

A man with a beard and long hair is shown in profile, playing a didgeridoo. He is wearing a light-colored, textured shirt. The background is dimly lit, featuring a window with a view of city lights at night, including a prominent pink light. To the left, there are several indoor plants, including a monstera and a smaller plant in a pot. The overall mood is warm and intimate.

Ritual Sound

Spring Equinox Immersion

Saturday 19th & Sunday 20th September

PRESENT MARCO TESI



The Proposal

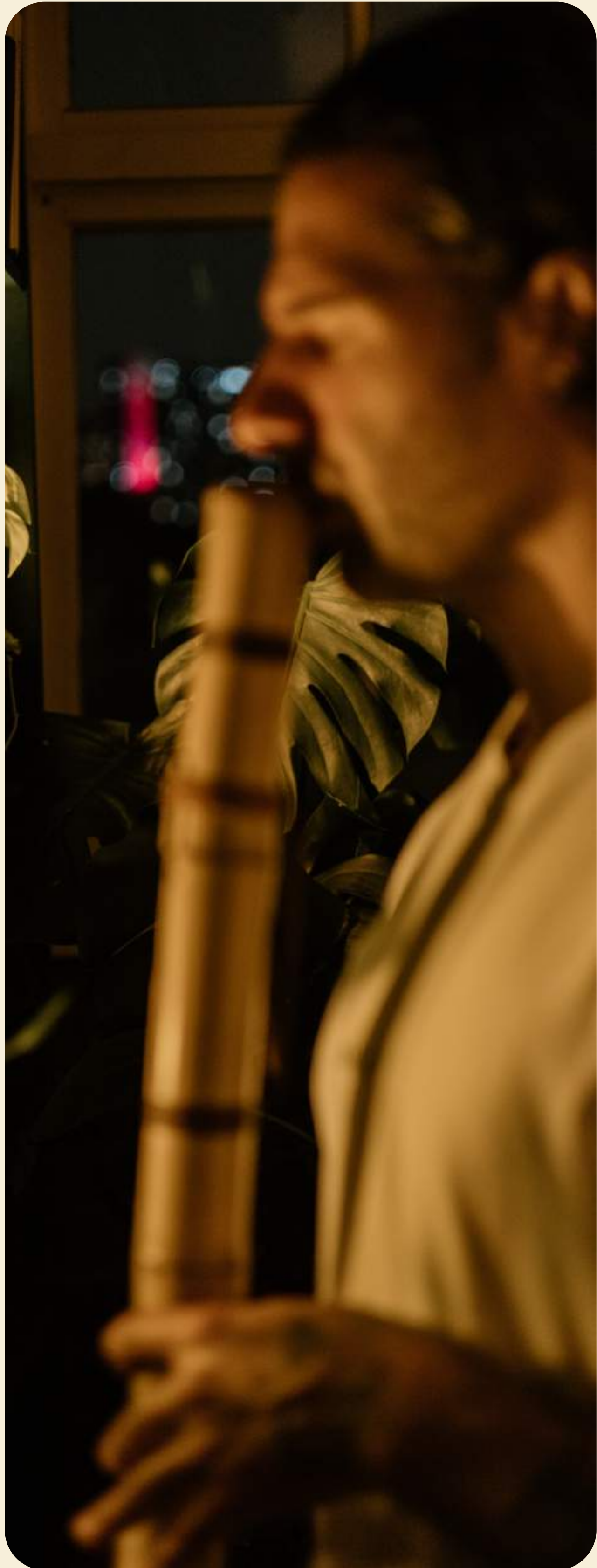
This proposal came from the call to offer a more spacious and contained environment into which to deepen our relationship and sensitivity with the therapeutic properties of sound.

During the **spring equinox** we will enter into a weekend ritual of reconnection and purification in order to support all that needs to bloom within us.

That's how sound has been taught to me.
Sound is like a seed that you can plant in your chest, for something new but also ancient to manifest within you over time.

This is what we will try to do over this spring equinox.

Sound as Symbol



Sound interrelates with our consciousness and reveals itself over time.

Opening something new within us, something that we can listen to, something that we can touch, for us to meet the other we don't know within us.

Sound, like a symbol, is a bridge between worlds, a bridge between states of consciousness.

A carrier that takes us internally to listen to our own depths.

Sound as Offer

Since the beginning of time
Sound has been considered an
offer.

We will work with different
frequencies and vibrations that
deeply relate to the sacred
geometry of the **Chakana**,
sacred Andean cross.

Mother of all symbols,
a universal symbol, a portal
and a way of living,
a path and a bridge
where the sacred frequencies of
silence and oracular
sound coexist.





Sound as Portal

Across the two days we will work with **four different altars, four different portals** and we will build our offerings together.

More than anything else we will offer space to the present, so as to learn the art of deep listening and inclusion.

We engage in a profound ritual of purification.

In the Andean tradition, called "**Ceremonia de las Flores**", **flower ceremony**.

A cleansing ritual through the medicine of the roses and sounds.

An immersion into Sacred Sounds

This space aims to deepen our experience of frequency and vibration through a deep process that from the flesh and bones leads to silence, listening and deeper relationship with ourselves and the others.



There will be teachings in relation to principles of sound healing.

But it will be primarily an interactive space weaved by the moment where each of us is invited to also bring our own instruments (if you play any) and to share your sounds.



Marco Tesi

Somatic trauma-informed therapist.

Sound healer

I started to research and work on the relationship between posture, breathing patterns and chronic pain 15 years ago.

A school that offered me the foundations to explore the imprinting of emotional trauma on a biological cellular level. Now this has become my healing practice and major area of investigation.

A pivotal change in my work happened around 2019 when I started to explore Sound for healing purposes.

Along the path remarkable encounters deeply influenced my relationship with this work, like the ones with teachers connected to pre-Hispanic traditions of the area now known as Peru.



Offerings

Sound Healing - different sound rituals in relation to distinct yet inter-connected altars and therefore frequencies.

Cleansing flower ceremony or baptism through flowers.

Experiential teachings on principles of sound therapy and somatic therapy.

Integrative breathing, somatic practices including therapeutic art work.

Sound as Altar - how to build and enter an altar. Its significance in today's modern age.

Location, schedule & investment

The Dale Loft

27/39 Abercrombie Street, Chippendale

A cozy and warm venue in Chippendale, 5 minutes walk from Central train station.

Saturday 19th - start at 10am and finish around 5/6pm

Sunday 20th - start at 9am and finish around 4pm

Contribution is \$450 via bank transfer.

If you join with a friend or partner the contribution will be \$380 per person.



A man with dark hair and a beard is shown in profile, playing a long bamboo flute. He is wearing a light-colored shirt and a dark necklace. The background is a richly decorated interior, likely a traditional dwelling, featuring various musical instruments such as flutes, a pan flute, and a drum, along with colorful, patterned textiles and a large, ornate rug. The lighting is warm and focused on the man and his instrument.

**Looking forward to be
with you**

E: info@marcotesi.com

P: 0402259644