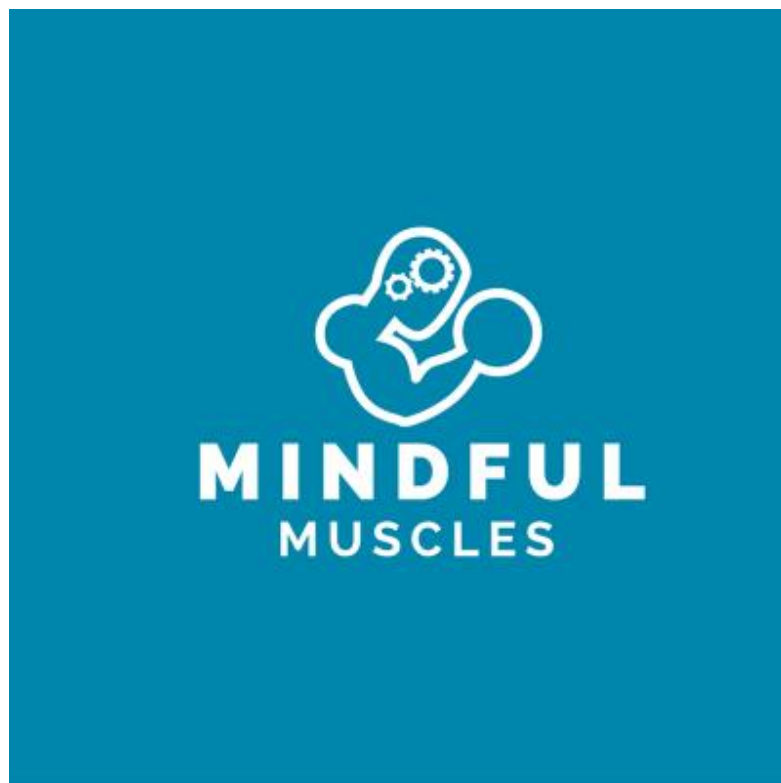


## MINDFUL MUSCLES NEWSLETTER #2



### **Disclaimer Notice**

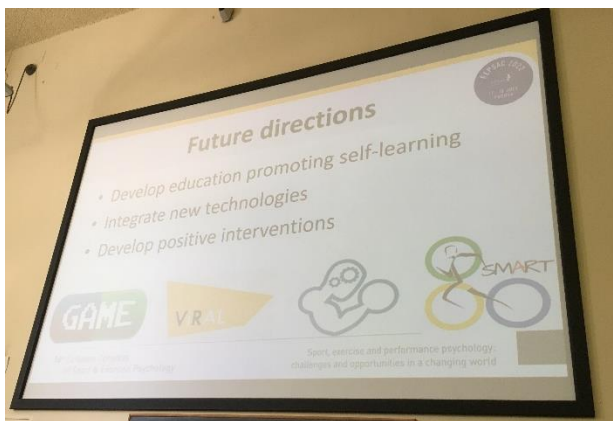
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## Spreading the word of Mindful Muscles

Academic conferences and professional conventions are back, and the Mindful Muscles partners took the opportunity to publicize the project.

### FEPSAC 2022 – 16<sup>th</sup> European Congress of Sport & Exercise Psychology, 11-16 July, Padova, Italy

Dr Vassilis Barkoukis (Aristotle University of Thessaloniki) presented project Mindful Muscles during the symposium Anti-Doping Frontiers in Europe: Evidence & Interventions, which was chaired by Professor Fabio Lucidi, Dean of the Faculty of Medicine & Psychology, La Sapienza University of Rome.



Professor Lambros Lazuras (Sheffield Hallam University) presented Mindful Muscles during a special session on Counselling and Consulting for Sport and Exercise Psychologists.




## Mindful Muscles goes to Rome

Professor Lazuras presented project Mindful Muscles at the Department of Psychology, La Sapienza University of Rome, during a special workshop dedicated to social science research on anti-doping.




DIPTAMENTO DI PSICOLOGIA  
DEI PROCESSI DI SVILUPPO  
E SOCIALIZZAZIONE



SAPIENZA  
UNIVERSITÀ DI ROMA

### SEMINARIO

**“Mindful Muscles: Development of a third wave psychological intervention to tackle doping use in recreational sport and fitness”**

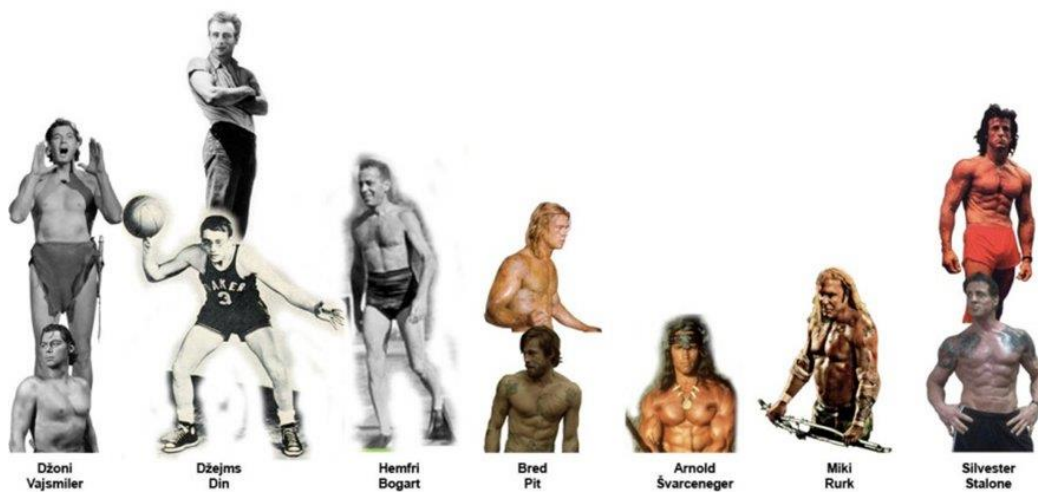


**Prof. Lambros LAZURAS**  
Professor of Social Psychology  
Centre for Behavioural Science and Applied Psychology  
Sheffield Hallam University - U.K.

Lunedì 18 luglio 2022  
ore 10.30  
Aula “Ezio Ponzo”

## Mindful Muscles in Play the Game 2022

Dr Nenad Dikic (Sport Medicine Association of Serbia) presented Mindful Muscles project at the 2022 Play the Game Conference in Odense, Denmark.





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Erasmus+ Programme  
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## 2<sup>nd</sup> International Partners' Meeting – Sheffield, July 4-5 2022

Two long days, great partners, and a very successful international partners' meeting hosted by Sheffield Hallam University. Followed by a working lunch at Dyson Place, Ecclesal Road.

