



Ministero  
dell'Università  
e della Ricerca



unibz

Freie Universität Bozen  
Libera Università di Bolzano  
Università Lìedia de Bulsan

# YOGA PROBEN WEEK

MARCH 24-28  
2025

Faculty of Education (UNIBZ)  
Regensburger Allee 16, Brixen - Foyer West

Practical WORKSHOPS for the UNIBZ student community  
14:00-17:30

## Monday 24

*Asana – Yoga Positions*  
*Learning with the body*

## Tuesday 25

*Learning with the breath*  
*Managing emotions with Yoga*

## Wednesday 26

*Yoga and Anti-Stress Techniques*  
*Yoga Nidra – Deep Relaxation*

## Thursday 27

*Yoga and Concentration*  
*Techniques for concentration and daily meditation*

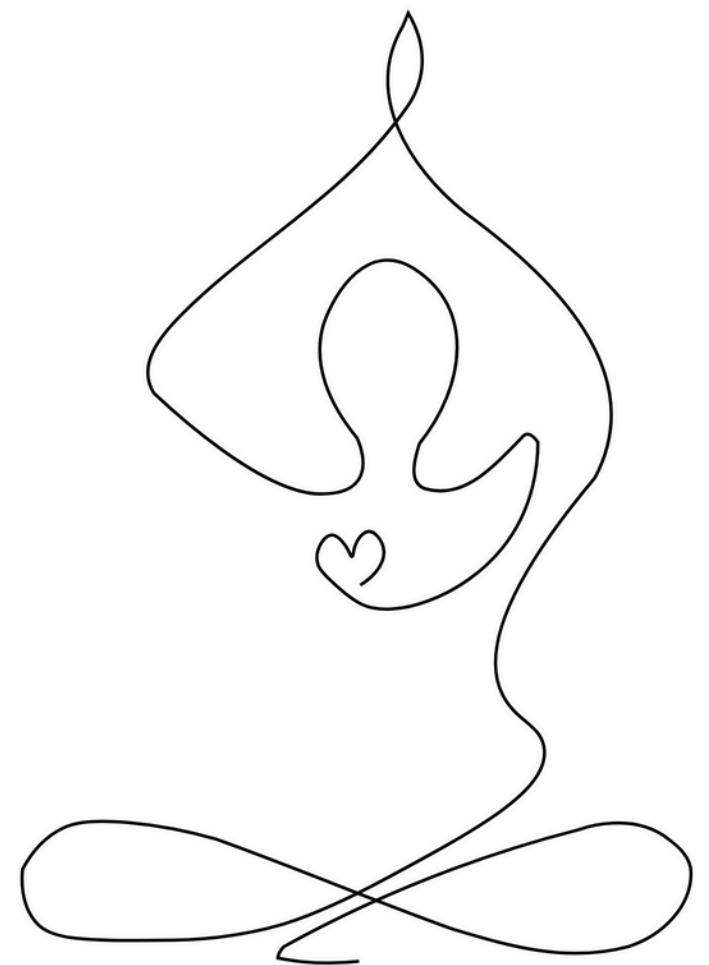
Instructors

Rosa Giuffrè, Vice President of the Italian Yoga Federation

Laura La Rosa, Secretary of Sarva Yoga International

Elena Tuti, Representative of the Italian Yoga Federation for Trentino-South Tyrol

**\*Bring a mat for the activities.**



For organizational reasons, there will be a limit on the number of participants able to attend the workshops, on a first-come, first-served basis. Reserve your spot by registering through the QR code.



The Yoga PROBEN Week is organized as part of the PROBEN\_0000004 project - "The Four Challenges for Promoting Psychophysical Well-being: An Intervention Model to Combat Smartphone Addiction (4Ch4WB, Four Challenges for Well-Being)" - CUP I53C24001340001. Funded by the contribution of the Ministry of Universities and Research under D.D. No. 1159 of July 23, 2023 – PROBEN Call.



Ministero  
dell'Università  
e della Ricerca



unibz

Freie Universität Bozen  
Libera Università di Bolzano  
Università Lìdia de Bulsan

# YOGA PROBEN WEEK

MARCH 28  
2025

Faculty of Education (UNIBZ)  
Regensburger Allee 16, Brixen - Foyer West

International Conference (Room 2.50)

*Yoga and Education*

*Scientific Approaches and Practices for Well-being and Learning*

10:00 Opening and Registration

10:30 - 11:00 Institutional Greetings

## Panel I

11:00 - 11:30 *Yoga as a Means for Holistic Development*

Swami Atmapriyananda

11:30 - 12:00 *Yoga for Optimal Performance*

Manjunatha Nandi Krishnamurthy

12:30 - 13:00 *Unlocking the Secrets of Yoga for Health and Well-being*

Ishwarappa Basavaraddi

## Lunch Break

## Panel II

15:00 - 15:30 *Young People and Tecnostress*

Michela Pensavalli

15:30 - 16:00 *Yoga Methodology and Tecnostress*

Antonietta Rozzi

## Practical WORKSHOPS for the UNIBZ Student Community - Foyer West

15:30 - 16:30 *Pranayama for Better Attention and Relaxation*

Manjunatha Nandi Krishnamurthy

16:30 - 17:30 *Yoga Practice for Health and Well-being*

Ishwarappa Basavaraddi

**\*Bringe eine Matte für die Aktivitäten mit.**

