

## THE DEEPENING

### Summer is coming, sports for everybody

Summer is coming. And Lombardy provides many opportunities to practice outdoor activities, experimenting with new sports. From yoga to golf climbing there is a lot of opportunities for people with disabilities to discover new experiences thanks to the commitment of associations, sports organizations and sports teams engaged in this field for years.

#### Excursions in Val Masino

Summer, walking time in the woods. Immersed in the colors, sounds and scents of nature. Thanks to the "[Masino Baths Sensory Trail](#)" (a ring path that grows 1,100 meters above a 80-degree difference), both blind and visually impaired people can experience mountain excursions in total autonomy and safety thanks to the innovative technologies adopted. The ring features have been defined in collaboration with the Blind Union of Lombardy. To ensure the safety of blind and visually impaired persons, a chestnut wood fence on the left side was made along the entire length of the path so as to facilitate the use of the normally held ball with the right hand. While the tread pattern of the trail was not substantially altered: only the most coarse irregularities and possible sources of danger were eliminated. Explanatory plaques with braille maps were placed along the route. The trail leaves from the bus stop in Bagni Masino (Sondrio). For more detailed information on the Masino Bath Sensory Trail, you can [download the card from the Ersaf site](#).

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#### Yoga classes for wheelchair users

Yoga is a discipline that provides important body and body benefits (postural and respiratory) and for the mind (relaxation, inner balance, self-consciousness development). In many foreign countries yoga classes have long been popular for people with paraplegia, while in Italy this discipline struggles to take off and - often - it declines as a form of physiotherapy. [The association Aus Niguarda](#), in collaboration with the center "Io Yoga" and the cooperative "Spazio Vita Niguarda" have also decided to offer a course in Milan that offers the opportunity to practice this discipline through a series of exercises designed for those who Has a paraplegia.

The course takes place within "Spazio Vita Niguarda". Teachers have adapted traditional exercises to the needs of wheelchair users. And practice has shown that yoga can be practiced safely and pleasantly by paraplegic people. In addition, given the peculiarities of each situation, the breathing exercises of the lesson are adapted to the individual needs. This also allows the participation of people with important limitations: each one gradually becomes the guide of himself by learning how to better know his / I listen deeply to myself.

Benefits for yoga practitioners are obvious and significant, even for those who have a major disability: increased mobility of the trunk and arms, greater mastery of breathing, strengthening of the ability to recognize states of deep agitation and relaxation. Whoever is interested can take part in a free trial lesson. Entry for a first package of six lessons is for a contribution of 60 euros.

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## Sailing for everybody

Lombardy, land of lakes. To be discovered by walking along the banks or by the water. On board a sailboat. Thanks to the project "[Vivere la vela](#)" (Living the sail), people with motor disabilities (but not only) can experience the thrill of a voyage on the wings of the wind. "The project - says Claudio Mosconi, president of the association - was born in 1994 after a long genesis. It took many years to translate my project into a boat that would be accessible to people with disabilities or the elderly too. " A very complex challenge: breaking down the architectural barriers on a boat to make it accessible to paraplegics was not easy. The sailboat accessible was launched in 1996 and is currently moored at Gera Lario, in the province of Como.

The service is always available, we have technically prepared instructors and at the same time able to meet the needs of people with disabilities," says Claudio Mosconi, president of the association "[Vivere la vela](#)". Aboard the boat can range from one to six people. "Exits usually take place in the morning, when you can maneuver more easily because there is less wind, and last half a day," explains Mosconi. The best time is from May to July, best to avoid August because it is too hot. To resume later in September and October, which are good months. " In order to participate in excursions it is necessary to book in the place and foresee an economic contribution, except for the children: in this case the cost is borne by the Mariani foundation.

At the association "Vivere la vela" people with disabilities have the opportunity to attend the course and obtain the patent for sailing. Unfortunately, the current law prohibits people with disabilities from obtaining a nautical license.

### For information

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## Many different opportunities for visual impair people

The "[Gruppo sportivo non vedenti](#)" in Milan is one of the most active in promoting sports and recreational activities for people with visual disabilities. "Water skiing in the summer is a wonderful experience. Of course, this is a very challenging discipline, but those who want to try can visit the Caldonazzo (Bs) and Recetto (No) plants where there is a federal center open to both people with visual disabilities and those who have A motor disability, "says Susanna Prada, founder of the Milanese group. Which proposes to all those who are intent on approaching sports practice a lot of options.

From archery to climbing, from golf to belly dance to canoeing (the latter in collaboration with the canottieri association in Milan). In recent years, a good shot has also attracted archery, which - with due consideration - can also be practiced by people with visual disabilities. "We are six athletes in the Milan group," says Prada. We have technicians who follow us, assistants and assistants who help us to position the tactile finder".

Susanna Prada has practiced many sports: water skiing, archery and climbing, among others. Now you're doing golf. And it does not hide behind a finger: "Sport is not easy, it's challenging and people with disabilities can find many obstacles," she reflects. But at the end of every effort, the results are important and valuable: "Overcoming obstacles gives you security: learn how to climb, go underwater, make things difficult, and this makes you safer. Face life differently. Practicing a sport is very important, especially for teenagers who have to move their first steps in autonomy and emancipate, "concludes Prada.

### For information

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## **Scuba for everybody**

[Handicap scuba association Italy \(HSA\)](#) organizes swimming, snorkelling and diving courses for all with instructors specializing in teaching people with physical handicaps, who, however, follow traditional classroom classes and participate in diving with non-disabled people disabled. The head office is in Milan but there are offices spread throughout Italy. Holidays organized in pristine seas are also planned.

Experienced HSA instructors, through proven and internationally recognized teaching methods, can help people with disabilities get close to this exciting business. "Handicap scuba association" is an international organization that took the first steps in 1975 in California and began its adventure in Italy in the mid-eighties. Today SA Italy offers a complete program of courses: from the basic to the advanced level. A fun underwater and everyone's reach. People with physical, sensory and intellectual disabilities can enjoy a participation in the courses with the assurance of a pleasant, quality and "tailor-made" teaching where each person is given the attention he needs, according to his / her needs; Where the hurry has no room. Becoming aware divers in a safe environment is of paramount importance to continue to cultivate your passion with friendship and sharing even after the course ends.

For information

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