

# **“FOREST BATHING AND CONSCIOUS BREATHING IN 10.000 STEPS”**

Deliverable D 4.3.2

WP4 – SMART STRATEGIC  
FRAMEWORK FOR INNOVATIVE  
ADRIATIC TOURISM DESTINATION,  
PRODUCTS & SERVICES

Project Acronym: TAKE IT SLOW  
Project ID Number: 10255547  
Project Title: Smart and Slow Tourism Supporting Adriatic Heritage for Tomorrow  
Priority Axis: 3 Environment and cultural heritage  
Specific objective: 3.1 Make natural and cultural heritage a leverage for sustainable and more balanced territorial development  
Work Package Number: 4  
Work Package Title: SMART STRATEGIC FRAMEWORK FOR INNOVATIVE ADRIATIC TOURISM DESTINATION, PRODUCTS & SERVICES  
Activity Number: 3.2  
Activity Title: Regional presentations/education activities  
Partner in Charge: PP1  
Partners involved: PP5 PTFVG  
Status: Final

PP5/PTFVG organized, in cooperation with the Municipality of Muzzana del Turgnano, on Sunday 30th of October, a multisensory experience : completely surrounded by nature, in a thousand year old forest, participants had the opportunity to listen to the voice of the wind, to breathe the scent of the forest, to touch the bark of the trees.

A practice of conscious breathing and forest bathing, suitable for everyone that has benefited both body and mind to all participants.

At the end of the practice participants had also the opportunity to taste some typical biscuits and cakes, local produced accompanied by an herbal tea.

The participation was free. 12 participants registered for the event.

We could also distribute to all of them the gadgets produced with the project TAKE IT SLOW.



**“Passeggiata esperienziale tra forest bathing a respirazione consapevole in 10.000 passi”**  
**“Forest Bathing and conscious breathing in 10.000 steps”**  
 Domenica 30 ottobre 2022 - Sunday 30th October 2022

Elenco partecipanti - List of participants

ID	Nome First Name	Cognome Surname	Indirizzo mail Mail Address	Firma Signature
1	TIZIANA	DEL FABBRO	<i>fedevante@...@...@...</i>	<i>Tiziana Del Fabbro</i>
2	ALESSANDRO	MEGGIATO		<i>Alessandro Meggiato</i>
3	<del>ALESSANDRO</del> LUCA	MEGGIATO		<i>Luca Meggiato</i>
4	<del>ELIZABETHA</del> <del>ALESSANDRO</del>	MEGGIATO		<i>Elizabetta Meggiato</i>
5	BRENDA	FABBRO		<i>Brenda Fabbro</i>
6	ROGER	GONZALEZ		<i>Roger Gonzalez</i>
7	LUANA	SANDRIN		<i>Luana Sandrin</i>
8	GABRIELE	CRABONINI		<i>Gabriele Crabonini</i>

ID	Nome First Name	Cognome Surname	Indirizzo mail Mail Address	Firma Signature
9	MARIALINA	MIRALU		<i>Marialina Miralu</i>
10	SERAFINA	GENTILI		<i>Serafina Gentili</i>
11	HASSILIANO	PARAVANO		<i>Hassiliano Paravano</i>
12	LUCA	LESSINEO		<i>Luca Lessineo</i>
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