

Salvatore Bruno is a naturopath and counsellor at the Istituto di Psicosintesi in Milano. He is a meditator expert in different approaches such as Mindfulness, Vipassana, Tibetan etc. and he has been training groups for many years at the Istituto di Psicosintesi and in other centers in Italy. Lecture at the Course in “Neuroscienze della Meditazione” (University of Pavia).

He is a researcher in holistic and energetic disciplines. He has been always working for many years as a counselor in personal growth. He has been collaborating with Istituto di Ricerche Cosmòs, that studies restoration of human integrity and environment via energetic re-harmonize, meditation practices and spiritual research. For the specific project he will set up MBI protocol in collaboration with all the partners, carry out the MBI training on a subgroup of elderly for the feasibility study, carry out the MBI training on 75 frail elderly.