



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore

## Summer 2025

### Integrating Mind and Body

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 7	July 8	July 9	July 10	July 11	July 12	July 13
Week 1	9.30 - 12.00 Orientation	14.00 - 18.00 Lesson	9.00 - 13.00 Lesson	9.00 - 13.00 Lesson	9.00 - 13.00 Lesson	FREE	FREE
	14.00 - 16.00 Lesson		14.00 - 17.00 Lesson	14.00 - 17.00 Lesson			
	July 14	July 15	July 16	July 17	July 18	July 19	July 20
Week 2	9.00 - 13.00 Lesson	14.00 - 18.00 Lesson	9.00 - 13.00 Lesson	14.00 - 18.00 Lesson	9.00 - 13.00 Lesson	FREE	FREE