



“SOUNDS OF THE UNIVERSE” GONG BATH

ABOUT GONG BATHS

SOUND BATHS OR GONG BATHS ARE EXPERIENCES OF DEEP RELAXATION THROUGH THE LISTENING TO PRECIOUS INSTRUMENTS SUCH AS GONGS - ANCIENT INSTRUMENTS RICH IN HARMONICS WITH BENEFICIAL FREQUENCIES - THE VOICE, TIBETAN AND QUARTZ CRYSTAL BOWLS, SHAMAN DRUMS, AND MANY OTHERS. DURING THESE EXPERIENCES, THE PERSON LIES COMFORTABLY TO RECEIVE THE SOUNDS AND THE VIBRATIONS OF THE INSTRUMENTS PLAYED BY THE SOUND HEALER.

SOUNDS AND VIBRATIONS ALTERNATE WITH SILENCE TO GENTLY BRING THE RECIPIENTS INTO A STATE OF STILLNESS, WELL-BEING AND RELAXATION.

New Venue available!

Viale Aventino 38



FAO Staff Coop

PROMOTION

Price for session:

€30 €25 x person

Sessions on Saturdays
at 16:30 and 18:15 hrs
(duration: 1 hour)

The Gong Baths will take place exclusively by appointment,

The venue of the Gong Baths is at:

AMETISTA BLU , Viale Aventino 38, CAP 00153

The discount is reserved for FAO Staff Coop members

FOR INFO AND BOOKING:
FAO-STAFF-COOP@FAO.ORG
0657053142

GENERAL INFORMATION

THE SESSION WILL LAST 60 MINUTES.

WE RECOMMEND THAT YOU WEAR COMFORTABLE CLOTHING, AND BRING A LIGHT BLANKET AND A SMALL BOTTLE OF WATER WITH YOU.

AFTER A SHORT PRESENTATION, THE PRACTITIONER WILL GUIDE YOU THROUGH A GENTLE RELAXATION EXPERIENCE FOLLOWED BY SILENCE. SILENCE IS A FUNDAMENTAL ELEMENT THAT WILL ALTERNATE WITH THE SOUNDS AND THE VIBRATIONS OF THE INSTRUMENTS THROUGHOUT THE WHOLE SESSION. AT THE END OF THE SOUND JOURNEY THERE WILL BE A LONGER SILENCE, THE PRACTITIONERS WILL THEN ACCOMPANY YOU OUT OF THE STATE OF RELAXATION.

CONTRAINDICATIONS

THERE IS NO SCIENTIFIC EVIDENCE OF ANY NEGATIVE EFFECTS OF SOUND. HOWEVER SOME EXTRA CARE IS RECOMMENDED IN THE PRESENCE OF CERTAIN SITUATIONS AND/OR SPECIFIC CONDITIONS (FIRST TRIMESTER OF PREGNANCY, CARDIOVASCULAR AND NEUROLOGICAL DISEASES (GRAND MAL, EPILEPSY, EVEN IN MILD FORMS) AND PSYCHIATRIC DISORDERS (BIPOLARISM, DISSOCIATIVE STATES).

MEET THE SOUND HEALER:

CHIARA TOSCANO

SOUND HEALER, ADVANCED GONG MASTER AND HOLISTIC VOICE THERAPY PRACTITIONER QUALIFIED WITH THE BRITISH ACADEMY OF SOUND THERAPY.



SHE BEGAN STUDYING OPERA SINGING IN 2004 IN ROME WHERE, OVER THE YEARS, SHE CONTINUED HER TRAINING BY DELVING INTO OTHER STYLES IN ADDITION TO KRISTIN LINKLATER'S VOICE METHOD.

IN 2016 SHE COMPLETED A POST-GRADUATE MASTER'S DEGREE IN ARTS THERAPIES WITH A PSYCHOPHYSIOLOGICAL ORIENTATION WITH PROF. VEZIO RUGGIERI OF THE SAPIENZA UNIVERSITY.

IN THE FOLLOWING YEARS SHE DEDICATED HERSELF TO THE STUDY AND PRACTICE OF SOUND DEEPENING GONG WITH MIKO MICHELE FOLCO OF THE RENOWNED GONG UNIVERSE TRAINING CENTRE WITH WHOM SHE COLLABORATES ACTIVELY.

SHE STUDIED OVERTONE SINGING WITH SINGER, MUSICIAN AND RESEARCHER MAURO TIBERI, AND THEN FURTHER DEEPENED IT WITH TRAINING IN HOLISTIC VOICE THERAPY FROM THE BRITISH ACADEMY OF SOUND THERAPY.

CHIARA IS A MEMBER OF ITSA (INTERNATIONAL THERAPEUTIC SOUND ASSOCIATION) AND NOW OFFERS INDIVIDUAL AND GROUP SOUND AND GONG BATH SESSIONS FOR PRIVATE AND CORPORATE EVENTS.