4TH SUMUS FORUM OF UNLIMITED POSSIBILITY

VENICE, LAB OF AWAKENING

SUMUS

FROM THE HUMAN OF TODAY TO THE HUMANITY OF TOMORROW



# AWAKENING CONSCIOUSNESS, FOSTERING HEALTH, FINDING JOY

19TH-22ND NOVEMBER 2026 PRE-PROGRAM

We are living through a time of profound transformation. Ecological, social, health and existential crises are not isolated events; they are signs of an evolutionary transition affecting humanity as a whole. Today, one reality is becoming increasingly clear: we must return within the planet's ecological boundaries. Caring for the Earth requires a transformation of human consciousness.



This year's Forum is built on a simple yet powerful vision: **human beings are deeply connected to one another, to all living beings, to the Earth and to the universe.** We are part of an interconnected system, often without fully realizing it, where every intention, thought and action has consequences. Creating a desirable future for ourselves and for future generations means restoring balance, responsibility and harmony with ourselves and with the living world.

Over three days in Venice, in the heart of St. Mark's Square, SUMus brings together diverse perspectives, knowledge and lived experiences. It creates a space where science meets personal experience, research engages with spiritual inquiry, and the human being is approached as a whole—body, mind and consciousness. Together, these three inspiring days form a journey of reflection, inviting us to better understand, question and transform our relationship with life.

# Three engaging and closely interconnected days form this journey of reflection

## D1 Awakening Consciousness

**Nov. 19th**

The first day invites us to expand our perspective beyond familiar limits and question what we believe to be reality. Through the experiences of astronauts and people from all walks of life, scientific research, and spiritual traditions that have long spoken of unity, evolution and our place in the cosmos, a common question emerges: **could consciousness itself be the true field of transformation?**

## D2 Cultivating Health

**Nov. 20th**

Health is far more than the absence of disease. It is shaped by how we breathe, eat, move, inhabit our environments, relate to ourselves, to others and to nature. From the human body to entire ecosystems, everything is interconnected. Caring for life means recognizing these invisible connections and embracing an integral ecology that unites personal well-being with collective responsibility.

## D3 Finding Joy

**Nov. 21st**

Joy is more than an emotion; it is a way of being. It is a vital energy, a creative force and a deep presence in the world. It emerges through our relationships with others and with the living world around us. Rather than a fleeting feeling, joy is a generative force that nourishes, inspires and spreads. It is from this quality of being that meaningful, deeply human and truly shared transformation can emerge.



## D3 D4 WORKSHOPS AND EXPERIENCES • nov. 21 & 22

For the first time, in conjunction with Venice's traditional Festa della Salute on 21 November and as a natural extension of the forum, SUMus is offering a programme of workshops dedicated to health and well-being.

Developed in collaboration with Venetian partners, these workshops are open to everyone wishing to cultivate their health, deepen their understanding of well-being and experience practical approaches to living in greater balance with themselves, others and the natural world.

# D1• THURSDAY 19

# Awakening Consciousness

**THE HUMAN SAFETY NET**

**Some experiences profoundly transform the way we see life and reshape our priorities. Yet this inner evolution is not reserved for a few-everyone can, through a defining moment or a gradual awakening, expand their consciousness and see the world in a new way. Changing our perspective on life opens the path to a more aligned, meaningful and fulfilling existence.**

## 4:00 pm

### OPENING REMARKS

- **Gabriele Galateri di Genola**, Chairman, The Human Safety Net
- **Alessandro Costa**, Chief Executive Officer, Venice Sustainability Foundation
- **Simone Venturini**, Mayor of Venice - *To be confirmed*

## 4:15 pm

### WELCOME

**FROM TODAY'S HUMAN BEING TO TOMORROW'S HUMANITY**

- **Hélène Molinari**, Founder of SUMus

## 4:30 pm

### ORIGINAL POETRY READING

- **Vincent Avanzi**, Poet - *To be confirmed*

## 4:40 pm

### WHAT IF DEATH DOES NOT EXIST? JOURNEYS THROUGH CONSCIOUSNESS

***Lives Transformed: Personal Accounts of Extraordinary Experiences****

- **Dani Foffa,** Teacher, researcher and specialist in Near-Death Experiences (NDEs)
- **Valentino Dorigo,** Experiencer of expanded states of consciousness
- **Laurence de la Baume,** Journalist, author and specialist in the dialogue between science and consciousness
- **Nicole Scott,** Astronaut

## 6:00 pm

### THE OVERVIEW EFFECT

***The Earth Seen from Space – A Vision of Unity to Change the World and Fall in Love with Our Planet***

- **Jean-Pierre Goux,** former mathematics researcher at Northwestern University and Argonne National Laboratory (Chicago), co-founder of the Blueturn and One Home initiatives.

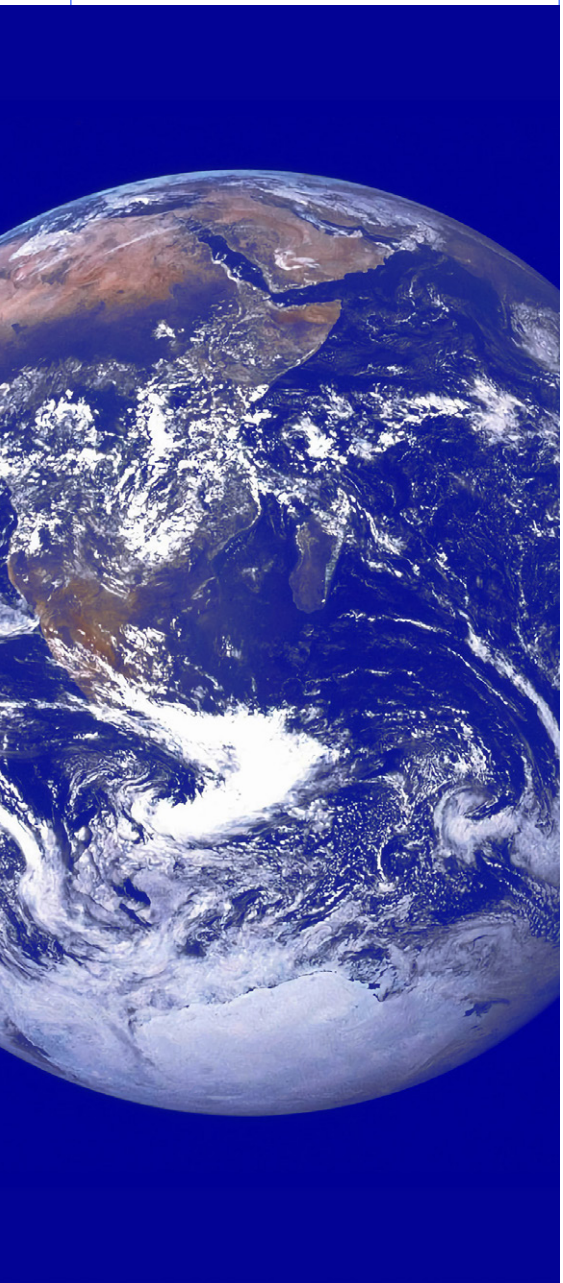
## 6:15 pm

### TOWARDS A GLOBAL AWAKENING OF CONSCIOUSNESS

- **Dani Foffa,** Teacher, researcher and specialist in Near-Death Experiences
- **Patrice Van Eersel,** Journalist and author who has explored the frontiers of consciousness, death and life for more than forty years
- **Ines Testoni,** Professor of Social Psychology, Department of Philosophy, Sociology, Education and Applied Psychology (FISPPA), and Director of the EndLife Master's Programme in Death Studies and End-of-Life Care, University of Padua

* Individuals who have experienced near-death experiences (NDEs), out-of-body experiences, or other forms of expanded consciousness.

7:15-7:30 pm
**CLOSING REMARKS**
• **Hélène Molinari**, Founder of SUMus



# D2• FRIDAY 20

# Fostering Health

**THE HUMAN SAFETY NET**

**Isn't health the most precious asset we possess? This day offers a holistic and integrative approach, exploring the deep connections between human health and the health of the living world through the perspectives of pioneers in natural health. From soil to food, from the Venetian lagoon to natural medicine, it invites us to rethink care through a more conscious, interconnected and sustainable vision, where the well-being of humanity and the Earth are inseparable.**

*Moderator:* ***Matteo Maggio***, Curator of TEDx Venezia

9:30 am
**WELCOME COFFEE**

10:00 am
**TIBETAN SINGING BOWL: RESONANCE, BREATH AND INNER BALANCE**

10:10 am
**ONE HEALTH: RETHINKING HEALTH ACROSS THE LIVING WORLD**

• **Professor Denis Sarigiannis,** Chairman of the Board of the Hellenic Foundation for Research and Innovation (Athens) and Professor of Environmental Engineering at Aristotle University of Thessaloniki.
*- To be confirmed*

## 10:40 am

### INITIATORY WALKS INTO THE HEART OF GEOBIOLOGY

***An invitation to rediscover the subtle relationships between the places we inhabit and our own vitality.***

- **Robert Salmon**, Former Executive Vice-President of L'Oréal and Geobiologist

## 11:25 am

### A HEALTHY LAGOON FOR A LIVING VENICE

***In the Venetian Lagoon, every environmental challenge can become an opportunity for innovation.***

- **Stéphane Ghenassia**, Founder of Planctolab, a research and innovation company specializing in plankton and microalgae
- **Adriano Sfriso,** Professor of Ecology at Ca' Foscari University of Venice, specialist in marine ecosystems and transitional environments – *To be confirmed*

## 12:25 pm

### LIVING SOILS FOR NOURISHING FOOD

***Restoring the vitality of our soils means investing simultaneously in human health, food quality and the future of our territories.***

- **Raphaël Colicci**, Farmer, osteopath and leader of ecological regeneration projects
- **Giulia Forghieri**, Researcher in Agroecology and Soil Science

## 1:30 pm

### LUNCH BREAK (ILLY)

## 2:30 pm

### HILDEGARD OF BINGEN: VISIONARY OF NATURAL HEALING

***Hildegard of Bingen (1098–1179) was an extraordinary figure of the Middle Ages, a visionary, composer, and pioneer of a holistic approach to life and health. She was canonized and proclaimed a Doctor of the Church by Pope Benedict XVI in 2012.***

- **Stefanie C. Braun**, Artistic Director and Soprano
- **Maud Gnidzaz**, Soprano and sound therapist

## 3:15 pm

### TOWARDS REGENERATIVE HEALTH: PIONEERS OF LIVING SYSTEMS

***A conference exploring visionary pioneers of natural health whose approaches have redefined care by placing life, prevention and holistic balance at the heart of well-being.***

#### ALEXANDER SALMANOFF: HEALING THROUGH WARMTH AND CIRCULATION

- **Marie-Laure Delanef,** Founder of Holiste

#### EDWARD BACH: EMOTIONAL BALANCE AS A PATHWAY TO HEALTH

- **Elena Forgiarini,** Naturopath

#### GEMMOTERAPIA: REGENERATION THROUGH THE HEALING POTENTIAL OF PLANT BUDS

#### BOL D'AIR JACQUIER®: BREATHING AS A SOURCE OF VITALITY

- **Marie-Laure Delanef,** Founder of Holiste

## 4:15 pm

### REATHING TO RESTORE HEART BALANCE: A CARDIAC COHERENCE PRACTICE

- **Laurence de la Baume,** Journalist, author and specialist in the dialogue between science and consciousness

## 4:20 pm

### THE MOUTH: AN OVERLOOKED KEY TO HEALTH AND WELL-BEING

***What if a deeper understanding of our bodies opened the way to a more conscious approach to health? This talk explores the essential role of the mouth in maintaining the body's overall balance and invites us to rediscover its remarkable capacity for self-regulation.***

- **Dr Marie-Solange Raymond,** Dentist, Author and Artist

## 5:05 pm

### CARING DIFFERENTLY: THE INTEGRATIVE HEALTH REVOLUTION

- **Dr Nathalie Babouraj,** Physician specializing in integrative health and passionate advocate for the living world. Former preventive medicine physician with the Paris Fire Brigade

## 6:00 pm

### CLOSING REMARKS

- **Mario Po,** Director of the Cultural and Museum Division, Scuola Grande di San Marco, Venice – *To be confirmed*

## 7:00-8:00 pm

### MEDITATIVE AND HEALING CONCERT. SACRED MONODIES BY HILDEGARD OF BINGEN

**CHURCH OF SAN SALVADOR / BY RESERVATION**

***During this meditative concert in Venice, Maud Gnidzaz will perform Hildegard of Bingen's sacred monodies in a contemplative setting, creating a space for silence, prayer and deep listening.***

- **Maud Gnidzaz**, Soprano and sound therapist Solo/a cappella vocals

# D3• SATURDAY 21

# Finding Joy

**THE HUMAN SAFETY NET**

**This day is dedicated to exploring joy as a profound experience of being. It opens a space for reflection and lived experience around consciousness, the body, and our relationship with the world. Joy is seen as an inner quality that can emerge from life transformations and moments of awareness, inviting greater presence, openness, and harmony.**

## 9:30 am

### WELCOME COFFEE

## 10:00 am

### A RENDEZVOUS WITH JOY

- **Coco Tache,** Coach in inner transformation and consciousness
- **Esther Mottier,** Co-founder of Votre Cercle de Vie, naturopath and entrepreneur committed to ecological and human transition
- **Leni Julen,** Hospitality ambassador and founder of Le Cœur des Alpes
- **Yvonne Waldraff,** Integrative therapist, founder of the Silent Power Healing Space and facilitator of personal transformation
- **Roberto del Col,** Advocate of integral ecology and dialogue between humanity, spirituality and the living world
- **Céline Alexandre Pavoine,** Breathwork and well-being facilitator

## 1:00 pm
### LUNCH BREAK

## 2:30 pm
### HAPPINESS IN VENICE AND INTEGRAL HUMAN DEVELOPMENT

***A reading of Venice through the Integral Human Development Index, with the support of Mileva, an artificial intelligence designed to serve humanity. This approach highlights the dimensions of dignity, culture, environment, education, work, and social connection. It invites reflection on the conditions of well-being, meaning, and happiness in the city, between inspiration and a laboratory for the future.***

- **Valérie Fert,** Founder of Mileva (AI)

## 3:00 pm
### WORLD PREMIERE LAUNCH CEREMONY OF BEACONS FOR A HAPPIER WORLD

***The ceremony, led by Emmanuel Mongon in the presence of Prof. John F. Helliwell, marks the global launch of the international guide Beacons for a Happier World, highlighting concrete initiatives that contribute to well-being and happiness worldwide. Leaders from several continents will share their experiences, and the organizations selected for the 2027 edition will be announced.***

- **Emmanuel Mongon,** Founder & CEO of Happier World
- **Prof. John Helliwell,** Department of Economics, University of British Columbia, Co-founder and Editor of the World Happiness Report

## 5:00 pm
### CLOSING CEREMONY AND PRESENTATION OF THE 2027 EDITION

- **Hélène Molinari,** Founder of SUMus

## 7:00-8:00 pm
### MEDITATIVE AND HEALING CONCERT. SACRED MONODIES OF HILDEGARD VON BINGEN DEDICATED TO THE VIRGIN MARY

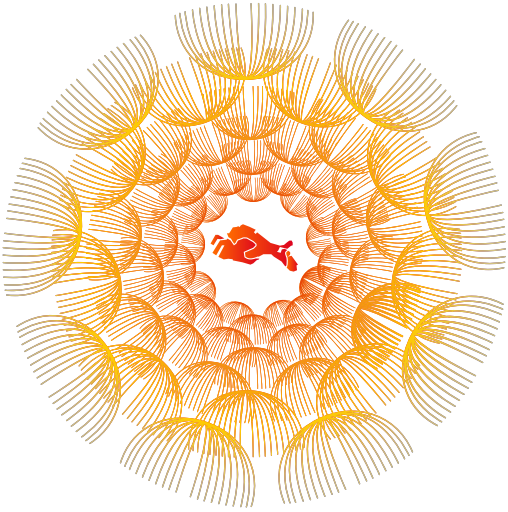
**CHURCH OF SANTO STEFANO / BY RESERVATION**

**€30: Supporter Ticket, €20: Standard Ticket, €10: Reduced Ticket**

***On the occasion of Venice's Festa della Salute, Maud Gnidzaz performs Hildegard von Bingen's sacred monodies dedicated to the Virgin Mary in a contemplative setting, creating a space for silence, prayer and deep listening.***

Proclaimed a Doctor of the Church by Pope Benedict XVI, HILDEGARD OF BINGEN was one of the most extraordinary figures of the Middle Ages: a Benedictine abbess, mystic, healer, composer and visionary.
Her spiritual message, rooted in harmony with creation, the care of body and soul, and the dignity of every human being, resonates today with renewed relevance and inspiration.

- **Maud Gnidzaz,** Soprano and sound therapist
  Solo/a cappella vocals



# WORKSHOPS & EXPERIENCES NOV. 21 & 22

**Throughout the weekend, a programme of workshops and experiential encounters invites participants to explore the connections between health, the body, creativity, consciousness and the environment.**
**Through movement practices, sensory experiences, conversations and artistic explorations, these events offer a holistic approach to well-being. Artists, therapists and facilitators will share their knowledge and practices, encouraging new ways of caring for ourselves, reconnecting with the living world and fostering collective well-being.**
**A weekend dedicated to reconnection, inspiration and inner transformation in the heart of Venice.**

## D3• SAT. 21

### JOY IN ACTION: A WORKSHOP FOR WELL-BEING AND INNER HEALTH

With **Coco Tache**, inner transformation and consciousness coach

***An experience dedicated to personal well-being, self-awareness, and emotional health. A space to reconnect with oneself through action, presence, and sharing.***

- The Home of the Human Safety Net - Coworking space
- November 21 - *Time to be confirmed*
- Max 15 participants
- Registration required – €15
- Language: English & French

### BEYOND LIFE CAFÉ: HEALTH, CONSCIOUSNESS AND LIFE CYCLES

With **Dani Foffa**, teacher and researcher (NDE/EMI specialist)

***A dialogue space exploring life cycles, health, and finitude, focusing on the link between vitality, consciousness, and inner balance.***

- The Home of the Human Safety Net - Coworking space
- November 21 - *Time to be confirmed*
- Max 15 participants
- Registration required – €15
- Language: italian & french

### CREATOR OF JOY, BOOSTER OF HEALTH: NATURE AND ART

With **Barbara Albasio**, Founder of Sensi Ateliers Arts & Sens and creator of the festival Aquamour

***A sensory and collective experience combining creativity, art, and nature to activate joy, peace, and health.***

- The Home of the Human Safety Net - Coworking space
- November 21 - *Time to be confirmed*
- Max 15 participants
- Registration required – €15
- Language: italian & french

Barbara Albasio is a trainer in creativity and innovation, author of Creative Attitude and founder of the **Aquamour Festival**.
She invites participants to a sensory and collective experience designed to unlock the liberating keys of their creative power of joy, a true booster of health and well-being.



## BREATHING AND INTEGRATIVE HEALTH

**BOL D'AIR JACQUIER®, BAGNI SALMANOFF, FIORI DI BACH**

With **Marie-Laure Delanef**, founder of Holiste and **Elena Forgiarini**, Naturopath

***Exploration of the links between breath, vitality, and balance through complementary approaches (Bol d'air Jacquier®, Salmanoff Baths, Bach Flowers).***

- The Home of the Human Safety Net - Coworking space
- November 21 - *Time to be confirmed*
- Max 15 participants
- Free admission
- Language: italian & french

## GEMMOTERAPIA

- *Place to be confirmed*
- November 21 - *Time to be confirmed*
- Max 15 participants
- Registration required

## SOIL HEALTH

With **Raphaël Colicci** and **Giulia Forghieri**

- *Place to be confirmed*
- November 21 - *Time to be confirmed*
- 15 participants
- Registration required
- Language: italian & french

## DANCE THERAPY – EXPLORING THE BODY IN MOVEMENT

With **Béatrice Raccanello**, Dance therapist and artist

***An exploration of the body in movement as a space for expression, release, and inner rebalancing.***

- Spazio Levante, Castello
- November 21 - *Time to be confirmed*
- 20 participants
- Registration required – €15
- Language: italian

Béatrice Raccanello is an actress, performer, dance therapist, and artist. For many years, she has explored through various practices the central role of the body as a space to inhabit, a means of knowledge and exploration of reality, an original language, and a tool for expression, relationship, and healing.

## GARUDA PRACTICE – MOVEMENT & BREATH HEALTH

With **Nathalie Brou**, Garuda teacher in Venice

***A dynamic, holistic method combining Pilates, yoga, and dance to explore strength, fluidity, and body awareness.***

- Private studio, Campo Manin
- November 21 & 22 – 1-hour slots
- 1 participant per session
- Registration required – €15
- Language: italian, french & english

*Each session is designed as an introductory experience.*

# G4• DOM. 22

## MUSIC AND INNER HEALTH: THE HARMONY OF VIBRATIONS

With **Maud Gnidzaz**, Soprano and Sound Therapist

***Following the concerts on 20 and 21 November, we are offering two introductory workshops on Sunday 22 November. According to Hildegard von Bingen, music has healing powers: like plants, certain melodies can restore balance to the whole being—body, soul, and spirit.***

- *Place to be confirmed*
- November 22 - 10:00 am–1:00 pm or 3:00–6:00 pm
- 20 participants per session
- Registration required – €15
- Language: french & english

Maud Gnidzaz intraprende gli studi musicali
Maud Gnidzaz began her musical studies with the flute while also singing in several children's operas. She graduated from the École du Louvre alongside her vocal studies and quickly specialized in Baroque music. She has performed professionally for over twenty years with prestigious early music ensembles, with a repertoire ranging from medieval to contemporary music. She has appeared as a soloist with ensembles such as Cappella Mediterranea with Leonardo García Alarcón and La Capella Reial de Catalunya with Jordi Savall, and she is a member of Les Arts Florissants, the ensemble conducted by William Christie.



In parallel, she explores the therapeutic dimension of music, sound, and particularly the human voice, and gives sacred chant concerts dedicated to meditation.

Hildegard von Bingen (1098–1179) was an exceptional figure. The strength of this Rhineland Benedictine abbess has endured through the centuries. Known for her writings on botany and medicine, she was also a major composer.
Her monodies, solo a cappella chants on spiritual texts of her own inspiration, possess extraordinary beauty and power. Her entire work is devoted to care, to the well-being of body and mind, and to the elevation of the soul-dimensions more relevant than ever in the troubled times we are living in.

## PASSEURS DE SOINS (FILM SCREENING & DIALOGUE)

With **Dr Nathalie Babouraj** and **Dr Élodie Pironet**, founder of the network of health professionals in Belgium

- The Home of the Human Safety Net
- November 22 - *Time to be confirmed*
- Free admission
- Language: french & english

Nathalie Babouraj is a medical doctor deeply committed to the living world. After a career in preventive medicine with the Paris Fire Brigade, she specialized in integrative health in India and the United States.
Today, she is a speaker, coach, and author, building bridges between ecology, desirable futures, and new narratives, with the aim of supporting healthcare professionals, citizens, and organizations toward a more holistic, integrative, and joyful approach to health—one in which individuals reclaim their own agency.
She is the creator of the documentary series Healers of Care, which highlights inspiring people and initiatives that re-enchant the act of caring for others and for the planet.
Her first featured "healer of care" is Dr. Élodie Pironet, founder of the Mia Sano network in Belgium, who will be present for the film screening and workshop.

## LOVE BATHING A VENEZIA (WALK)

With **Matteo Veggetti**, forest bathing guide and hiking leader

***Inspired by Japanese shinrin-yoku (forest bathing), this experience uses sensory immersion to enhance presence to oneself, the body, and the surrounding environment.***

***La pratica del "city bathing" trasferisce***
***The "city bathing" practice transposes these principles to Venice: a guided walk punctuated by sensory explorations, moments of contemplation or meditation, and more playful group activities. The aim is to transform our perception of the city by developing a more refined attention and a direct connection to the living world within the urban space.***
***This approach also invites participants to integrate these states of presence into daily life, in a context often marked by stress and disconnection. Venice becomes a living field of experience to explore a more conscious relationship with the city–between beauty, fragility, and contemporary challenges.***

- November 22, 2:00–4:00 pm
- 15 participants
- Registration required
- Language: italian, english & spanish

Matteo Vegetti is a certified Forest Bathing Guide (Forest Therapy Hub) and Environmental Hiking Guide (AIGAE), specializing in the relationship between nature, mindfulness, and emotional well-being. Trained as a philosopher, he divides his professional activity between Spain and Italy. He is the founder of the Società Selvatica association, where he develops projects at the intersection of nature and planetary health, in collaboration with the University of Padua and the Planetary Health Alliance.



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