



Workshop

Express your colour, get in touch with who you really are!

**Sabrina Leone, PhD, medium and researcher
Giovanni Biancofiore, healing musician and sound explorer**

Sunday 3 February 2019

Feel at Home Fair 2019, h11-17

**The Hague City Hall
Spui 70, 2511 BT The Hague, Netherlands**

This workshop is geared for anyone who would like to enjoy easy breathing, people who wish to express themselves in a playful way, and allow themselves to do so in a community day full of colours and art.

In a frisky atmosphere, first, you'll be able to sense your energy; then, you'll be gently guided to quiet your minds for a few minutes, through breathing and on a relaxing flow of live music. Breath is a powerful tool that takes us to our own depth, to our talents, to our potential, to our colour, to who we really are, and carefully chosen music frequencies harmonise our energy. Thus, you'll be connected to your inspiration and draw using the colours with which you resonate. A brief reading of some artworks will complete the session.

Co-writing with Sabrina's Spiritual Guides

Reservation and additional information

1. Entrance is free to both the fair and our workshop, but reservation is necessary. Get a ticket to the fair at <https://www.tickettailor.com/events/feelathomeinthehague> and reserve a place (limited number) to our workshop at <https://docs.google.com/forms/d/e/1FAIpQLSeiJO-QZQA1ip7r6k3vFaAwdXUYzKQgVp0DUaqELnNWN6XWKw/viewform>.
2. The workshop will take place as Series 3, from h12 to h12.30, at the meeting room suite upstairs at the fair.
3. Our stand will be open from h11 to h17, so join us along the day! You'll be able to know more about our foundation, its initiatives, and its projects, and also decide to contribute as a volunteer, a researcher, a sponsor or a donor.
4. For further info, please contact us at info@lovefrequencies.org

How to reach us

The Fair will be held in the heart of the city at The Hague City Hall, Spui 70, 2511 BT The Hague, Netherlands. The best way to reach the city centre is by bicycle or on public transport. The City Hall is close to Den Haag Centraal station and Grote Markt RandstadRail station, but, if you prefer to come by car, there is plenty of underground parking in the City Hall, Grote Markt, and Muzenplein nearby, as well as the Veenkaden multi-storey car park.

Further information at <https://feelathomeinthehague.com/practical-information/>

What to bring

Your beautiful smiling hearts!

Our background

The foundation Stichting Lovefrequencies

The foundation Stichting Lovefrequencies (www.lovefrequencies.org) is a nonprofit organization, at The Hague, Netherlands, and operates worldwide. It aims to investigate the unlimited potential of human beings and disseminate research results, in order to contribute to the evolution of mankind and to perform any acts relating or potentially conducive to the foregoing.

The foundation Lovefrequencies is passionately engaged in achieving these goals by exploring the unlimited by frontier research, disseminating knowledge, creating awareness, and engaging and facilitating empowerment.

You can contribute to the growth of Stichting Lovefrequencies in several ways, including research, donations, sponsorship, and voluntary work.

We are collaborating with many wonderful and inspired people from all over the world and from different backgrounds, in a multidisciplinary exchange, with the common aim of disseminating sound research findings and developing awareness. Please feel free to contact us if you'd like to join our vibrant community.

Giovanni Biancofiore, healing musician and sound explorer

Giovanni has always been fond of music, and he has studied and played several instruments over time, mainly the drums and percussions. His personal spiritual journey, which he started many years ago, and scientific research have led him to the study of the interaction between sound frequencies and healing by melding synthesisers to acoustic instruments. Thus, he approached sound design. He has conceived the Silent Healing Experience®, an exciting and captivating sound journey he has created by combining the use of analog synthesisers, hybrid synthesisers, pedal effects and real-time effects processor/sampler.

Once he had reconnected to his talents, Giovanni chose to make them available to others, take the best from his background, and co-found the foundation Stichting Lovefrequencies, a wonderful and joyful project.

His music is available at the link www.lovefrequencies.org/giovannibiancofiore. He has practised meditation and mantra singing daily for years.

Information and communication technologies, networks, and eLearning characterised his previous professional path; indeed, he is a Microsoft Certified System Administrator and a learning technologist, specialised in eLearning platforms. He has co-authored several scientific publications and has worked in multicultural environments.

Sabrina Leone, medium and researcher

Sabrina is a healing medium, a researcher (www.lovefrequencies.org/sabrinaleone), and co-founder and secretary-treasurer of the foundation Stichting Lovefrequencies. Communication is one of the gifts she has received to achieve her existential aim. Mediumship and research are a passion which she considers a privilege. For her entire life, her scientific background has intertwined with the spiritual science naturally.

Indeed, along her versatile career she has been strongly engaged in change, innovation, and learning. She has always believed in each individual's powerful potential to contribute to common well-being, and so in the need to facilitate self-awareness, empowerment, and joy. For this reason, one of her very first achievements has been being able to inject her positive energy into others and inspire them.

More and more, she has acknowledged and accessed her power, she has lived in the flow, with the aim of working with people and for people, to find out more and share more about being.

Over time, she has taken on positions of great responsibility and trust that have allowed her and others to grow: a teacher for more than 30 years for thousands of learners of all ages; a representative of the Italian Ministry of Foreign Affairs at the University of Wollongong, Australia, to promote the Italian language and culture in the area; an educational consultant and coordinator of technological and learning innovation for large educational institutions; a quality manager for an international engineering company; a successful candidate of the selection procedure for Researchers in Human and Social Sciences of the European Commission and the Joint Research Centre; a European Commission independent expert for research and innovation assignments (evaluation of proposals, review of projects and monitoring of programs or policies); designer and coordinator of many breakthrough research projects.

Sabrina is a lifelong learner and an amazed traveler, and she loves their feeling of expansion. Besides tapping into her talents in sports, art, and creativity in general, she received a Master degree in English and French Language and Literature, a Master Degree in Business Management, a Degree in Sciences of Linguistic Mediation, and a PhD in eLearning. She has authored and co-authored numerous scientific publications and has worked in multicultural environments, in Italy and abroad.

In the 1980s, she began her spiritual path with the study of Oriental philosophy, meditation, and yoga, becoming a certified trainer. Also, for years, she has been involved in the study of Tarot as a metaphorical language to provide insight into our essence and our spiritual path.

She regularly explores and develops her mediumship at the Arthur Findlay College, Stansted (UK). Her journey has been a learning adventure, full of amazing teachers, experiences, and emotions.

Working with her mediumship has become a major part of her life. Besides being a choice of her personal path, mediumship has expanded her vision as a researcher. While she has a strong research interest in lifelong learning, eLearning, open learning-research-education, personalized learning, and change management, her current research focus is on mediumship and the mind-brain relationship, as a result of the development of her mediumistic abilities.