



In Risonanza

BioArmonia™

Cultivating Coherence Through the Senses

Modular sensory experiences for personal wellbeing and functional work environments

Session format

Duration: 120 minutes [minimal format]

Setting: on-site (company space) or off-site (curated / partner venue)

Adaptable across diverse formats and contexts, up to two-days residential experiences.

What it is

BioArmonia™ is a guided wellbeing session designed to reduce stress, support nervous system regulation and restore a sense of balance, presence and openness within teams.

The experience is **sensory and non-performative**, inspired by the BioArMon® integrated system, and adapted here into a group-friendly, corporate-safe format.

Session flow

- **Preparation to listening and presence**
A gentle arrival phase to slow down, settle attention and create a shared, safe space.
- **Brief theoretical framing**
A short, accessible introduction to the coherent elements used in the session (sound, colour, aromatherapy), offered as orientation rather than instruction.



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- **Guided sensory experience**
A mostly receptive experience supporting relaxation, regulation and embodied awareness.
No active performance, no verbal exposure required.
 - **Integration and closure**
Optional sharing and practical guidance with simple micro-adjustments that can be applied in everyday work environments.
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Key characteristics

- Primary perceptual channel activated: **corporeal / sensory resonance**
 - Focus on **regulation**, not performance
 - Suitable for mixed groups and professional environments
 - Inclusive: **people with partial hearing loss (hypoacusia) can be easily included**, as the experience works through vibration, body perception and presence rather than auditory performance
 - No prior experience required
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Benefits for teams

- Lower stress and anxiety levels
 - Improved sense of wellbeing and grounded presence
 - Support for creativity and mental openness
 - More fluid, collaborative relational climate
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Logistics & requirements

- Quiet room with enough space for chairs or mats
 - Soft lighting (preferred but not mandatory)
 - No complex technical setup required
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Angela Contessa is the creator of *InRisonanza* and a facilitator of integrative, regulatory psycho-corporeal listening experiences.

Working with sound and sensory awareness to support wellbeing, presence and coherence in personal and professional contexts.

Contacts

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[🌐 https://inrisonanza.my.canva.site/](https://inrisonanza.my.canva.site/)