

# Energy Training

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**Aalto Ventures Program**

Lidia Rauramo

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# What can be done?

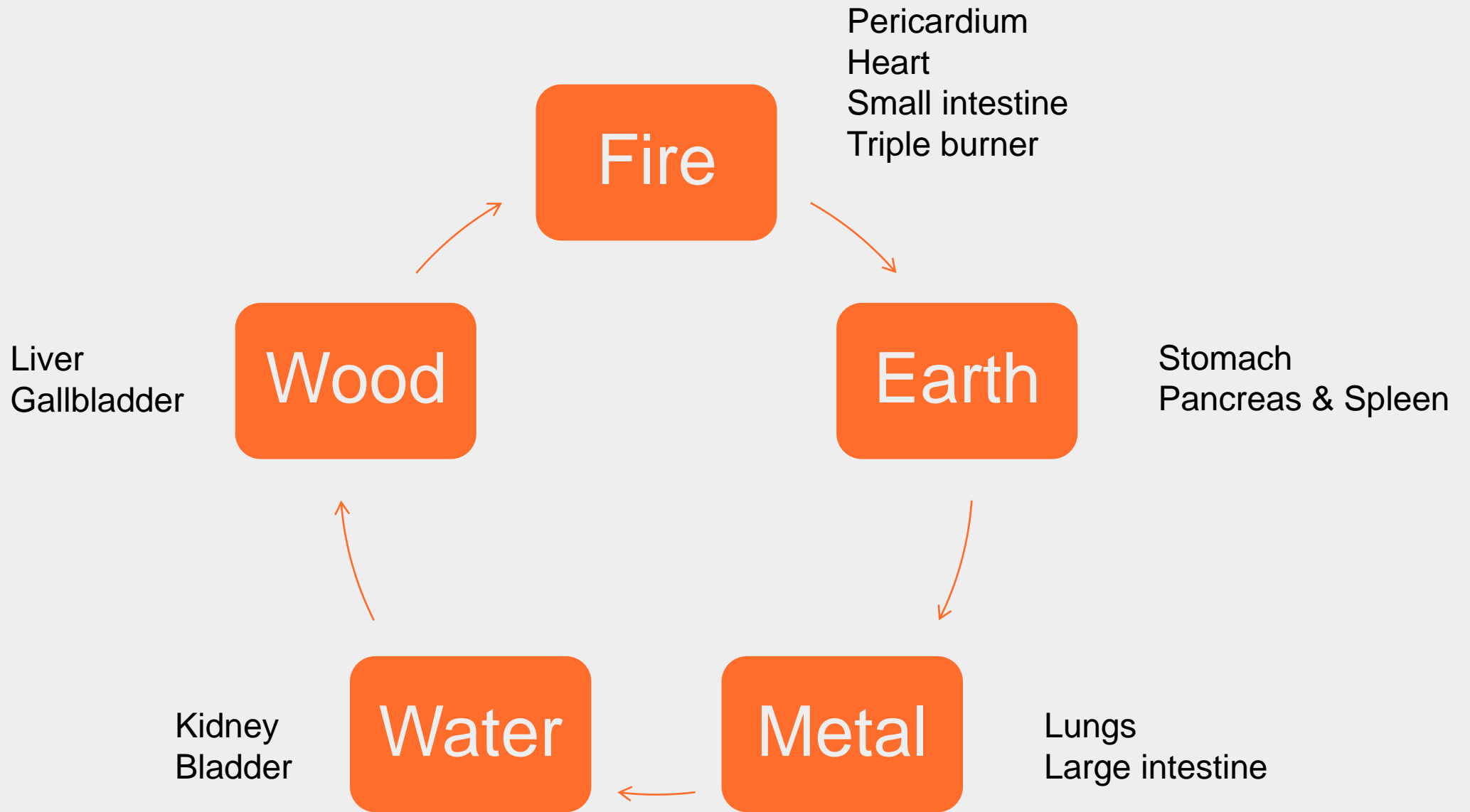
- Traditional PE (running, gym, biking, fitness etc.)
- Yoga
- Pilates
- Tai Chi
- Fascia Method
- Buto

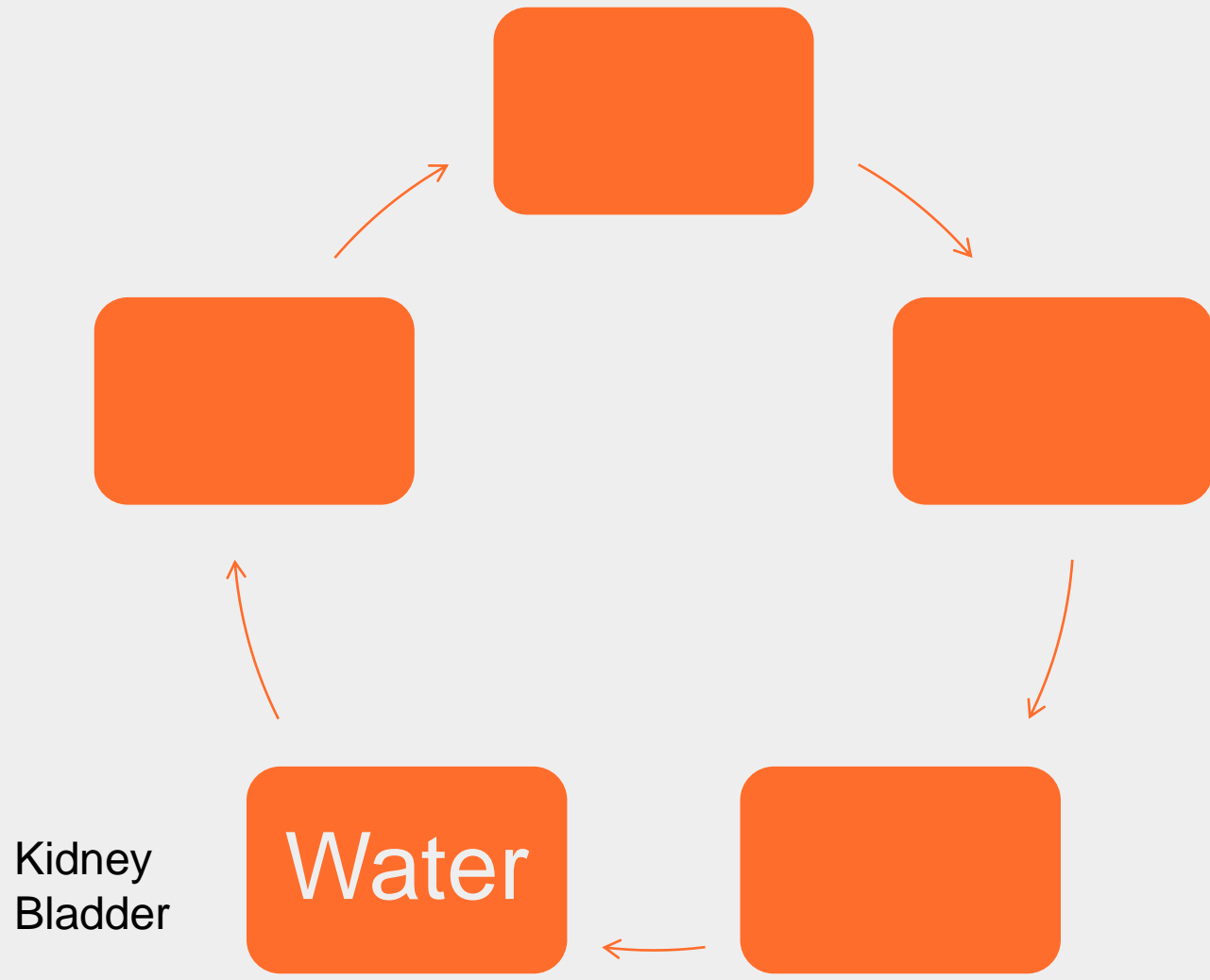


# Energy Training by Stefano Tirelli

- Professor of sports sciences at the Università Cattolica Milano
- Recovery coach for professional sportsmen
- Creator of his own Complementary Sports Techniques (CST) method, that includes mindfulness, mental fitness, and physical recovery via Energy Training
- Energy Training is a set of 12 exercises (based on stretching and recovery of muscles and fascia)







Kidney  
Bladder

Water



**KIDNEY**

Munuainen

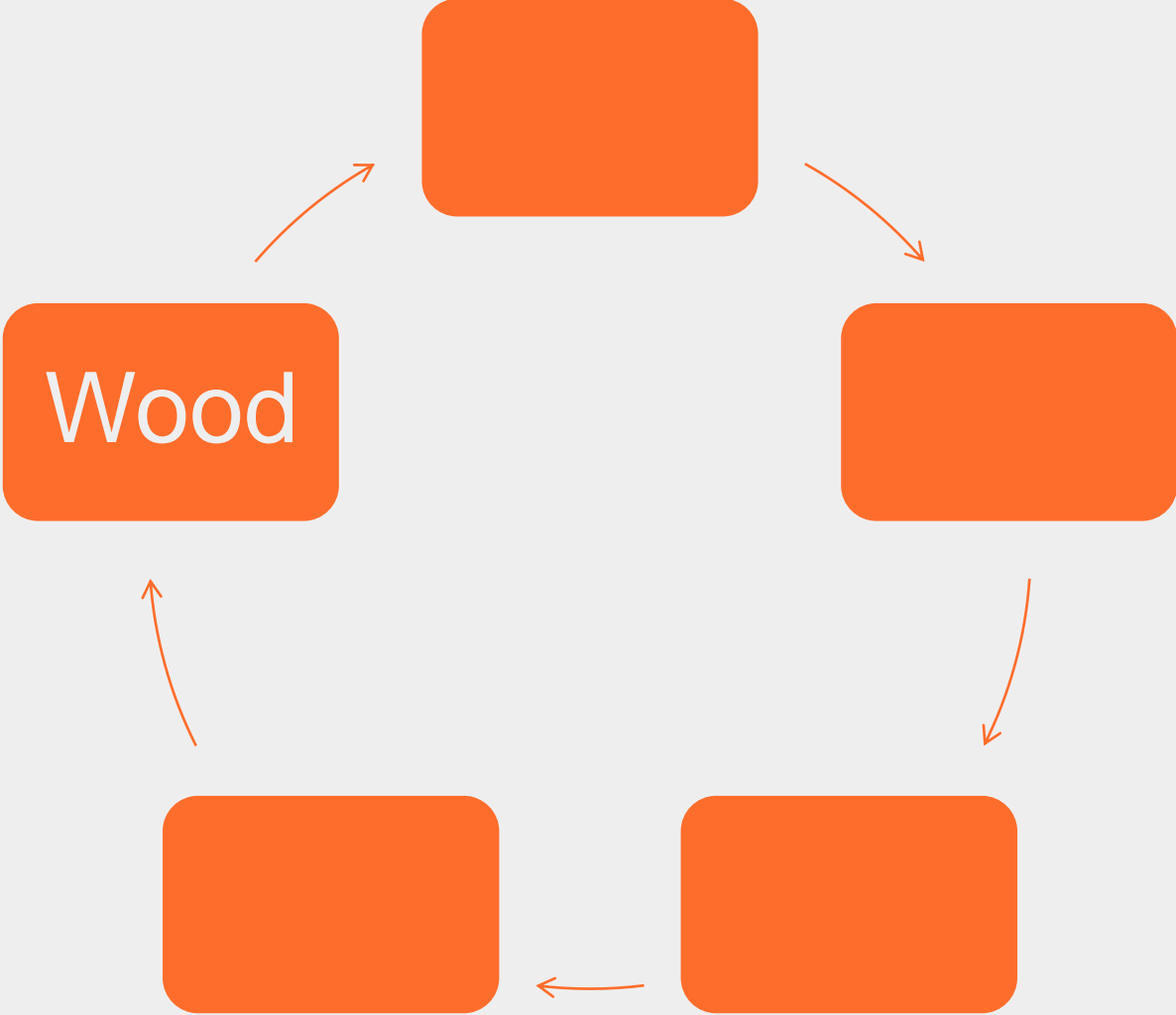


BLADDER

Virtsarakko



Liver  
Gallbladder







LIVER

Maksa

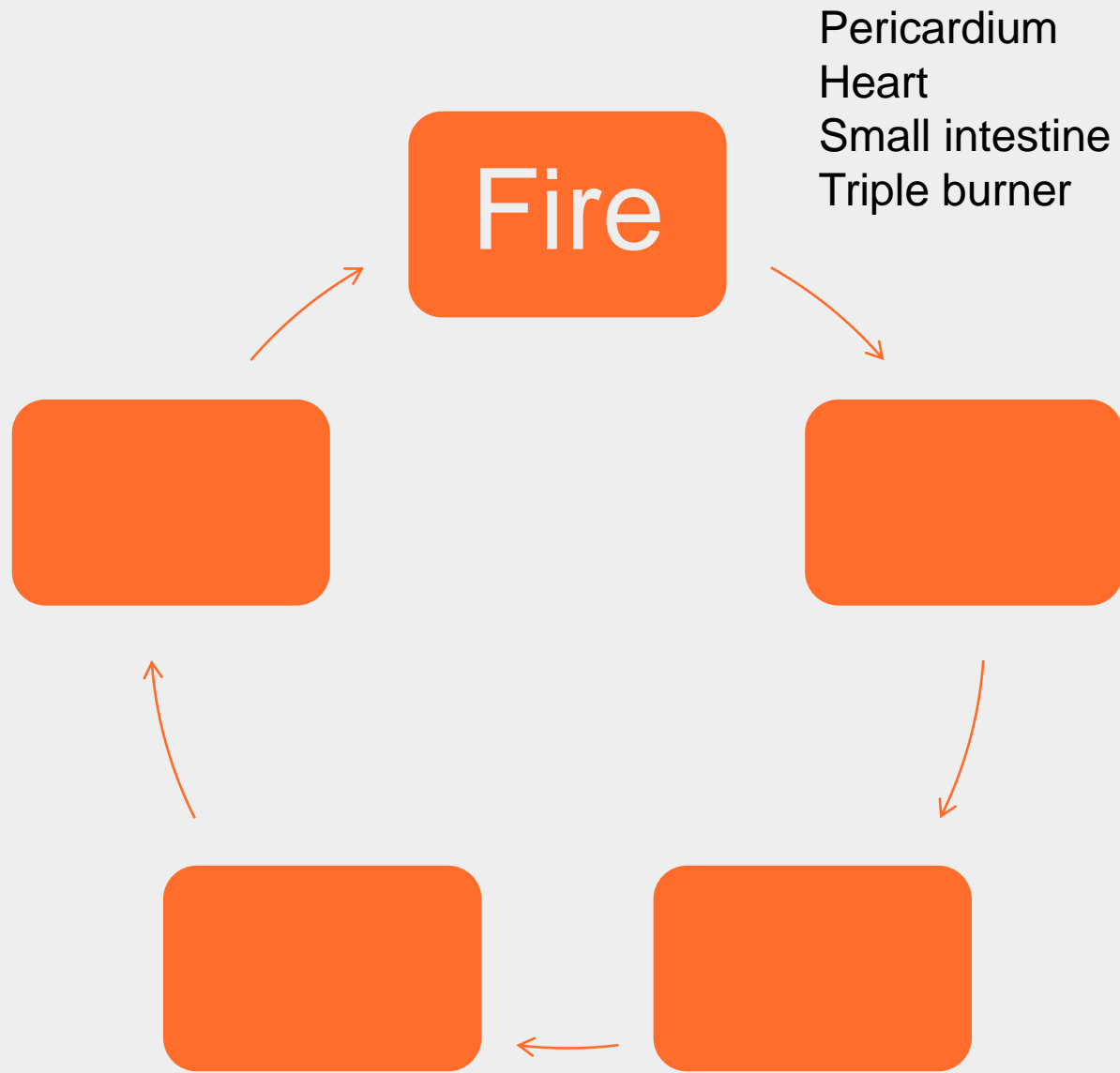




# GALLBLADDER

Sappirakko







PERICARDIUM

Sydän





HEART

Sydän (tunteet)





# SMALL INTESTINE

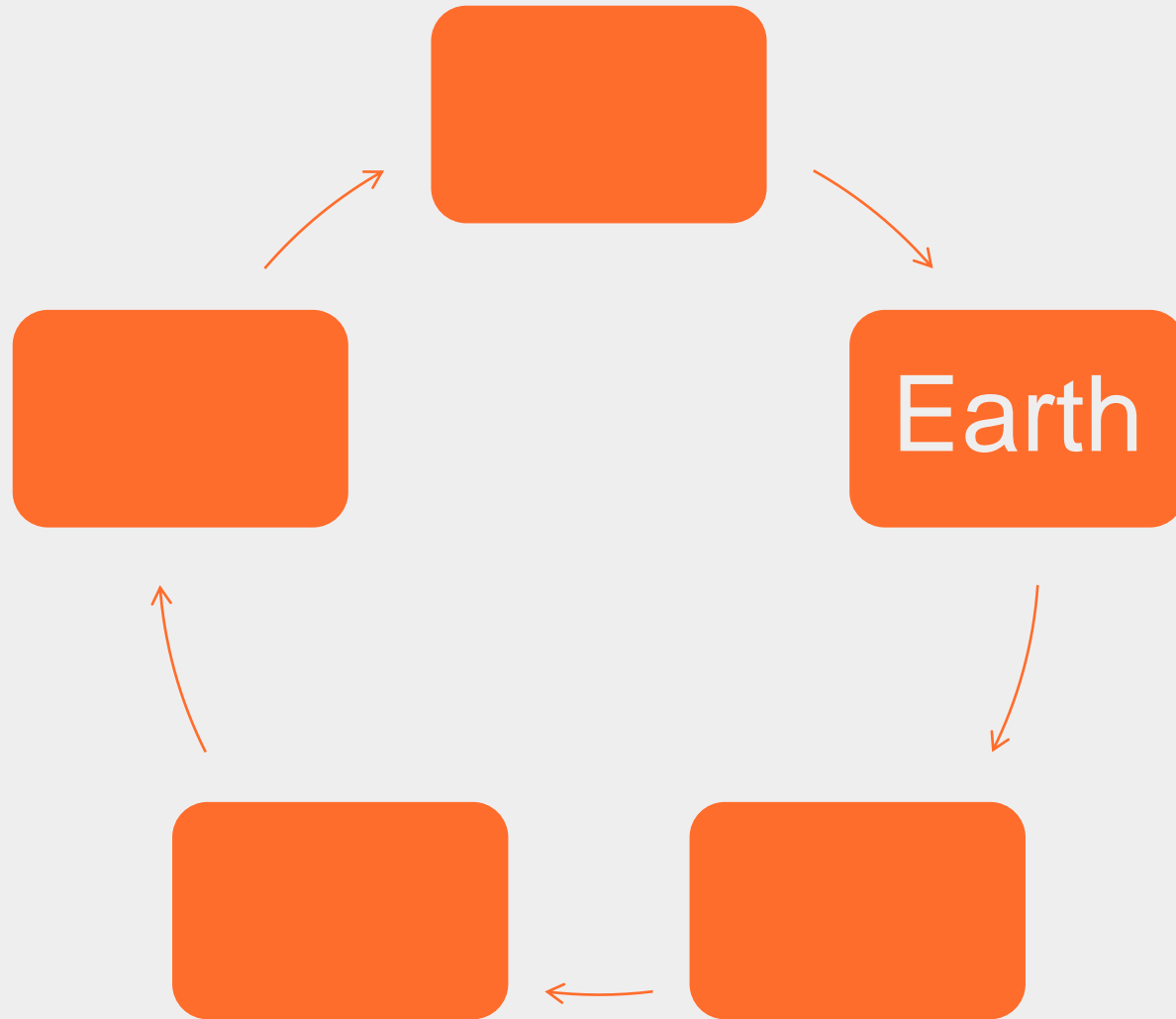
Ohutsuoli





# TRIPLE ENERGIZER





Stomach  
Pancreas & Spleen





STOMACH

Mahalaukku

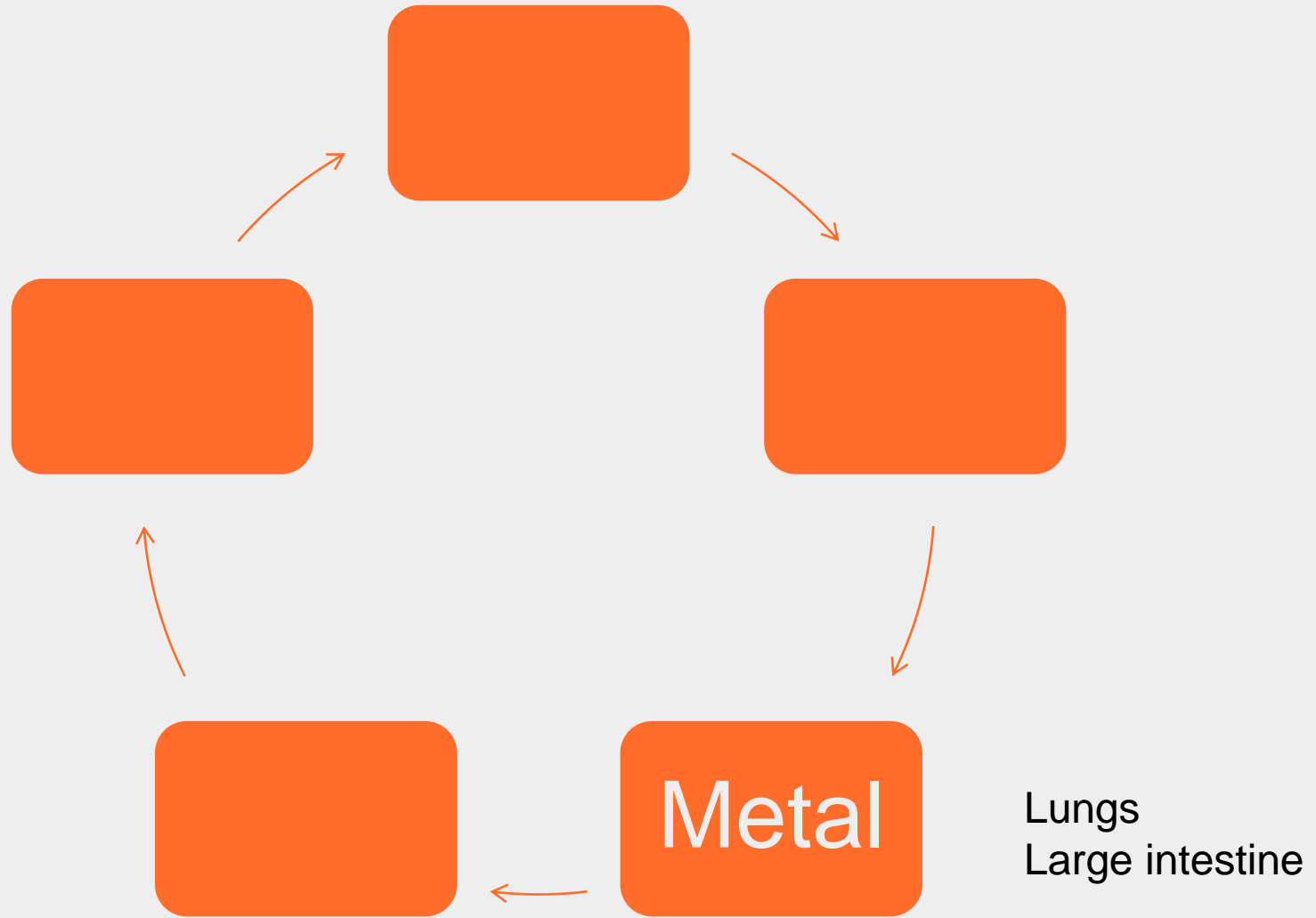




SPLEEN

Perna







LUNG

Keuhko





# LARGE INTESTINE

Paksusuoli



# What does this training give?

- Physical activity
- Stretching muscles
- Activating fascia
- Breathing
- Body awareness