



TENUTA DE L'ANNUNZIATA
natural relais

THE BIOENERGETIC WOODS

nature that heals

THE RESEARCH

What science says

We are all constantly immersed in electromagnetic fields that affect the life of the biosphere, humans and plants.

Humans are interconnected organisms, equipped with bioelectric bodies that in turn emit signals to communicate with the environment. Recent studies have shown that our “conversation” with the world around us is particularly active with trees, whose resonance positively affects the energetic state of our organs.

The traditional intuition that being surrounded by nature is good for our health today has a scientific foundation: bioenergy, essential oils, phytocides and fragrances all contribute to our psychophysical well-being.

Plant-humans: the energy that makes us feel good

Bioenergetic Landscapes, a technique conceived by the bio-researcher Marco Nieri, expert in ecodesign, studies the humans-plant relationship, allowing us to measure how and to what extent being in contact with trees can energetically affect the functioning of our organs. In certain environmental conditions, trees are able to spread their benefits up to a few meters away from their trunk, creating a sort three-dimensional electromagnetic bubble with biological characteristics that vary according to their species. Stepping into this bubble activates a beneficial and mutual exchange between us and the chestnuts, hornbeams, beeches, cherry trees, which contributes to the improvement of the energy state and the functionality of specific organs of our body, increasing the overall sense of well-being.



« Future medicine will be the medicine of frequencies.»

Albert Einstein

THE TRAIL



In the forest of Tenuta de l'Annunziata, which covers an area of 13 hectares, bio-researcher Marco Nieri has identified **40 trees that produce bioenergetic fields**, creating the largest bioenergetic trail of Europe.

With the guidance from a qualified instructor, Margot Errante, who has developed a set of programmes aimed at balancing your response to stress, you will be able to leverage the benefits of trees and improve the energetic state of your body.

Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.





PROGRAMMES

Our programmes are designed and curated to enable deep relaxation and well-being – a process that begins at Tenuta de l'Annunziata and extends well beyond your leaving. To your life.

We adapt the matrix of our programmes to your needs and inclination, offering you an always personalized approach, to ensure that your journey with us will be an opportunity to balance your heart, body and mind in a safe and peaceful environment. Nature is our home.

Our team and every member of Tenuta de l'Annunziata is looking forward to welcoming you to the largest bioenergetic forest in Europe, to share its joy and wonders!

Margot Errante

Curator of Cultural and Wellness Programs

- . FOREST BATHING
- . CONTEMPLATIVE WALK
- . SOUND TREATMENT WITH TIBETAN SINGING BOWLS
- . SOUND BATH WITH TIBETAN SINGING BOWLS AND GONGS
- . RHYTHM-TIME REBALANCING



Forest Bathing

Instructor : Margot Errante

Shinrin-Yoku, or Forest Bathing, is the ancient Japanese practice of walking mindfully in a forest to establish a connection with nature. Three decades of research have shown a wide variety of positive effects on our health. It has been found to:

- Lower blood pressure and heart rate
- Regulate the production of cortisol and harmful hormones
- Strengthen the immune system by increasing the level of natural killer cells
- Ease stress and worry and restore one's mood

PROGRAM

On a journey into the largest bioenergetic forest in Europe, Margot guides participants to find their own places of inner stillness and activate their energy reserves, leaving behind the chaos of the outside world. You will walk slowly in the woods, preparing body and mind to connect with nature through simple exercises to restore proprioception. As you will enter the forest, you will be guided to open up your sensory channels, one at a time — sight, hearing, touch, smell. You will pause in the areas with the highest concentration of bioenergy, where contemplation will be alternated with short meditation sessions. The experience will end with a practice of heart coherence to realign heart and mind, and leave the forest with a palpable sensation of living energy.

REGULATION

- . The experience lasts 90 minutes, advanced booking is required.
- . It is possible to do it individually or in small groupd, up to a maximum of 10 people.
- . In order to cultivate a calm mental environment for oneself and others, silence is require throughout the entire process.
- . Comfortable clothing and sport shoes are recommended.





Contemplative Walk

for environmental awareness

Instructor : Margot Errante

“Environmental protection does not depend on love for nature. It depends on our understanding of the vegetal world”. Inspired by the research of Stefano Mancuso, Peter Wohlleben and Suzanne Simard, Errante has developed a **guided experience** to share some of the fascinating discoveries that have been made in recent years about **the lively world of plants**. Trees communicate and have a social life. They are not individuals, they are colonies. They have all five senses, and fifteen others. It is precisely by opening our own senses to nature that this holistic experience begins, with our bodies plunging deep into the largest bioenergetic woods in Europe.

PROGRAM

The walk is a rhythmic alternation of contemplative practices and meditative readings. It begins by arousing mindfulness, moving the attention from self-awareness to an awareness of the external environment, by opening up all sensory spheres. In the areas with the highest bioenergetic concentration, you will pause to benefit from the therapeutic properties of the trees and to listen to stories about the fascinating dynamics that regulate the life of a forest. The fascination that wild nature exerts on us by stimulating biophilia plays an important role in the balance of our psyche. It enables us to regenerate our brain, and to return to everyday life with renewed energy.

REGULATION

- . The experience lasts 90 minutes, advanced booking is required.
- . It is possible to do it individually or in small group, up to a maximum of 10 people.
- . In order to cultivate a calm mental environment for oneself and others, silence is required throughout the entire process.
- . Comfortable clothing and sport shoes are recommended.



FEES

Exclusive experience . 150€

Couple experience . 75€ per person

Experience for groups of 3 participants . 50€ per person

Experience for groups of 4 to 10 participants . 40€ per person

INFORMATION & BOOKING

marketing@tenutadelannunziata.it

+39 031 94 93 52

Sound Bath

With Tibetan singing Bowls and Gongs

Instructor : Margot Errante

(yoga room)

Himalayan or Tibetan singing bowls are ancient instruments made of a seven-metal alloy (gold, silver, mercury, copper, iron, tin and lead) corresponding to the seven primary energy centers in our body. By law of resonance, their sound waves synchronize our energy centers to their frequency, promoting balance of the body and mind. They entrain the brain to move into Theta wave frequencies, engaging our relaxation reflex and inhibiting the stress response.

PROGRAM

Sound bath is a 60 minutes relaxation experience for small groups of 2 to 20 people during which participants lie down on mats arranged around the instruments. Listening to the frequencies allows the body to slow down some vital rhythms, producing several benefits: relief from stress and anxiety; lowering of blood pressure; balancing of our body's energy centers.

BENEFITS

- . Reduction of anxiety and stress
- . Opening and balancing of energy centers
- . Strengthening of the immune system
- . Normalization of blood pressure





Sound Massage

With Tibetan Singing Bowls

Instructor : Margot Errante

WHAT THEY ARE

Himalayan or Tibetan singing bowls are ancient instruments made of a seven-metal alloy (gold, silver, mercury, copper, iron, tin and lead) corresponding to the seven primary energy centers in our body. By law of resonance, their sound waves synchronize our energy centers to their frequency, promoting balance of the body and mind. They entrain the brain to move into Theta wave frequencies, engaging our relaxation reflex and inhibiting the stress response.

TREATMENT

Sound massage consists of an individual session of 60 minutes, during which the bowls are placed on the body and played with a gentle tap or rub. Expanding with circular movements, their vibrations dissolve energy blocks and induce a feeling of deep relaxation. The massage takes place in the woods, in the center of an area with a high concentration of bioenergy, to enhance the benefits of the treatment.

BENEFITS

- . Reduction of stress and anxiety
- . Opening and balancing of energy centers
- . Normalization of blood pressure
- . Integrative therapy in the treatment of insomnia
- . Integrative therapy in the treatment of psychosomatic diseases
- . Integrative therapy in the treatment of pain and muscle contraction



FEES

180€

Energetic scanning

60 minutes of sound treatment

15 minutes of feedback

INFORMATION & BOOKING

marketing@tenutadelannunziata.it

+39 031 94 93 52



Rhythm-Time Rebalancing

Instructor : Debora Sarcinelli

The rhythm-time rebalancing process is designed to bring the individual back to his natural physiological rhythm, contrasting the often frenetic path and movements in space and time imposed by modern life. The immersive experience in the woods led by Debora, Senior Yoga teacher and Holistic Practitioner, will enable participants to reach a deep state of physical and mental relaxation.

PROGRAM

The program is a dynamic alternation of guided practices along the bioenergetic trail that facilitate the contact with the external and internal environment, through exercises of proprioception of the body in the body, and of the body in space. Starting from the awareness of the breath, participants will gradually develop the sensitivity to perceive their substructures: mental functions, physical functions and intuitive abilities. By opening up to the experience of listening to oneself, participants will be able to channel their energy in motion towards the natural rhythms that the body-mind system needs to preserve its innate balance.

REGULATION

- . The experience lasts 90 minutes, advanced booking is required.
- . It is possible to do it individually or in small groupd, up to a maximum of 10 people.
- . In order to cultivate a calm mental environment for oneself and others, silence is require throughout the entire process.
- . Comfortable clothing and sport shoes are recommended.



FEES

Exclusive experience . 120€

Couple experience . 60€ per person

Experience for groups of 3 participants . 40€ per person

Experience for groups of 4 to 10 participants . 30€ per person

INFORMATION & BOOKING

marketing@tenutadelannunziata.it

+39 031 94 93 52



MARGOT ERRANTE

www.margoterrante.com

Margot Errante is a photographer, anthropologist, scholar and practitioner of Asian contemplative disciplines. At the age of nineteen she moved to China, where she studied and worked until 2018. She speaks five languages, has traveled the world and has a multidisciplinary background.

After graduating in Chinese and French specializing in ethnolinguistics, she obtained a Master's in Cultural Anthropology of Asian Countries, living for a year in an indigenous village of the Sino-Burmese jungle.

In search of the human face, in 2010 she opened her studio as a portrait photographer in Hong Kong and collaborated for some time with Studio Harcourt Paris. Parallel to her artistic career, Margot continued with her investigation of the human being, studying Fundamentals of Neuroscience and Oriental Philosophy. Her interest in contemplative disciplines was born in the 2000s, when she started practicing with a Taoist Master from Bayun temple in Beijing, lineage of Master Zhao Ming. In 2006 she studied Mahāyāna Buddhism during a period of residence at Rongbuk monastery in Tibet, at the foot of Mount Everest. Margot then trained as mentor of the HeartMath Institute, an American research center that developed emotional self-regulation techniques based on heart coherence. In Italy she trained as an instructor of Mindfulness-based Programs attending the Mindfulness Professional Training led by Antonella Commellato and Fabio Giommi (founders of the Italian Association for Mindfulness), accredited to the quality standards of the International Integrity Network for the MBPs.

Today Margot brings her experience in business, clinical and educational contexts, both in Italy and abroad. She collaborates with InsideOut (Milan) as a trainer of programs for the management of stress in the business environment; with the Tenuta de l'Annunziata (Uggiate-Trevano) as curator of the programs of the Bioenergetic Woods; with institutes and foundations for her personal artistic projects. Her workshops and lectures are held in Italian, English, French and Chinese.



DEBORA SARCINELLI

Debora Sarcinelli is a Senior Yoga Teacher, a Holistic Ayurveda Practitioner and a certified massage therapist.

She began her journey of inner search and well-being during a trip to India in 2010, developing a passion for Oriental cultures and the holistic approach to human health and disease.

In India, she obtained the qualification as a certified Yoga Teacher RYT 1000 hours – Hata, Vinyasa, Ashtanga, Odaka. She continued studying, later obtaining a certification as a Pilates Matwork Instructor; she studied yoga for children and specialized as a holistic Ayurveda practitioner and massage therapist.

A great lover of sports and travel, Debora continues her training journey by studying and exploring the human being in all its aspects and forms, from the bodily form to the mental form.

In addition to her freelance activity, she collaborates with Tenuta de l'Annunziata as a guiding instructor of the "Rhythm-Time Rebalancing" programme in the Bioenergetic Woods.