



國立陽明交通大學
NATIONAL YANG-MING CHIAO-TUNG UNIVERSITY

HYBRID INTERNATIONAL WORKSHOP/OPEN LESSON

Body and mind

*An interdisciplinary approach to
promoting wellbeing in academia*

Introduction

- **Prof Cristina Cabras & Prof Mirian Agus**
Department of Pedagogy, Psychology, Philosophy,
University of Cagliari.

Sport and wellbeing in PROBEN MoEBIUS PROJECT.

Meet the Speakers

- **Prof Kai-Yuan Cheng**, Institute of Philosophy of
Mind and Cognition, National Yang-Ming Chiao-
Tung University, Taipei.

*The Philosophy of Tai Chi Chuang and Its Implications
for Wellbeing and Health.*

- **Prof Marco Guicciardi**, Department of Pedagogy,
Psychology, Philosophy, University of Cagliari.

Aikido: the martial art of peace.

Question time

Register yourself :

<https://qrto.org/T9Okws>



UNICA

UNIVERSITÀ
DEGLI STUDI
DI CAGLIARI

*October
28th 2025*

Time

*9:30 – 11:30 am
Italian Time*

*In person :
Room 4B,
Campus Sa
Duchessa,
Department of
Pedagogy,
Psychology,
Philosophy,
University of
Cagliari*

*In remote at
<https://qrto.org/T9Okws>*

