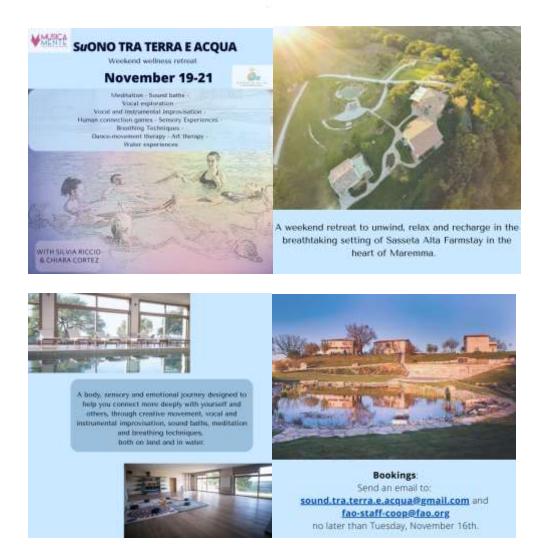


FAO Staff Coop In cooperation with

NOVEMBER 2021





Join us for a weekend of sound exploration and wellness in the beautiful setting of Sasseta Alta Farmstay, in the heart of Maremma, Italy.

A multi-sensory program led by Silvia Riccio and Chiara Cortez to foster connection with yourself and with others in a context that is joyful, playful, meditative and creative at the same time.

You will explore sounds and creative movement, vocal and instrumental improvisation, meditation, breathing techniques, sensory paths, dance-movement therapy, art therapies and sound baths and you will be able to experience the regenerative power of water in the activities we will carry out in the pool.

* No knowledge or artistic competence is required to participate. All are welcome: the facilitators will modulate the activities on the skills of the group, adapting them to the needs of the individual.

🖈 PROGRAM

Friday 19

17:00: Check-in 17:30 - 18:00: Welcome 18:00 – 19:30: Welcome circle 19:30 – 20:30: Dinner 21:00 – 22:00: Drum circle

Saturday 20

8:00 - 10:00: Breakfast 10:00 -12:30: Morning workshop (hall)

- Body awakening
- Breathing techniques
- Guided meditation
- Dance-movement therapy
- Human connection games
- Exploration of sound through the voice
- 12:30 13:30: Lunch

13:30-15:00: free time

- 15:00 18:30: afternoon workshop (pool room)
 - Sensory itineraries on dry land (room)
 - Sound bath in water: body, movement, voice and instruments
- 19:30 20:30: Dinner
- 21:00 22:00: Circlesinging

Sunday 21

8:00 - 10:00: Breakfast

- 10:00 12:00: Morning workshop (pool room)
 - Art therapy: from sound to sign, from sign to sound
 - Sound bath in water: body, movement, voice and instruments
- 12:00-12:30: Closing circle

12:30-13:30: lunch and departure

Rates are all-inclusive per person: accommodation, meals (breakfast, lunch and dinner), workshops and evening activities.
272 euros in a double room
302 euros single occupancy
(* 2 euro: 2021 MusicaMente membership fee)

Booking:

Send an email to: **sound.tra.terra.e.acqua@gmail.com** and **fao-staff-coop@fao.org** no later than Tuesday, **November 16th**.

Payment: Via wiretransfer Account holder: MusicaMente APS IBAN: IT62J0326803211052504623580

★Contact info: <u>sound.tra.terra.e.acqua@gmail.com</u> cell. +39 3398223892 (Chiara) cell. +39 3332140057 (Silvia)

In order to take part in the proposed activities, you have to become a member by registering on our website (<u>https://www.faostaffcoop.org/</u>).

If you already are a member, you can just renew your membership for the year 2021.

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.