



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	9.00 - 13:00 Lesson	9.00 - 13:00 Lesson	9.00 - 13:00 Lesson	9.00 - 13:00 Lesson	FREE	FREE
	14:00 - 18:00 Lesson		14:00 - 18:00 Lesson	14:00 - 18:00 Lesson			
	July 14	July 15	July 16	July 17	July 18	July 19	July 20
Week 2	9.00 - 13:00 Lesson		9.00 - 13:00 Lesson			FREE	FREE
	14:00 - 18:00 Lesson		14:00 - 18:00 Lesson				