

Dr. Nicolò D' Avola - Communal Secretary -
Common of Ronchi of the Legionari



It is little usual, for much pragmatic persons, civil employees publics uses to the frequentation of the palaces of the power and to fight daily with the problemacci of he trains to you and administrators, to set off and introdursi in a distance, he is also of a day, Rebirthing (that is "rebirth"); it makes yourself for desperation: submerged from quintals of stress and cubic meters of repressed emotionality, asphyxiates to you from a by now fine pragmatism to if same, come attracted from the subtitle it of the course: "relaxation and energy for engaged persons". It will be true? they are still asked when they sign the adhesion question; and while they face fearless and imperturbable the sorrisini ironici, malicious and you amuse yourself of friends and you connect (sottinteso: this by now is cooked here, to the next one is to the C.I.M.! -1 -).

Style enters in classroom with plushy and prudent step (panther rose) and it watches to you around with circospezione, in order to know your companions of distance: relief, is all normal persons!! It tranquilizes you definitively when the Rebirther Antonio patiently takes you for hand and it introduces you to new science. You a new world opens itself: you discover the value of the respiration, that it is spiritual and intuitiva, learns to read your breath (therefore to know your body and to interpret your life); it learns the value of your preborn life them, the moment of the birth, the first breath. Finally it learns some simple systems in order to make the "full load of energy": the roots, the antennas, feeling, the disorder; they are small gestualità in order to pull down be of anxiety, tendency to the distraction, lowland energy, states of anger or fear. I guarantee that it works! The important is to above all go with one good motivation and without being prevented. The logistic organization is good, the duration of the course is adapted. Antonio is one between the greater Italian experts of the matter.