

Criteria for selecting participants

The program is particularly aimed at people who do not perform a regular physical activity and who therefore, for reasons of age, decreased muscle tone and elasticity of the joints, or even just for low self-esteem, do not feel motivated to undertake a fitness practice and, often, feel that they are not up to par.

These are preconceived ideas, which can be overcome, and the Katsura System aims to demonstrate practically, to every person who begins to train with us, that it is not only possible, but very pleasant and rewarding to improve one's physical condition and at the same time obtain considerable psychological and existential benefits.

Although the program, within the project, is mainly aimed at adults and young adults, we are sure that seniors and young people will also be able to benefit from these exercises: seniors will be able to improve their stability, their balance with many of the proposed exercises; young people will be able to realize the great benefits that constant practice can bring and make them safer, less anxious by learning immediately how to eliminate tensions and negative emotions. This is because the work that is proposed concerns the body, but also the breath and the mind/heart, that is, the ability to concentrate through visualization.

To achieve these goals, only two qualities are needed: perseverance and determination. These are not, however, necessary prerequisites, without which it is not possible to start the practice of the Katsura System, but two mental 'postures' that are acquired, are learned precisely by following the training program. What is necessary to have, therefore, at the beginning, is only the motivation, that is, the intention, the desire to improve one's psycho-physical conditions, to open up to a new experience at the same time relaxing and stimulating.

So those who have this desire must still be welcomed, followed and evaluated.