th-13th***

9.00 a.m. – 6.30 p.m. “Touch for Health in Depth 2”

### ***October 14th-18th***

9.00 a.m. – 6.30 p.m. “Touch for Health in Depth Training”

### ***October 19th-20th***

9.00 a.m. – 6.30 p.m. “Touch for Health in Depth Proficiency”

*All these courses are taught in English and Italian*

*An opportunity for Touch For Health Instructors with teaching experience to be authorized to teach the Touch for Health In Depth 1 & 2 courses*

Any extraordinary changes to the Program will be communicated to participants before and/or during the conference.

## ----- CONFERENCE SITE -----



### **CITTADELLA** **Via Ancajani 3 – 06081 Assisi PG**

## ----- ROOM & BOARD PRICES -----

The property offers accommodation in single, double and triple rooms only in full or half board. Since the number of rooms is limited, we strongly suggest sharing the room with other known participants or making yourself available to share the room with other participants of the same sex. There are 25 single rooms, 38 double rooms and 12 triple rooms available.

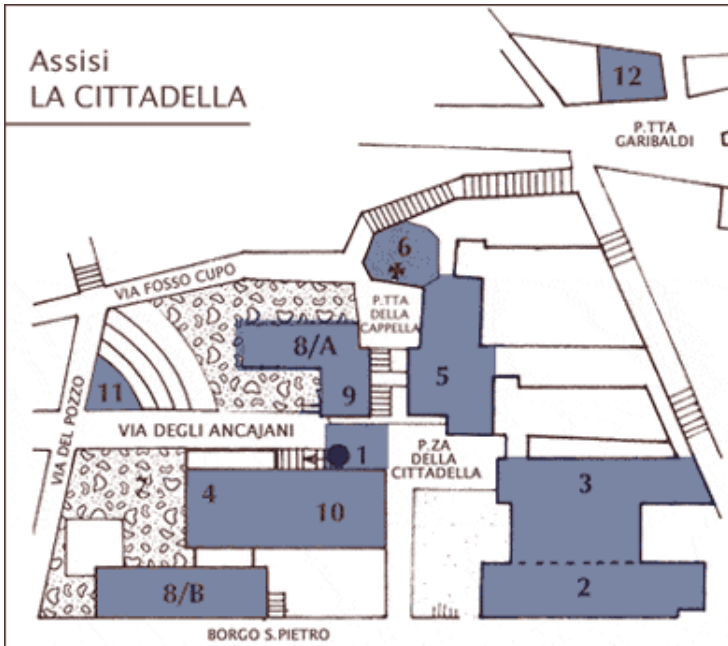
#### **Price per day**

|                        |        |
|------------------------|--------|
| Single room full board | €80.00 |
| Single room half board | €70.00 |
| Double room full board | €67.00 |
| Double room half board | €57.00 |
| Triple room full board | €62.00 |
| Triple room half board | €52.00 |

For those lodging in another Hotel, the price of one meal is € 18,00.

25 parking spaces are available so if you come by car you can leave it in the street adjacent to the Cittadella or in a private area. Once all these places are occupied, those arriving by car will be able to enter the historic center and arrive at the property for unloading luggage/people; subsequently the closest reference car park (for a fee) is "Giovanni Paolo II" at 200 meters (just outside Porta San Pietro).

## ----- LA CITTADELLA PLAN -----



- 1) Hospitality Entrance, Bar, Saint John room
- 2) Auditorium
- 3) Christian observatory: library-art gallery-sound library
- 4) Saint John room
- 5) Offices
- 6) Chapel
- 7) Gardens
- 8) Rooms A & B sectors
- 9) Library
- 10) Dining room
- 11) Amphitheater
- 12) Franchi Palace

## ----- CONFERENCE FEES -----

### FOR THE ENTIRE EVENT

€550.00 by April 1st 2025

€600.00 by July 1st 2025

€650.00 by September 1st 2025

€700.00 after September 1st and at the conference site

***The price includes:*** the Conference book in English or Italian, coffee breaks and the talent show. The gala dinner\* is not included.

*Conference fee per day:* € 200,00

\*The price of the gala dinner is €15.00 supplement for those staying at La Cittadella and €36.00 for those staying in other hotels/places. Menu consisting of: appetizer, a first course, a second course, a hot side dish, seasonal salad, fruit, dessert, water, wine and bubbly wine.

## ----- SPONSORSHIPS -----

For those wishing to sponsor the Conference, the Organizing Committee has provided space in front of the conference room where sponsors will be able to display their products and/or have an advertising space in the conference book.

For sponsorships information and fees contact:

**Flavia Filippi** e-mail [info@iksen.it](mailto:info@iksen.it)

## ----- REFUNDS -----

Withdrawal regarding the event for which you have registered: conference and/or accomodation and/or course.

*Up to 4 weeks before the beginning of the event:*

Refund of the entire amount less €50.00 for administration expenses.

*Up to 3 weeks before the beginning of the event:*

Refund of 80% of the amount paid.

*Up to 2 weeks before the beginning of the event:*

Refund of 60% of the amount paid.

*Up to 1 week before the beginning of the event:*

Refund of 40% of the amount paid.

After this date the sum paid will be entirely retained.

## -----COURSES PROGRAM AND INFOS-----

### **“Touch for Health In Depth 1”**

*Teacher: Maurizio Piva*

*Date and time: October 6th-9th: 9.00 a.m. - 6.30 p.m.*

*Total course hours: 32*

*Prerequisite: Touch for Health 4 or equivalent*

*Price: € 505,00 + sale tax\* + € 39,50 for the text*

**International Kinesiology College certification**

It allows you to refine and strengthen the Touch for Health 1-4 balance, with the acquisition of new methods and information and the ability to put them into practice with greater precision to obtain greater results.

#### ***Course program:***

Elements of anatomy and muscle physiology with correlations to kinesiology applications, the five elements and applied muscle physiology. Five elements on the muscle balance. Understanding muscle testing through muscle neurology. Notions of posture analysis.

In-depth study of Traditional Chinese Medicine applied to Touch For Health: theory of yin and yang; ancient Shu points, Luo points, Source points, differentiating voids from excesses, neurolymphatic and neurovascular points related to Traditional Chinese Medicine. Application of the of the 5 Elements Balance with the Behavioral Attitude Diagram. In-depth interpretation of the Meridian Wheel and the 5 Elements Balances. Piva test for food compatibility.

Organ energy balance using the Leodynamics stimulation technique. Use of specific Bach Flowers according to the 5 Elements balance. Specific balance for the meridians in the same area and in different areas of the body according to triangles and squares. Using the advanced Touch for Health protocol. Time of the day balance applied to various areas of the body (neck, shoulders, back area, lumbar area, knees, feet). Muscles Emotional Stress Release.



## **“Touch for Health In Depth 2”**

*Teacher: Maurizio Piva*

*Date and time: October 10th-13th: 9.00 a.m. - 6.30 p.m.*

*Total course hours: 32*

*Prerequisite: Touch for Health In Depth 1*

*Price: € 505,00 + sale tax\* + € 39,50 for the text*

**International Kinesiology College certification**

The course allows the student to recognize meridian imbalances through postural observation and teaches how to work with the postures of the 12 meridians. Illustrates many variations of muscle tests learned in T.F.H. courses 1,2 and 3. Provides a specific balancing protocol for the meridian postures.

### ***Course program:***

In-depth study of the 5 Elements technique on the muscle. Observation of all 12 meridian postures. Demonstration and practice of all meridian postures muscle tests. Questions to identify imbalanced postures; meridian postures balancing procedure. Students practice with postural evaluation and balance of all the meridian postures.

## **“Touch for Health In Depth Training”**

*Teacher: Maurizio Piva*

*Date and time: October 14th-18th: 9.00 a.m. - 6.30 p.m.*

*Total course hours: 40*

*Prerequisite: Touch for Health In Depth 2*

*Price: € 632,00 + sale tax\* + € 17,50 for the text*

**International Kinesiology College certification**

A prerequisite course to become an instructor of T.F.H. In Depth 1 & 2 courses. Teaches advanced techniques.

### ***Course Program:***

Profiles for teaching T.F.H. In Depth 1 & 2; review of the T.F.H. in Depth 1 balancing procedure and study of the advanced procedure; review and demonstration of the use of the priority mode to access the individual balancing techniques with particular emphasis on the forms of balancing with the Emotional Stress Release, the Postural Stress Release for postural attitudes, the I Message, Feel-

Want-Willing with the Emotional Stress Release, the Johari Windows, muscles related to systems/organs/meridians, time-of-day balance, and time-of-day balance for specific areas.

Teaching of two new techniques/applications; differentiated use of Shu points depending on the type of priority imbalance with the 5 Elements; E.S.R. with visualization for good performance. Review and new information on active listening for the research and definition of the goal and for the awareness of the emotions highlighted with the kinesiological muscle test.

Review of the T.F.H In Depth 2 balancing procedure and study of the advanced procedure; using muscle exercises at home. Students practice of the advanced meridian posture procedure. Review and teaching model of topics and techniques of Touch For Health In Depth 1 and 2. Presentation of the above topics by the students.

## **“Touch for Health In Depth Proficiency”**

*Teacher: Maurizio Piva*

*Date and time: October 19th-20th: 9.00 a.m. - 6.30 p.m.*

*Total course hours: 16*

*Prerequisite: Touch for Health In Depth 2*

*Price: € 252,00 + sale tax\**

**International Kinesiology College certification**

The course allows the student to verify whether he is able to competently perform the techniques learned in the Touch for Health In-Depth courses. Essential prerequisite for those who want to be qualified to teach Touch for Health In-Depth 1 and 2 courses.

### ***Course Program:***

Written evaluation, students presentation of the T.F.H. In Depth 1 & 2 techniques. Students practice the Touch For Health In Depth 2 balancing procedure.

**EXCLUSIVE PRICE FOR THOSE WHO ATTEND THE ENTIRE TOUCH FOR HEALTH IN DEPTH COURSE SERIES €1610.00 + sale tax\* + € 96,50 FOR THE TEXTS.**

\*Sale tax is 22% for those residing within the european community and is not applied to participants of the other countries (for them only a 2 euros stamp).

## --- ASSISI---



It is the city of the Saints, San Francesco and Santa Chiara, and is the symbol of a message of peace to be breathed at every step along its beautiful streets. Assisi is an Umbrian jewel in the province of Perugia which lies delicately on the slopes of Mount Subasio.

**HISTORICAL NOTES:** The life of medieval Assisi was very eventful: it became the object of continuous conquests and sieges, triggered by the dispute between the Germanic and Byzantine peoples. A period that led to the construction of many of the castles, including the Rocca Maggiore. As an independent municipality, Assisi experienced a moment of great splendor thanks to the monastic movements, in particular that of the Benedictines. In 1182, Saint Francis of Assisi was born there, a man who was a symbol of the city because he put himself at the service of God by helping the poor, stripping himself of his family's wealth. His figure was associated with that of Saint Clare of Assisi, spiritual pupil of Saint Francis and founder of the order of the Poor Clares: at 18 she fled from her rich family to join Francis at the small church of Santa Maria degli Angeli.

**TO VISIT:** You can start from the Papal Basilica of San Francesco and Sacro Convento: composed of two overlapping churches, the upper and lower Basilica, where there is a crypt in which the tomb of the Saint is located. An important chapter of Italian art was written here: the works of Giotto, Cimabue, Simone Martini and Pietro Lorenzetti can be found here. The next stop is the Basilica of Santa Chiara, built immediately after her death. In full Umbrian Gothic style, it preserves important relics of such Saint and Saint Francis. Continue to the Basilica of Santa Maria degli Angeli, built to protect some of the important places in the life of Saint Francis: inside there is the small church in which he composed the Canticle of the Creatures and where he died. Last stop is the Rocca Maggiore, the imposing bastion that dominates the city and the nearby countryside. And it doesn't end here: Assisi is full of surprises, all of them beautiful. A visit to the Temple of Minerva is also highly recommended. Transformed into the church of Santa Maria above Minerva at the behest of Pope Paul III in 1539, it represents the most intact Roman building in the entire region. San Damiano, on the other hand, is a sanctuary with a special soul. Today it is the seat of a Franciscan novitiate for those young people who, eager to follow Jesus on the path of Francis of Assisi, are experiencing "the year of trial". If you still have time, visit the Domus del Larario of Assisi, an ancient and prestigious Roman residence from the first century AD, discovered by chance only in 2001.

## --- HOW TO REACH ASSISI---

### BY CAR

**From South:** For those arriving from the south, the best exit from the A1 motorway is Orte. Continue towards Perugia from the SS204 (direction Terni) first, and then the E45 (or SS3bis) from Terni to Perugia. Before Perugia, at Ponte San Giovanni, follow the signs for Assisi, taking the E45, close to Collestrada on the SS75, exit at Santa Maria degli Angeli and follow the signs for Assisi.

**From North:** Coming from the north on the A14 on the Adriatic coast, to get to Assisi the exit is Cesena, then continue on the E45 up to Citta' di Castello, then arriving at the Collestrada crossroads leave the E45 to take the SS75. Exit at Santa Maria degli Angeli and follow the signs to reach Assisi. Arriving in Assisi from the A1 motorway, exit at Valdichiana, continue on the SS75bis which overlooks Lake Trasimeno in Umbria, first, and then to Perugia. Arriving at Ponte San Giovanni, proceed towards Assisi, close to Collestrada on the SS75, exiting at Santa Maria degli Angeli and then following the signs for Assisi.

### BY TRAIN

**From South:** To get to Assisi by train from the south, on the main line between Rome and Ancona the station is Foligno (on the Spello, Assisi, Perugia and Lake Trasimeno branch). Coming from Rome, take one of the daily trains on the Ancona line, stop in Foligno, and then change and take a train towards Perugia (10 to 15 min.). All the above trains stop in the Santa Maria degli Angeli station, 3 km away from the historic center. A bus service departing from the square in front of the station will allow you to reach the city centre.

**From North:** Arriving in Assisi from the north, via the main line between Florence and Rome, the station is Terontola (on the Lake Trasimeno, Perugia, Assisi, Spello and Foligno branch). Coming from Florence it is necessary to take one of the daily trains to Terontola / Cortona (90 min.), and the connection with a train to Assisi / S.Maria degli Angeli (45 to 60 min.).

### AIRPORTS

The closest major airports to Assisi are in Rome and Florence, and it is easily accessible from these two cities by train, bus or car. The main international gateway is Rome Leonardo da Vinci Airport, known as Fiumicino. Florence A. Vespucci airport is known as Peretola. The recommended solution to get to Assisi by plane is to land in Rome and continue to Assisi by bus or train.

TO REGISTER FOR THE CONFERENCE,  
FOR THE COURSES AND TO RESERVE  
ACCOMMODATION, USE THE  
APPROPRIATE REGISTRATION FORMS  
AND SEND THEM TO IKSEN TOGETHER  
WITH THE COPY OF THE BANK  
TRANSFER.

**Organized by I.K.S.E.N**

In cooperation with  
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