



Men's Circle

Rituals of Reconnection

*A journey through Ancient Sounds
and Somatic Healing Practices*

*8 gatherings from
Sat 20th of January*

For info: info@marcotesi.com

Initial 30 minutes call available through:
www.marcotesi.com

Greetings beautiful people,

It's Marco here. I am so grateful to introduce you to this new upcoming healing journey dedicated to Men.

The main goal of this program is to provide a support structure for men, and to reframe a new concept of brotherhood and courage grounded in our ability to truthfully show up while honouring the realm of our feelings from which sometime our most concealed insecurities stem from.

This container is built upon qualities like confidentiality, accountability, introspection (the ability to self-reflect about any circumstances and layer that will be explored within the space) and kind communication.

More specifically this program will bring a profound sense of care towards the dissonance of unresolved memories (intergenerational and from early stages of life) that often ripples throughout our present adult life circumstances, relationships, behaviours and habits, as also in our physical state of health.

Rituals of Reconnections is a journey comprised of 8 gatherings over 4 months, in each circle we will engage with different somatic emotional healing practices.

The use of voice techniques and ancient sounds stemming from Pacific and Mediterranean culture will be prominent during all the appointments. We will work also with specific breathing techniques depending on the areas of the healing process that we want to stimulate, all will be coupled also with elements of hand- on body work.

The aim is to firstly promote a sense of grounding to safely welcome any defence built around unresolved memories, so to patiently begin opening up to them. Past events and circumstances can hold a high emotional charge that if not welcomed and directed in a healthy way will influence our perspectives, beliefs and physical-mental health along with our ability to emotionally self-regulate around day-by-day circumstances.

Ultimately, we will sit in a sharing circle to practice the expression of our most authentic parts within ourselves. We will practice presence through active listening for us to balance our sense of self. There is a particular magic in being able to access those places of our being in an environment of brotherhood that have the intention to minimise distances among Men and comprehensively among Humans.

These are the foundational aspects of this container that will allow us along 4 months to deepen and ultimately embody a sense of brotherhood and humanitarian compassion that can then be applicable to any circumstance of our lives.

I look forward to sit in circle with you In Light, Warmth and Truth Marco

When and Where

The circle is open to a maximum of 10 men who are willing to seriously commit to this journey of self-healing through all its duration. There is no possibility to join the container once the course has started. These are the dates of the gatherings which will happen every fortnight from Saturday 20th of January from 6:30am to 9:30am in Paddington, details about location will be given.

Saturday 20th January

Saturday 3rd February

Saturday 17th February

Saturday 2nd March

Saturday 16th March

Saturday 30th March (1.5 hours zoom meeting as I will travel during that month)

Saturday 13th April

Saturday 27th April

How to Join, Investment and Terms and Conditions

Course value: \$500

- *Single payment option*
- *2 payments plan option*

\$250 prior to beginning of the course (non-refundable)

\$250 within 30 days of the start of the course (non-refundable)

- *4 monthly direct debit payments of \$100 after a deposit of \$100 prior to the beginning of the course. The 4 payments are compulsory after paying the first deposit. **This payment modality is under concession only to those who are honestly facing financial hardship.***

Special terms and conditions, cancellation policies and also payment plans can be negotiated for those who are honestly facing financial hardships.

I hope to have you among us and to share sacred space with you.

In order to join the circle a 30 minute call with me is compulsory for me to be able to support you in the best way along this journey.

For info feel free to reach out at 0402259644 or to book your initial free call through my website marcotesi.com

With warmth and gratitude Marco Tesi

About me

Marco Tesi is a facilitator of healing by helping people to integrate physical sensations and symptoms, emotions and feelings, repressed memories and repeated unconscious patterns in the wholeness of their being.

In 2011 he obtained a master's degree in "Adapted and Preventive Motor Activities". After years helping people who were facing chronic pain conditions his curiosity led him to explore and work in the field of psychosomatics, so as to deepen the existing communication between body, emotions, psyche, breath and traumatic memories.

Marco is qualified in integrative breathing techniques, massage therapy and adaptive embodiment practices. He is also qualified in psychogenealogy and in the use of the genosociogram as a tool to bring healing within family's dynamics and in a deeper way in respect to unresolved intergenerational memories. He is a certified sound healer and the use of Ancient Sounds and voice is central to the service that he offers during one on one treatments as also healing circles.

Nowadays Marco offers sensorial experiences as a work of healing that involves the conscious use of breath, touch, massage, aromas and ancient healing sound frequencies for treating repressed traumatic memories and post traumatic stress disorders in a multidisciplinary approach that merge neuroscience with ancient spiritual practices.

Warmly, Marco