

## Organization and Registration

The Winter School is organized by the University of Padua, School of Medicine, Degree Course in Medicine and Surgery, in collaboration with the University of Strasbourg and with the coordination of the Department of Medicine-DIMED. This event is realized with the support of the General Directorate of the Azienda Ulss 3 Serenissima, hosting the Summer School.

It consists of residential intensive days that include parts of frontal teaching and practical exercises. The event is limited to 27 students from the University of Padua and the University of Strasbourg.

Registration is free.

**Deadline: January 31, 2022 by email:**  
[medicine.surgery@unipd.it](mailto:medicine.surgery@unipd.it)

### Location:

Ospedale Civile Ss.Giovanni e Paolo, Scuola Grande di San Marco, Castello 6777

The access to the course as D.L. n. 52 of april 22 2021 and D. L. n. 105 of july 23 2021 is allowed only with a valid super green pass, face mask must always be worn

### Patronages:

School of Medicine, Department of Medicine;  
Department of General Psychology University of Padua; AULSS3 – Venice; Venice Municipality;  
Medical Faculty – University of Strasbourg

*Supported by an unrestricted grant of*

**SIRAM**  **VEOLIA**



# MEDITATION IN MEDICINE



## SUMMER SCHOOL

30 MAY – 5 JUNE 2022

UNIVERSITY OF PADUA  
School of Medicine-Medicine and Surgery  
Course

UNIVERSITY OF STRASBOURG  
School of Medicine

**Scientific Coordinator:**  
Patrizia Pontisso (Padova)

**Scientific Committee:**  
Jean Sibilia (Strasbourg), Jean-Gerard Bloch  
(Strasbourg), Leonardo Punzi (Venezia)

**Organizing Committee :**  
University of Padua School of Medicine-Medicine and  
Surgery Course: Pamela Rinaudo, Sara Botton  
Departement of Medicine – DIMED:  
Cristina Degan, Chiara Bison

### Monday 30 May

10.00	Opening Ceremony	Authorities
10.20	General Introduction	Patrizia Pontisso (Padova), Leonardo Punzi (Venezia)
10.30	Introduction to Meditation	Jean-Gerard Bloch (Strasbourg)
11.30	Brain health and brain stress	Maurizio Corbetta (Padova)
12.30	Meditation: the evidences	Rinaldo Pietrogrande (Padova)
13.30	<b>Lunch</b>	
	<i>Chair: Patrizia Pontisso</i>	
14.30	Heart-Brain dual connection	Francesco Tona (Padova)
15.30	Meditation and Creativity	Ashley Deans (Fairfield)
17.00	Conclusions	

### Tuesday 31 May

8.30	Morning Exercises	Jean-Gerard Bloch, François Weil (Strasbourg)
9.30	<b>Breakfast</b>	
10.00	Practical Exercises	Jean-Gerard Bloch, François Weil (Strasbourg)
13.00	<b>Lunch</b>	
	<i>Chairs: Francesca Pazzaglia, Angela Favaro</i>	
14.00	The mindfulness and cognitive functions	Francesca Pazzaglia (Padova)
14.45	Mindfulness applications in clinical psychology	Valentina Cardì (Padova)
15.30	Sustaining older adults cognitive functioning and well-being through	Erika Borella (Padova)

	cognitive and mindfulness training	
16.15	The emotional food	Angela Favaro (Padova)
17.00	Conclusions	

### Wednesday 1<sup>st</sup> June

8.30	Morning Exercises	Jean-Gerard Bloch, François Weil (Strasbourg)
9.30	<b>Breakfast</b>	
10.00	Practical Exercises	Jean-Gerard Bloch, François Weil (Strasbourg)
13.00	<b>Lunch</b>	
	<i>Chair: Alessandro Sergi</i>	
14.00	Brain, emotion and hormones	Alessandro Sergi (Pistoia)
16.00	Museum Scuola Grande di San Marco	Guided Tour

### Thursday 2 June

8.30	Morning Exercises	Jean-Gerard Bloch, François Weil (Strasbourg)
9.30	<b>Breakfast</b>	
10.00	Practical Exercises	Jean-Gerard Bloch, François Weil (Strasbourg)
13.00	<b>Lunch</b>	
	<i>Chair: Leonardo Punzi</i>	
14.00	The neurobiology of attention	Jean-Philippe Lachaux (Strasbourg)
17.00	Conclusions	

### Friday 3 June

8.30	Morning Exercises	Jean-Gerard Bloch, François Weil (Strasbourg)
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9.30	<b>Breakfast</b>	
10.00	Practical Exercises	Jean-Gerard Bloch, François Weil (Strasbourg)

13.00	<b>Lunch</b>	
	<i>Chair: Giulia Moiraghi</i>	
14.00	Phenomenology and yoga	Giulia Moiraghi
17.00	Conclusions	

### Saturday 4 June

8.30	Morning Exercises	Jean-Gerard Bloch, François Weil (Strasbourg)
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9.30	<b>Breakfast</b>	
10.00	Practical Exercises	Jean-Gerard Bloch, François Weil (Strasbourg)

13.00	<b>Lunch</b>	
	<i>Chair: Patrizia Pontisso</i>	
14.00	Stress in auto-immune diseases	Jean-Michel Dayer (Geneve)
16.00	Stress induced diseases	Leonardo Punzi (Venezia)
17.00	Conclusions	

### Sunday 5 June

#### Course Emotional Experience Reports

*Coordinators: Jean-Gerard Bloch, Jean-Michel Dayer, Leonardo Punzi, Patrizia Pontisso*

9.30	Students
11.30	Physicians
12.00	Teachers
12.30	Closing Remarks