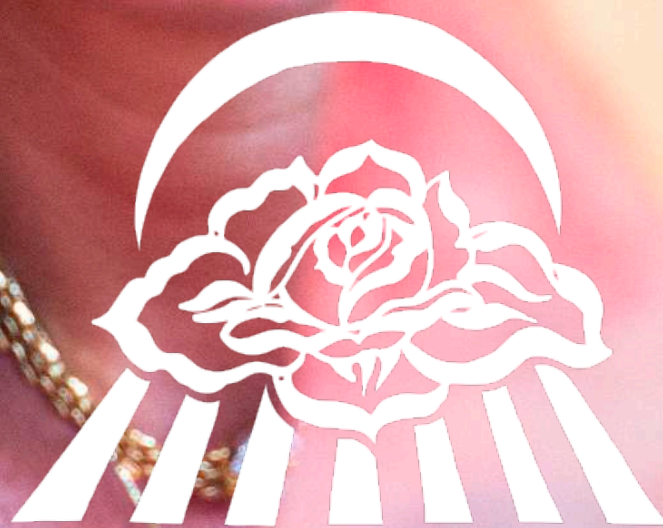


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SILVIA GIOVANNARDI

SILVIA GIOVANNARDI

Art Therapy
Yoga
Eurythmy
Medicine Wheel
Thay Yoga Massage

I perceive myself as a free person, and I freely choose to realise Art Therapy and to guide healing experiences.

'Art is Therapy' - with this sentence Rudolf Steiner recognised Art as a technology, a science, deeply connected with the 7 vital processes.

When someone asks me what I do in life I answer: 'I live.'

In my life Courage is the tool, Love is the mantra, Honesty the way, and Peace the ultimate space.

The exploration of Peace drives me to provide Art Therapy and Tantric practices for the intimate self liberation, applying the Anthroposophical method studied in Sekem - Cairo, Egypt, in Italy and in Germany, and the Tantric way studied in my Yoga Teacher Training in Bali, Indonesia.

I love navigating Art Therapy through the essence of colors and the language: colors have been loaned to us to perceive the exterior light, and the language is the bridge for our spirit to manifest its inner light.

The art of this sublime medicine consists an interview w/ our subconscious and it's done by jumping the filter of the mind, revealing the surprising messages our intuition has for us to discover.



Who is able to wonder, knows how to heal.

During my sessions, before landing on colors, I guide people through a journey to play with our emotions, alchemizing them into pure evolution for the physical, spiritual and loving body.



A journey through
Art Therapy, **Yoga**,
Eurythmy, **Tantra**,
Medicine Wheel, and
Thay Yoga Massage

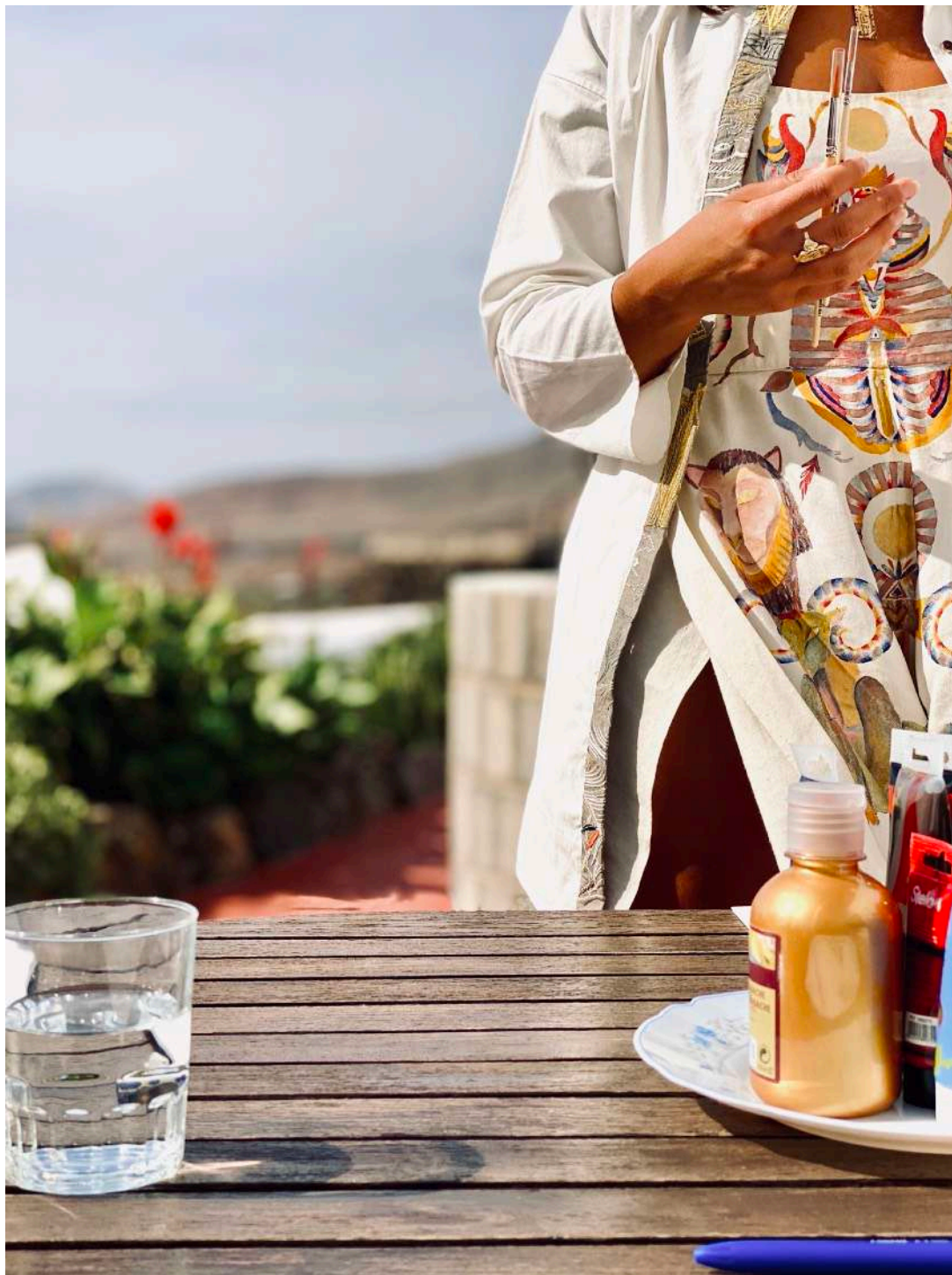


ART THERAPY AIM

ANTHROPOSOPHICAL VIEW: SUBCONSCIOUS INTERVIEW IMMERSION

We have an incredible gift: an attractive intelligence that stands as a magnet for experiences that make us evolve as human beings. Unfortunately, we're not always connected to this primary source that has the power to reveal our ultimate truth.

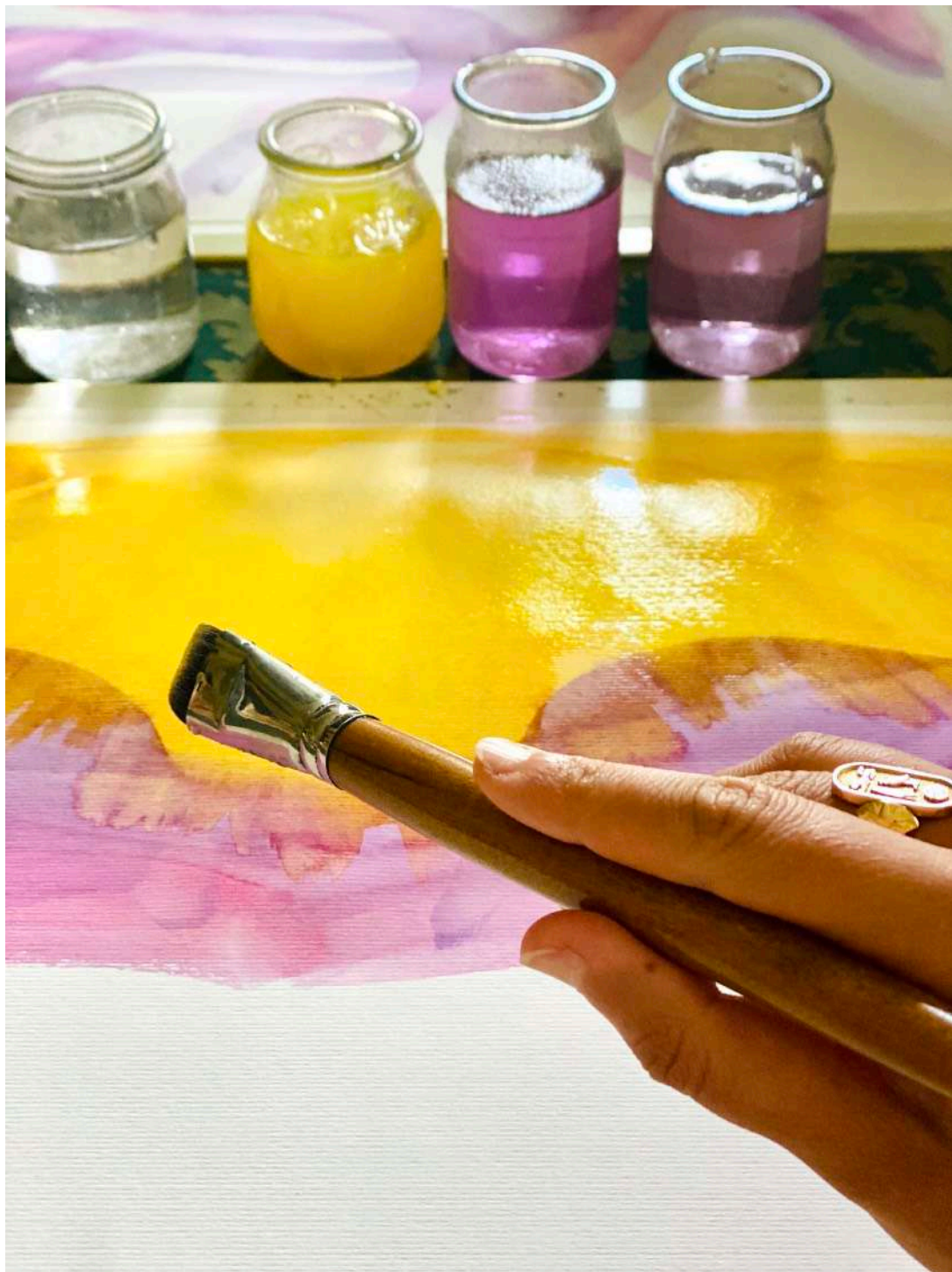
Through Art Therapy, we want to ignite this important intuition and let its clear messages come to surface.



ART THERAPY WAY

ANTHROPOSOPHICAL METHOD: WATERCOLORS INVESTIGATION

Let's surrender to the dissolution of pigments in the unpredictable movement of water, for an intimate flirt with our essence...



ART THERAPY FOR YOU

TANTRIC TECHNIQUE: THE ART EMBODIMENT

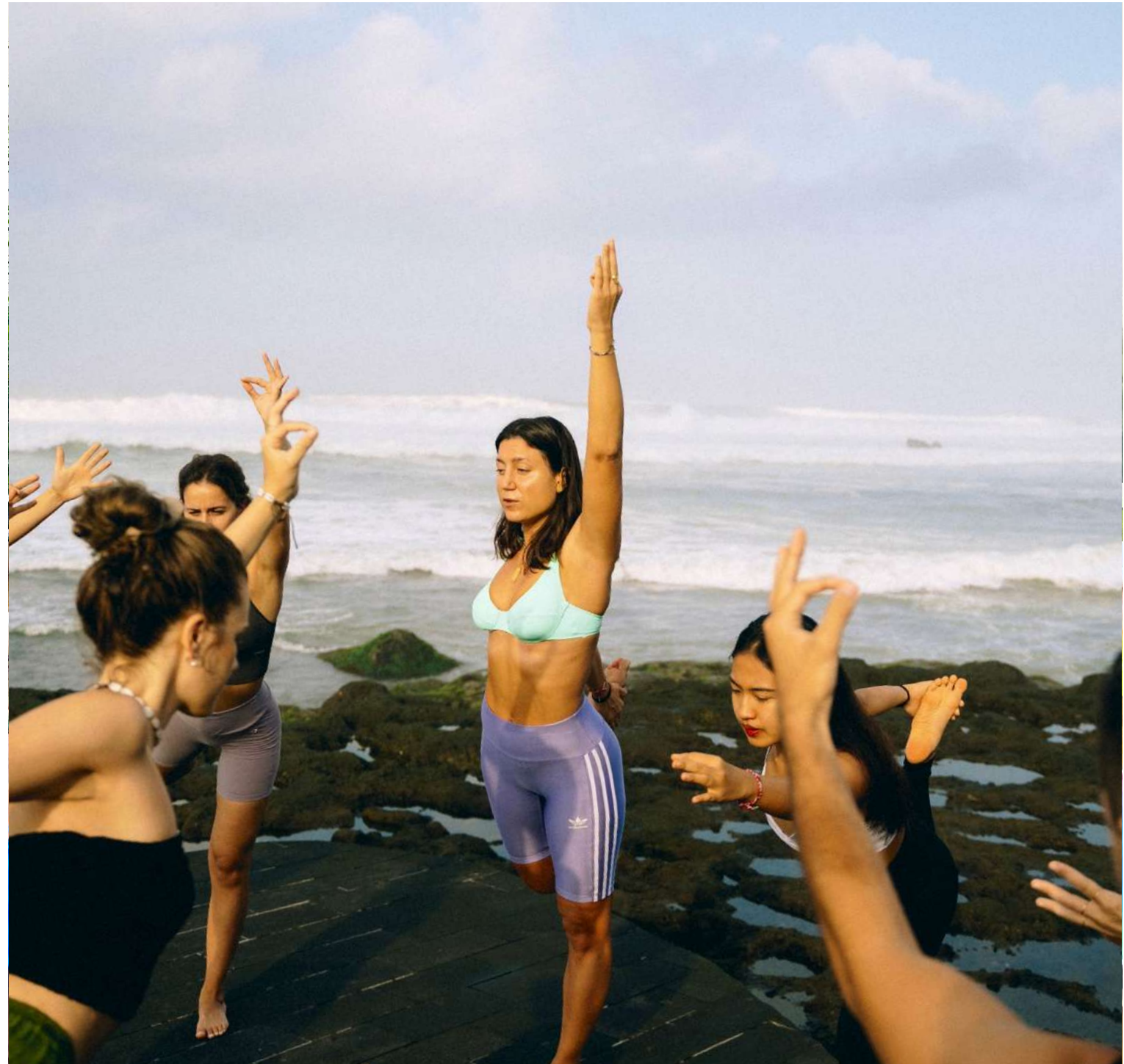
Bespoke experiences shaped through the subtle tools to navigate our emotions



EURYTHMY

MUSIC MOVEMENT: DANCE YOUR INTUITION

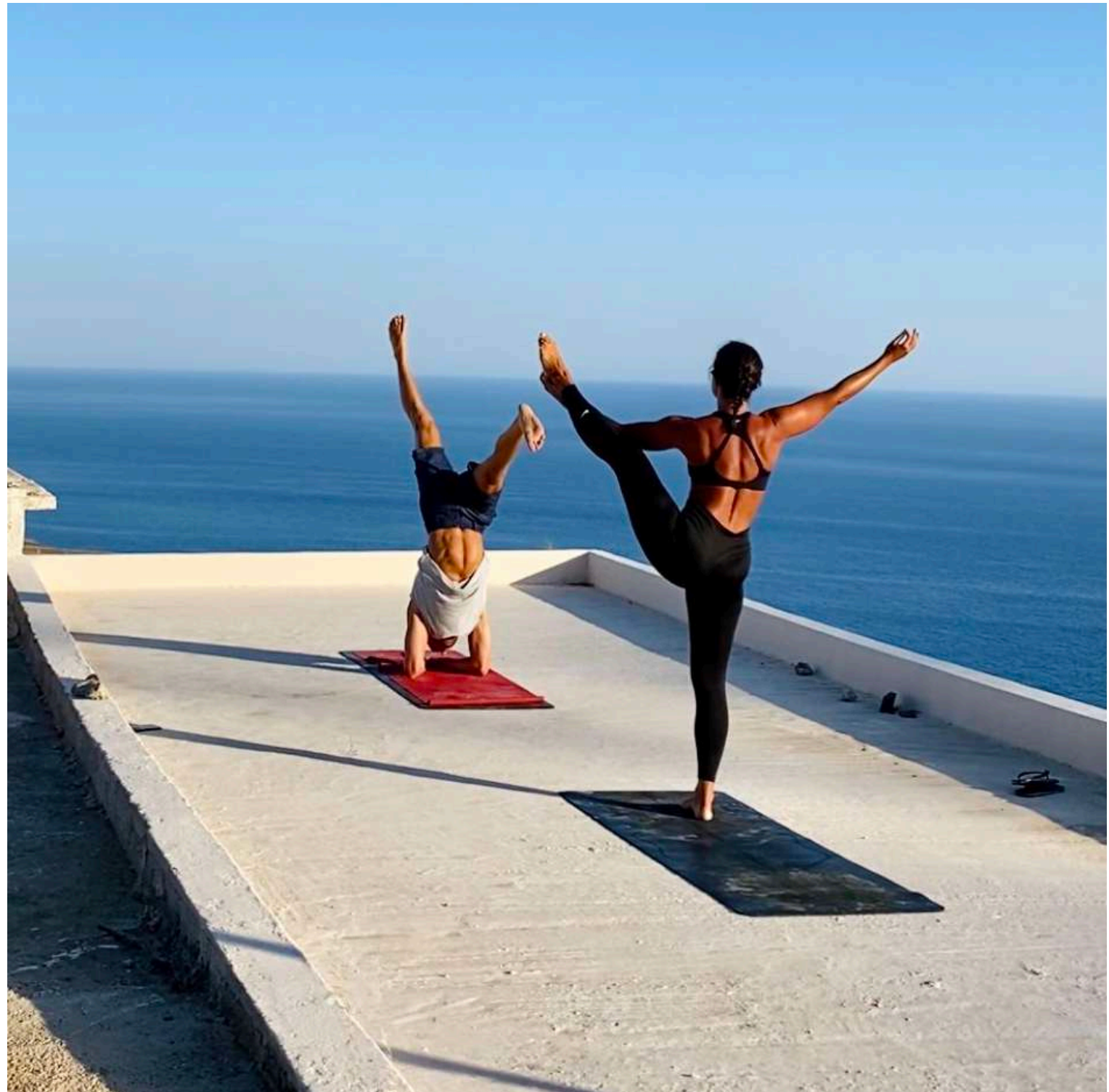
Eurythmy is an expressive movement art originated by Rudolf Steiner in conjunction with Marie von Sivers in the early 20th century. Primarily a performance art, eurythmy inculcates a sense of form, spatial awareness, rhythm and teamwork. It is a visible speech, visible music. A truly artistic nature welcomes everything that could possibly serve to widen and enrich the whole field of art. Eurythmy is music translated into movement, it's a singing in movement, and it uses as its instrument the human body in motion.



YOGA

ORIGIN

The word "yoga" derives from the Sanskrit root “yuj”, which means "to yoke" or "to unite". At its core, yoga is the practice of uniting the mind, body, and spirit, striving for harmony and balance in all aspects of life. The meaning of yoga extends far beyond the mat. It is a practice of unity, a journey towards self-realization, and a way of life that fosters harmony within ourselves and with the world around us.



YOGA

VINYASA KRAMA

Yoga... the holy word that starts healing our spirit just by hearing it..
And when we join that oneness with our physical body, all the others thrive and enjoy the activated nectar that derives from it.
We're devoted practitioners, and you?



TANTRA EXPLORATION

TANTRIC LIGHT & SHADOW WORK: EMBRACE AND STIMULATE YOUR SPIRIT

Tantric practices aim to transcend the perceived duality of the world, by embracing the unity of body, mind, and spirit, and recognizing the sacredness of all aspects of life. It gives the allowance for the spiritual body to manifest itself through our emotional and physical cells.



TANTRA PLAYING

TANTRIC PRACTICES: A LOVE ENTANGLEMENT WITH YOURSELF AND THE WORLD

Tantra is a non-dual philosophy that transcends the conventional dualistic view of the world, which separates the sacred from the profane, the spiritual from the material, and the self from the divine.
It's a creative space to live the enchantment of Love and its spreading all over our life.



MEDICINE WHEEL



Medicine wheels represent the alignment and continuous interaction of the physical, emotional, mental, and spiritual realities. It has been used by generations of various Native American tribes for health and healing. It represents all knowledge of the universe.

The circle shape represents the interconnectivity of all aspects of one's being, including the connection with the natural world.

Medicine wheels are frequently believed to be the circle of awareness of the individual self; the circle of knowledge that provides the power we each have over our own lives.

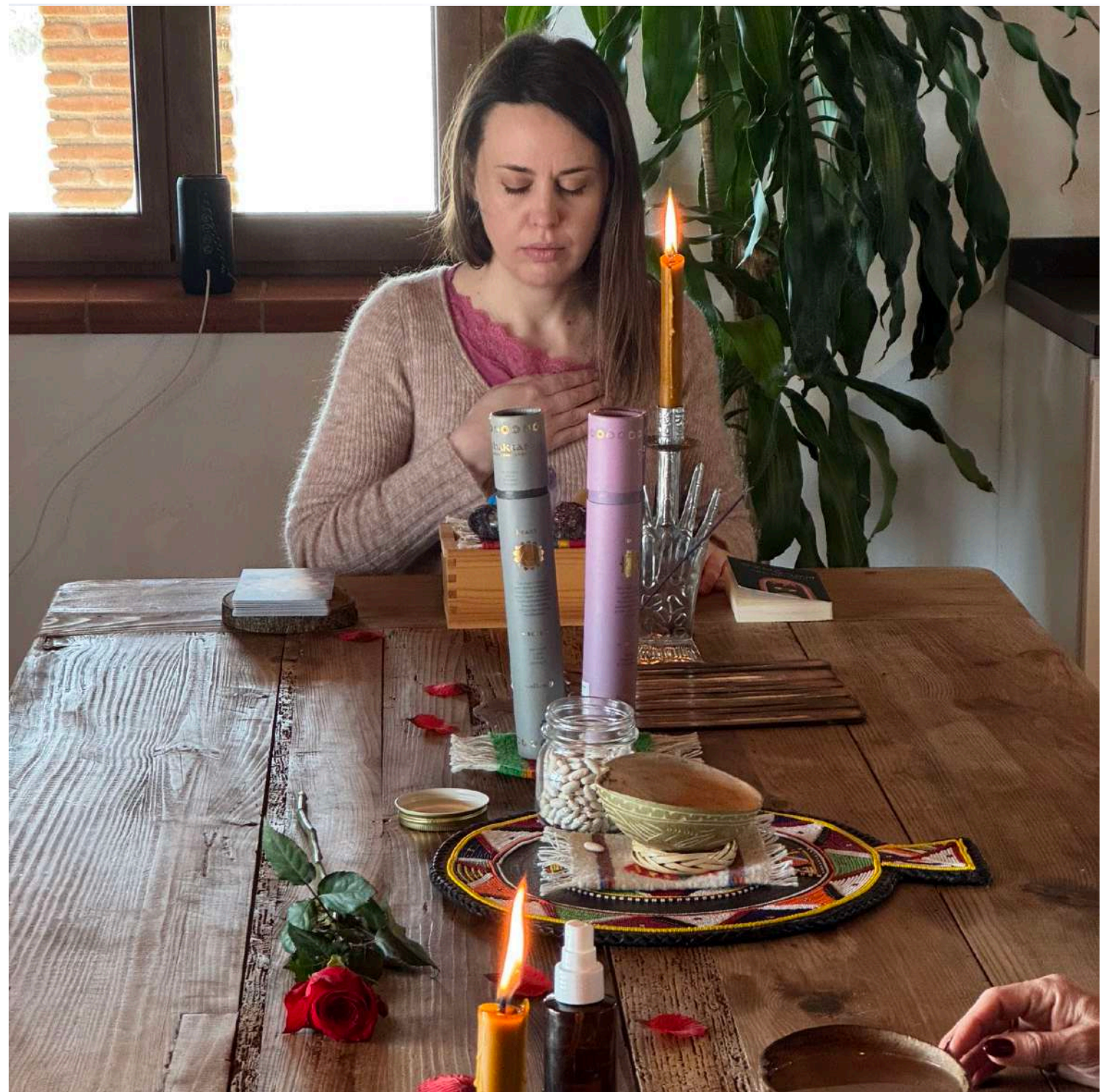
It embodies the Four Directions, as well as Father Sky, Mother Earth, and Spirit Tree—all of which symbolize dimensions of health and the cycles of life.

MEDICINE WHEEL POWER

AN INDIGENOUS ANCIENT WISDOM

Meaning of the 4 directions:

Stages of life: birth, youth, adult (or elder), death; Seasons of the year: spring, summer, winter, fall; Aspects of life: spiritual, emotional, intellectual, physical; Elements of nature: fire (or sun), air, water, and earth; Ceremonial plants: tobacco, sweet grass, sage, cedar.

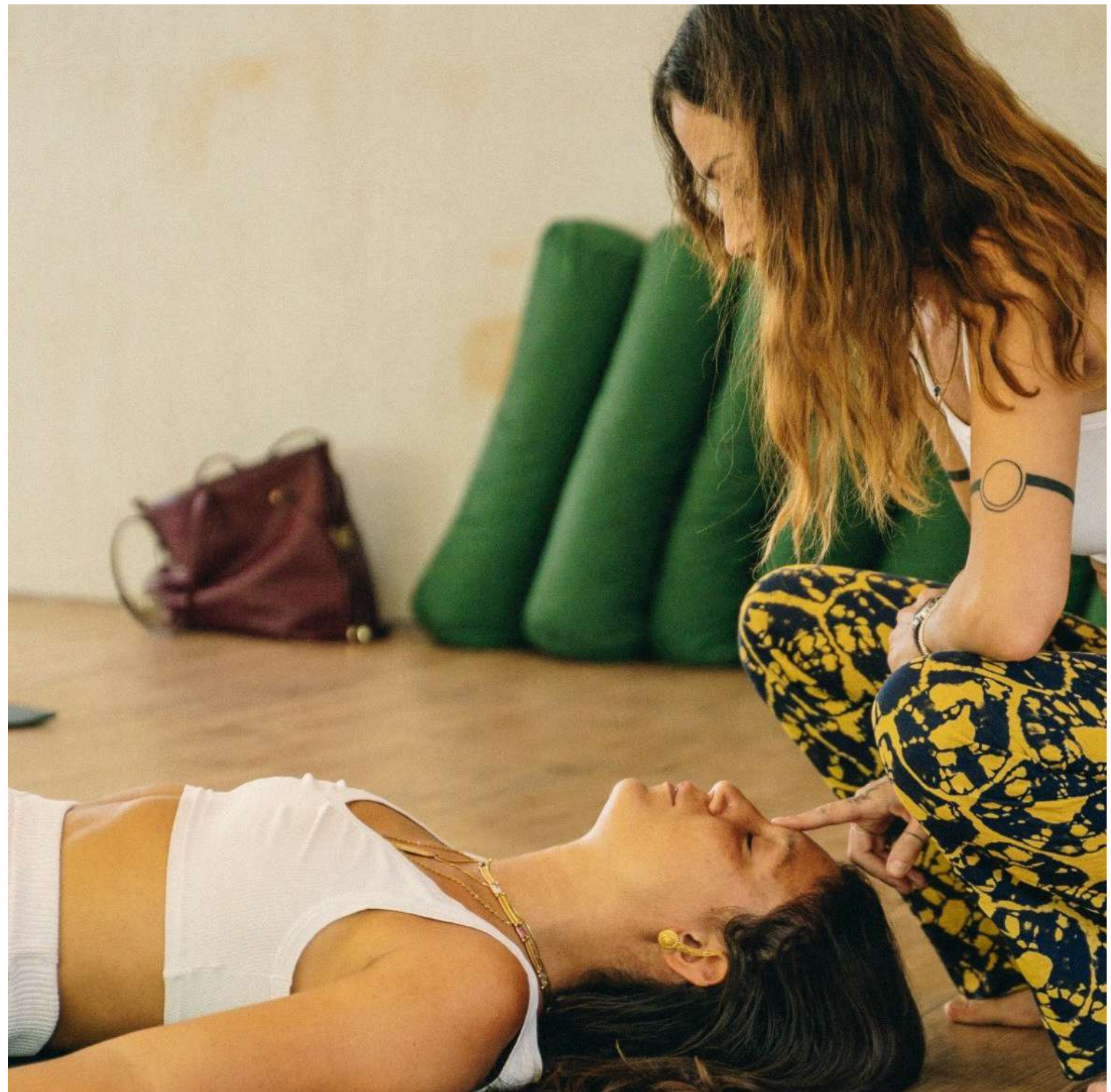


THAI YOGA MASSAGE

CHI-ENERGY WISDOM

Thai Yoga Massage is based on the ancient theory of Chi-energy, that flows through channels called «nadis» to remove blockages and activate self-healing.

This therapeutic and unique experience rejuvenates the body and spirit, promoting overall health and well-being.



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MAY THIS DAY BE GENTLE WITH YOU,

Silver

