



**NEWSLETTER**

**FAO Staff Coop  
In cooperation with**

**NOVEMBER 2021**



**SUONO TRA TERRA E ACQUA**  
Weekend wellness retreat  
**November 19-21**

Meditation - Sound baths -  
Vocal exploration  
Vocal and Instrumental Improvisation  
Human connection games - Sensory Experiences -  
Breathng Techniques -  
Dance-movement therapy - Art Therapy -  
Water experiences

WITH SILVIA RICCIO  
& CHIARA CORTEZ




A weekend retreat to unwind, relax and recharge in the breathtaking setting of Sasseta Alta Farmstay in the heart of Maremma.



A body, sensory and emotional journey designed to help you connect more deeply with yourself and others, through creative movement, vocal and instrumental improvisation, sound baths, meditation and breathing techniques, both on land and in water.



**Bookings:**

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

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:

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cell. +39 3332140057 (Silvia)

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

*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.**