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AUTENTICITÀ LIBERO ARBITRIO

CREATIVI CULTURALI





ABOUT US

We are a group of very diverse specialists, professionals who have come together because of our common belief in the “holism” of existence. We believe that we are connected to each other, to our planet and to the universe in a way that has meaning and purpose. Our existence is not a random event.

We understood that together, we could become instrumental in guiding others toward the self-awareness that provides authentic existence. It is this authenticity that produces healing and permanent wellbeing.

AUTHENTICITY

Each of us has an authentic, individual vibrational energy that identifies us throughout our lifetime. It manifests who we are, authentically, like our own personal note that compose part of the grand chorus of creation.

LIBERTY OF CHOICE

This fundamental part of our group’s name is based on the work of the physicist Federico Faggin, whose studies have convinced him that quantum physics is a fundamental component also of the the quintessence of Nature, which he defines as consciousness and freedom of choice.

CREATIVE CULTURE

Many different areas of research describe this point in time as an epoch of transformation. In order to allow this transformation to occur, a fundamental paradigm shift is necessary. The sociologists who are studying and describing the ever-increasing number of people interested in transforming our society from chaos and division to collaboration and peaceful coexistence, refer to “creators of a new culture”.

We are also creators of this new culture, based on awareness of self as part of the natural ecosystem, that can bring us toward a sustainable peaceful world.



ALL HAVE A «MISSION» DURING OUR LIFETIME ON OUR PLANET



Each of us has a specific “mission” during our lifetime on this planet of ours. The journey of discovery and completion of our mission is what allows us to perceive that even though we are individuals, we are not alone. We are part of the Whole of existence, and the awareness of this belonging is what gives us the joy and energy necessary to proceed with our mission.

We are here today as humankind, thanks to our predecessors who, in unison, with all the life present in Nature, not only survived, but adapted and evolved and flourished.

However, at this moment, instead of living in cooperation with the laws of Nature common to all living beings, to ensure continuity of our human species, we frequently consider ourselves as separate from Nature. In doing so, we essentially alienate ourselves from the meaning of our own existence, imprinted within us as Natural beings. This is truly a waste of Life!

Ancient philosophers from many cultures have studied the potential of what it means to be “human”. Now, the

study of this potential is part of scientific research as well. As a species, each one of us has enormous potential to generate collaboration, harmony, understanding amongst ourselves and with other living beings in this world.

However, it’s time for a paradigm shift in how we look within ourselves. It’s time to look within our Nature and connect with the Nature that is outside of us.



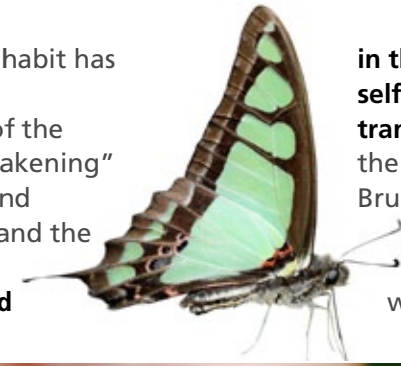
At present, even more than in the past, we can harmonize our inner world with the world outside of us in order to create a luminous and beautiful connection.

Within our body are 33 trillion cells, each of which is intelligent and communicates in a meaningful, specific way with the others. Over the thousands of years of our evolutionary history, this internal ecosystem has been working assiduously to guarantee our survival and evolution, in the same manner

that the external ecosystem of this planet that we inhabit has been expressing its intelligence toward survival.

Our project literally sprouted from the intelligence of the heart. Its intention is to offer an opportunity of "awakening" to those who participate, in order to find peaceful and harmonious coexistence with all other living beings and the natural Cosmos in which we live.

Our "mission" is to accompany whoever is interested



in this journey, toward the awareness of the self and its continuous and complete constant transformation, in order to create according to the words of the renowned scholar and scientist Bruce Lipton, "the best possible organism" thus assembling the best possible group of organisms to continue our evolution while we are on this planet.

A PROJECT THAT SPRINGS FROM THE WISDOM OF THE HEART

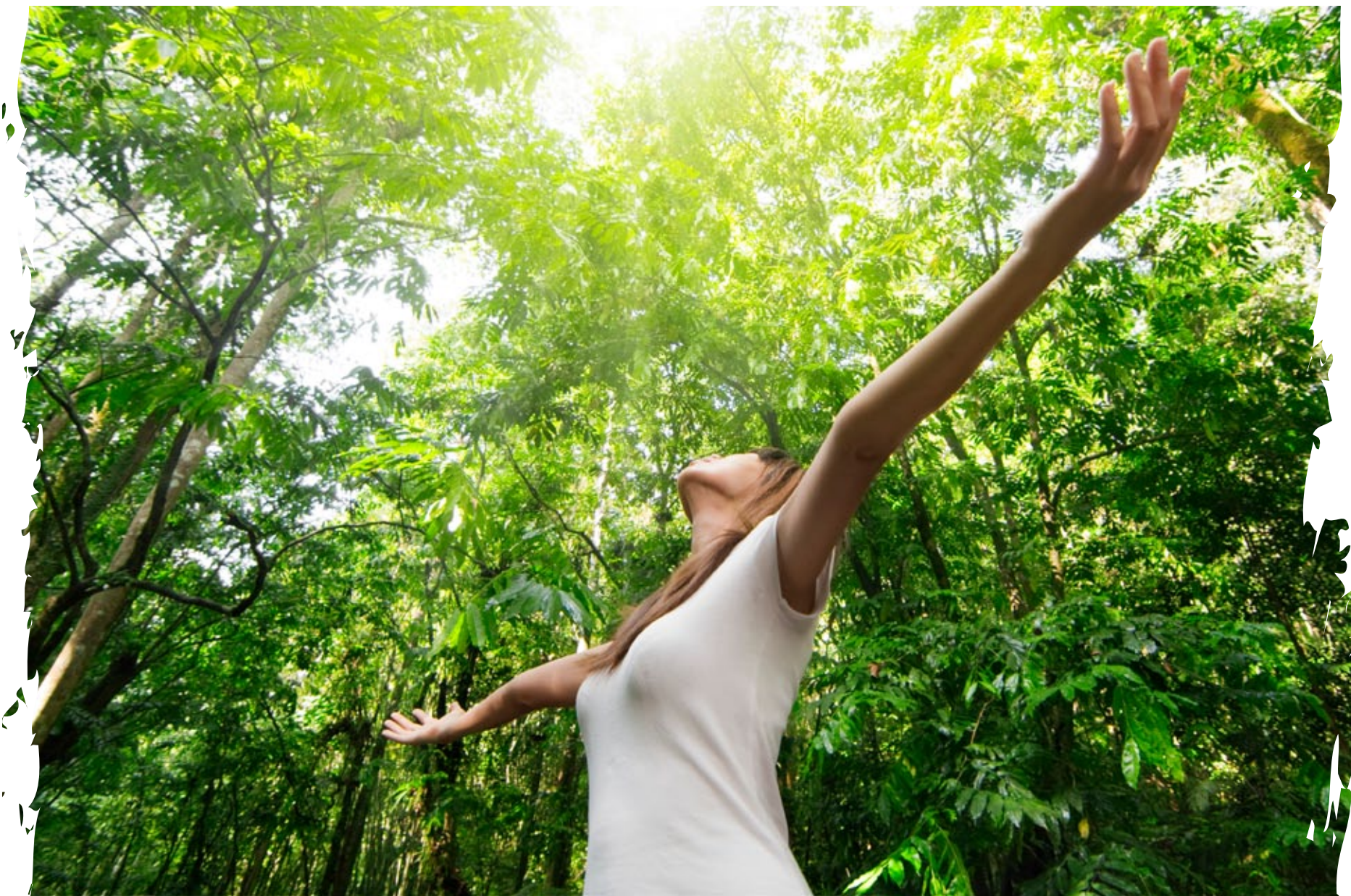




CONTRIBUTING TO AUTHENTIC INDIVIDUAL WELL-BEING

In accordance with our mission of **«Contributing to authentic well being of the individual, in harmonious connection with themselves, the planet and the Universe»** the content, methodology and didactics of our project are characterized by an innovative and individualized approach.

All of the courses are firmly rooted in the scientific research present in each area, especially that relating to the journey toward awareness of what it means to be human, to be able to choose freely to be agentic in one's own life. In order to become empowered to diminish the chaos and lack of collaboration which characterizes many areas of our society, it is vital to learn and then adopt a new way of thinking and living. This is the necessary first step. Harmful lifestyles and beliefs will then change as a consequence.





HOLISTIC CREATIVE PATHWAY

Ala-Creative Culture proudly presents this first edition of our **HOLISTIC CREATIVE PATHWAY**.

With our focus on continuing to support personal growth, this series of didactic experiences is centered around gaining knowledge of ourselves, our relationships with others, and our connection with nature.

The goal of this course is to facilitate harmony between our inner ecosystem and the ecosystem outside of us.


The participants will learn the basis for “taking care” of their wellness and wellbeing. We will explore various scientifically based aspects of health and wellness, both in theory and in practice, with the goal of integrating these productively into our daily lives.

The didactic pathways propose the involvement of each

participant comprehensively, in all their dimensions, (physical movement-oriented, spiritual, energetic) both in relationship with the environment and with others. They explore and explain the influence of thought, of music, on every level of somatic organization, from the DNA and genetics to epigenetics, to the quantic interaction of various organ systems that come together harmonically to that emergent property which is the living, agentic human being.



WHO CAN PARTICIPATE IN THE DIDACTIC SESSIONS



All individuals who are interested in the didactic material are invited to participate: medical and paramedical professionals (MD, DO, RN, doctors of Naturopathy, Homeopathy, Traditional Chinese medicine, Ayurvedic medicine), biologists, psychologists, pedagogists, physical therapists, physical education teachers, Feldenkrais instructors, teachers of mind-body practices such as martial arts, yoga, mindfulness.

University students are also encouraged to participate. Didactic and practical sessions are held mainly during the weekends. The courses take place both indoors and outdoors. Apparel: Gym apparel with comfortable trousers and shoes appropriate for trekking also in slightly damp areas, is preferred. Intensity of exercise is moderate and appropriate for all ages.



DIDACTIC SESSIONS

☀ The educational series of didactic sessions is made up of 5 areas:

Nature: the natural ecosystem

Man: the human ecosystem

Physical education

Spirituality and Music

The new medicine and care of self

Each of these areas is explored through 3 different pathways, which progressively empower the participant to understand, experience and evolve in their life mission

Awakening

Awareness

Transformation

☀ Didactic sessions will be held with the following methodologies:

- frontal lectures for theory
- practical experience
 - outdoors (walking) and indoor (mind body practices and exercises)
- individual and group laboratories
- online lectures

☀ Although it is possible to choose a single course, participation in the entire didactic program is highly encouraged.

The pathways must be followed in the specific order: (Awakening > Awareness > Transformation) in order to be meaningful

☀ Participants who have completed the entire course will receive a certificate of **"Holistic Wellness Consultant"**

AWAKENING

DURATION: 48 hours on location and 3 hours online - **TIME:** 9.00/18.00
DATES: 21- 22 September 2024 / 5-6 October 2024 / 19-20 October 2024

NATURE

Biophilia

«An aware experience between self and nature»

Lecturer and guide **Arno Cardini**

Biophilia

«This is how plants communicate - Sensitivity and language of the Trees»

Lecturer and guide **Monica Gagliano**

Outdoor

«On the path, discovering our own somatic and interior dimension»

Lecturer and guide **Federica Passera**

MAN: THE HUMAN ECOSYSTEM

Physicality, movement, sport

«Somatic physicality : bodyfulness and movement»

Lecturer and guide **Stefania Melica**

Physicality and movement

«Embodiment and yoga»

Lecturer and guide **Stella Yenati**

Physicality, movement, sport

«Mind, body, energy in sports excellence»

Lecturer and guide **Valentina Beltrami**

Conscious body, conscious mind

«Salutogenesis: identifying the pathways of self-healing»

Lecturer and guide **Daniela Jurisic**

Conscious body, conscious mind

«Body language and posture: instruments to strengthen empathy in relationships»

Lecturer and guide **Monica Melendez**

EDUCATION

Psychology and psychotherapy

«False beliefs and the power of free choice: how to liberate the authentic self»

Lecturer and guide **Ilenia La Rocca**

Pedagogy and education

«Taking care of existence: learning to teach how to live a new life»

Lecturer and guide **Elisabetta Musi**

Pedagogy and writing

«Writing self-reflectively and knowledge of self»

Lecturer and guide **Francesco Micheloni**

PHYSICS SPIRITUALITY MUSIC

Spirituality and music

«The music of the cells»

Lecturer and guide **Emiliano Toso**



AWARENESS

DURATION: 48 hours on location and 3 hours online - **TIME:** 9.00/18.00

DATES: 1-2 February 2025 / 15 -16 March 2025 / 29-30 March 2025

NATURE

Biophilia

«An Explorative Journey of Awareness between Self and Nature»

Lecturer and guide **Arno Cardini**

Outdoor

«Walking a path of discovery of one's internal living self»

Lecturer and guide **Federica Passera**

MAN: THE HUMAN ECOSYSTEM

Body, movement, sport

«Functional development from a holistic perspective»

Lecturer and guide **Stefania Melica**

Body, movement, sport

«Self-control in sports and in life»

Lecturer and guide **Valentina Beltrami**

Conscious body, conscious mind

«Salutogenesis: Identifying the pathways to activate self-healing and production of health»

Lecturer and guide **Daniela Jurisic**

Conscious body, conscious mind

«Posture, the language of the body: developing somatic awareness and interoception»

Lecturer and guide **Monica Melendez**

Conscious body, conscious mind

«Disability, Love and Beauty»

Lecturer and guide **Laura Bertelè**

EDUCATION

Psychology and psychotherapy

«The power of choice: learning to be free

Lecturer and guide **Ilenia La Rocca**

Education and Schools

«Taking care of existence: learning to teach how to live a new life»

Lecturer and guide **Elisabetta Musi**

Education and Writing

«Promoting awareness through writing and narration»

Lecturer and guide **Francesco Micheloni**

PHYSICS SPIRITUALITY MUSIC

The physics of the world within us

«The holistic nature of life»

Spirituality and music

«The music of the cells»

Lecturer and guide **Emiliano Toso**

Spirituality and music

«Sound Bath and healing»

Lecturer and guide **Maja Jurisic**
in collaboration with **Daniela Jurisic**



TRANSFORMATION

DURATION: 48 hours on location and 3 hours online - **TIME:** 9.00/18.00

DATES: 12-13 April 2025 / 10-11 May 2025 / 24-25 May 2025

NATURE

Biophilia

«Nature as the mirror of ourselves - our practical guide to the process of transformation»

Lecturer and guide **Arno Cardini**

Outdoor

«Walking a path of discovery of one's internal living self»

Lecturer and guide **Federica Passera**

MAN: THE HUMAN ECOSYSTEM

Body, movement, sport

«Somatic expression and creativity to make the self a work of art»

Lecturer and guide **Stefania Melica**

Body, movement, sport

«Sport as a form of expression of the authentic self»

Lecturer and guide **Valentina Beltrami**

Conscious body, conscious mind

«Salutogenesis: identifying the somatic pathways to healing the self»

Lecturer and guide **Daniela Jurisic**

Conscious body, conscious mind

«Posture, the language of the body: developing somatic awareness and interoception»

Lecturer and guide **Monica Melendez**

EDUCATION

Psychology and psychotherapy

«The renaissance of the true self»

Lecturer and guide **Ilenia La Rocca**

Education and Schools

«Taking care of existence: learning to teach how to live a new life»

Lecturer and guide **Elisabetta Musi**

Education and Writing

«Beyond personal subjectivity: writing as a driving force toward different perspectives and dimensions»

Lecturer and guide **Francesco Micheloni**

PHYSICS SPIRITUALITY MUSIC

Spirituality and the world within us

«The holistic nature of life»

Spirituality and the world within us

«Harmonization between spirituality and somatopsychological state»

Spirituality and music

«The music of the cells»

Lecturer and guide **Emiliano Toso**

Spirituality and music

«Sound Bath and healing»

Lecturer and guide **Maja Jurisic**
in collaboration with **Daniela Jurisic**

NEW MEDICINE AND CARE OF SELF

Nutrition and the Immune system

«Our cure comes mostly from within»

Epigenetics

«The deep bond that unites our thoughts, our mind, our environment and our cells»





OUR TEAM



Our team is a united group of highly trained professionals each renowned in their specific area of expertise. We are united by our holistic vision and our passion to offering this vision to those whom we treat and teach, in order to promote wellbeing within our species, as well as throughout all the living beings on our living planet. **Stefania Melica** is the founder and chief coordinator of our project.

Arno Cardini, Life and leadership coach. Counselor specialized in psychosynthetic counselling. Expert in Forest Bathing. Personal trainer, MTB/e bike guide. Operator of "Forest, soul-contact massage". Creator of "Foresting Method". Author of the book «I bared myself in the woods»

Monica Gagliano, Scientist, specialized in animal and marine ecology, post-doc in research in "Ecology of climate change", Associate research Professor in Evolutionary Ecology at Southern Cross University of Australia where she was the director of Biological Intelligence until Settembre of 2023. Author of «This is how the plant spoke. An extraordinary voyage of scientific discovery and personal encounters with plants»

Federica Passera, Doctorate in the science of movement and sport, professor at the Università Cattolica del Sacro Cuore, (Milano e Piacenza), in the areas of the Scienze of Education in Primary school and the motor scienze, co founder and secretary of the association "Il cammino del Po". Author of «Physical Education in Italy, scenarios, challenges, perspectives for the future»

Stefania Melica, Doctorate in the science of movement and sport, certified trainer in psychocinetics and functional psychomotor exercise, founder and coordinator of this project "Holistic and creative Pathways" collaborator with various Italian universities in the area of scienze of movement in adolescents and children. Author of «Neuroscience in movement, to understand and improve wellbeing in the human being»

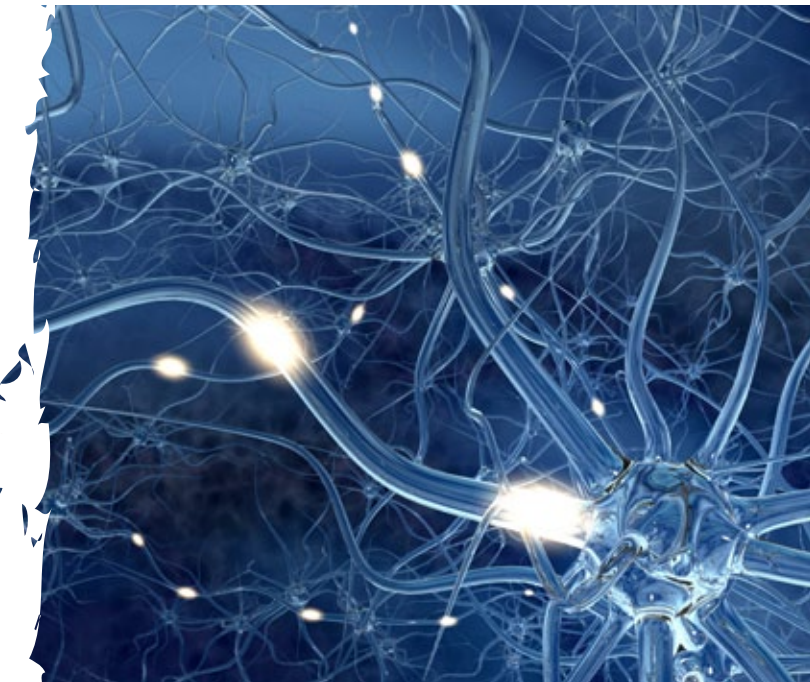
Stella Yenati, Teacher of Yoga, Meditation and Sound Healing. Master in Yoga for children, pregnancy Yoga, Yoga Yin and Yoga Nidra

Valentina Beltrami, Doctorate in the scienze of movement and sport, Master F.I.T.P Padel and Tennis, Professional trainer in F.I.T.P., Personal trainer I.S.S.A.: Master's degree in Management of Sports and Sport Organizations. Professional athlete in Women's Soccer, and Padel. Bronze metal winner in the World Championship of Padel, senior division, 2024

Maja Jurisic, Medical doctor specialized in Emergency Medicine and Occupational Medicine, Former Vice President of Concentra Medical Clinics of Occupational Medicine. Founder and president of "Resounding Life, LLC", a methodology that combines allopathic medicine and sound medicine to create health



OUR TEAM



Daniela Helena Jurisic, Medical doctor, specialized in Physical medicine and Rehabilitation in USA and in Italy, Clinical assistant professor, Medical College of Wisconsin, liaison consultant for abroad experience in Italy for medical students, co-founder of AIM for Health integrative medicine clinics in Pavia and Milano. Author of the book «La Tua salute su misura». Founder of “BASIC -health course for promotion of Salutogenesis through Interoception”. Consultant for postural training to “Resounding Life LLC”

Monica Melendez, Professional counsellor, posturologist, mindfulness coach, doctorate in foreign language and literature, freelance professional consultant with the University and its professionals in the sector of counsellor. Author of the book «Essere cura, una rivoluzione gentile»

Laura Bertelè, Medical doctor, specialized in Orthopedics and Physical Medicine and Rehabilitation, Degree in Psychology. Certified in the Mezieres method for treatment of posture. Founder of the “Bertelè rehabilitative method”. Author of the book «Incontri con anime di luce»

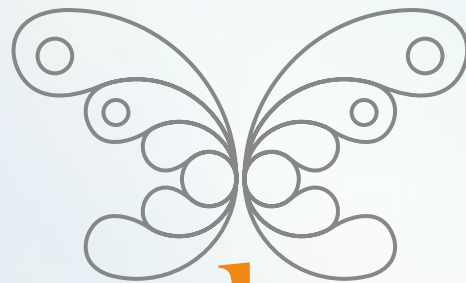
Ilenia La Rocca, Professional psychologist and psychotherapist specializing in eating disorders. Professor of music and piano. Professional collaborator within the school system dedicated to both students and teachers

Elisabetta Musi, Associate Professor of General and Social Education at Università Cattolica del Sacro Cuore (Piacenza), member of the Scientific Committee of the educational series “Infanzia” (Franco Angeli), winner of the “Award for high quality in publications 2017” given by Cattolica University for the monograph « Educare all’incontro tra generazioni. Vecchi e bambini insieme, Junior, 2014»

Francesco Micheloni, Physical Therapist, Counselor of relational therapy. Master’s degree in formative consulting within the educational system from the University of Verona. Maitrise En Science de l’Education from the University of Lumière-Lyon 2. Responsible for the creation of the bachelor’s degree in physical therapy at SUPSI (Lugano). Professor for master’s degree in rehabilitative science of the University of Padova

Emiliano Toso, Cell biologist, musician and composer at 432Hz, Founder of the project “Transational Music, a sea of cells under a sky of music”. Author of «In armonia, viaggio alla scoperta del sorprendente legame tra musica e le nostre cellule»

Is also expected the participation of lecturers and guides in the fields of quantum physics, epigenetics, nutritionism and energy therapies



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contact

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