



SYNCIN[©]

NEUROSCIENCE AND PSYCHOLOGY: THE SCIENCE OF HUMAN CONNECTION IN HIGH-IMPACT SETTINGS.

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INTRODUCTION



DURATION: 90 MINUTES

FORMAT: EXPERIENTIAL TALK (INTERACTIVE)

AGE: RECOMMENDED +14

Description

A training experience for artists, leaders, and professionals who need to influence, inspire, and communicate with impact. Discover how the brain works under pressure, how to regulate your emotions, and how to turn vulnerability into your greatest tool for connection.

What will we do during the session?

Over 90 minutes, participants will move through a structured sequence that alternates between explanation and practice.

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BY
NATALIA ODDI VERGNANI
ISABEL CANADA LUNA

YOUR EXPERIENCE IN SYNC IN

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What do participants need?

- No prior experience required
- Comfortable clothing recommended
- Willingness to participate actively

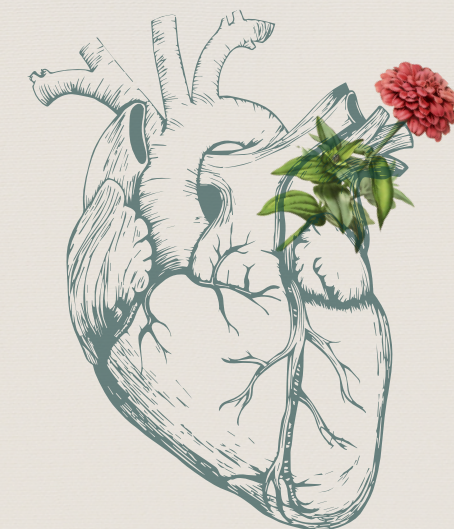
Methodology

- Clear and accessible explanations
- Step-by-step guided exercises
- Immediate real-life application
- Experiential approach (learning by doing)

What will participants gain?

By the end of the session, participants will:

- Have practical tools to regulate breath and mental state
- Better understand their body-mind connection
- Be able to apply simple techniques in daily life and high-pressure situations
- Improve their connection to self-talk, presence, and communication

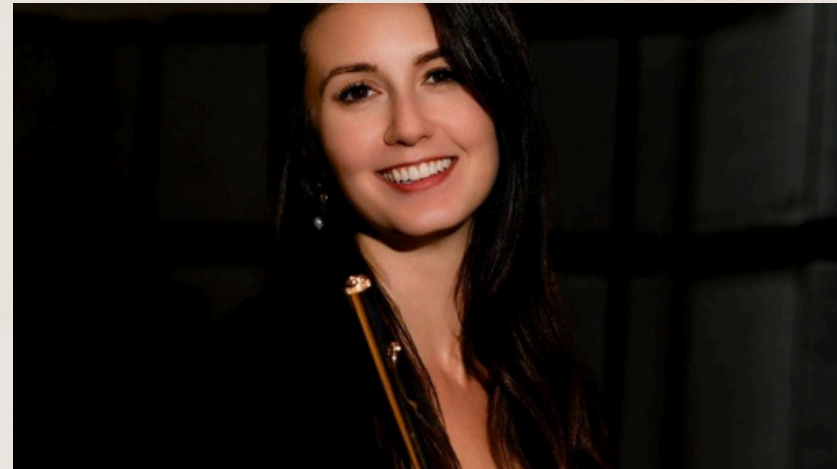


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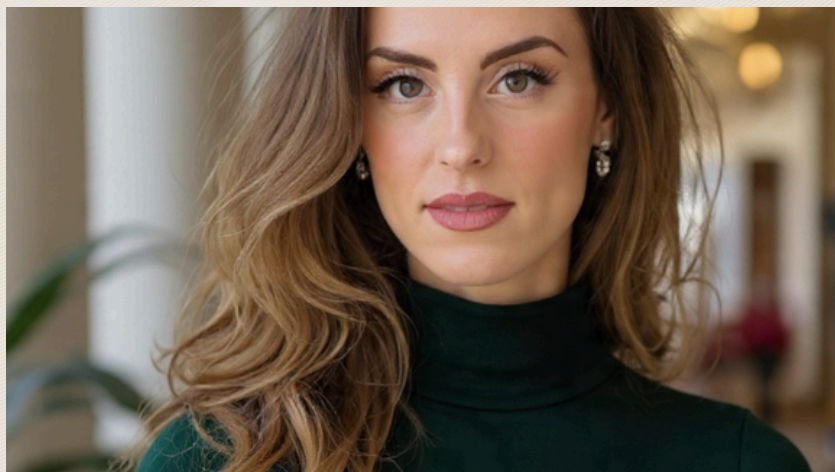
BY
NATALIA ODDI VERGNANI
ISABEL CANADA LUNA

FLUTIST

NATALIA ODDI VERGNANI



CREATORS



ISABEL CANADA LUNA



SOPRANO & VOICE SPECIALIST

OUR VISION

Our vision is to bring greater awareness to breathing and the body as fundamental tools for well-being and human development. By integrating art, science, and practical experience, we seek to highlight how natural processes such as breathing and movement can profoundly influence our emotions, mental health, and our capacity to connect with ourselves and with others.

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CREATORS



NATALIA ODDI VERGNANI

Natalia Oddi Vergnani is a Costa Rican-Italian flutist, music educator, and interdisciplinary artist with over 15 years of experience in performance and teaching. Her work brings together classical training, inner work, and intercultural musical exploration. She is the creator of Tu Palabra, Tu Sonido, an original method that combines inner work and instrumental practice through guiding words and is currently being developed into a book. She is also the Founder and Artistic Director of Harmony Beyond Borders Foundation, through which she develops international projects that foster cultural exchange through music between Latin America, Europe, and the Middle East.



ISABEL CANADA LUNA

International soprano, music educator, and vocal strategist with 15+ years of performance and teaching experience across Europe, the Middle East, and Asia. Founder of ISABEL CANADA PERFORMING ARTS in the UAE and director of the Abu Dhabi Youth Choir, a government cultural initiative for children and adolescents. Recognized speaker with Forbes-featured series such as Vocal Activation (learning to know and place your voice). Specialized in classical voice, musical theatre, choir direction, ABRSM & Trinity preparation, curriculum development, and student performance coaching. Experienced in concert production, professional student recordings, and workshops on breathing, vocal health, and stage presence.





TALK CONTENTS

DURATION: 90 MINUTES

- 01 OPENING – WE ARE NOT ISOLATED BODIES
- 02 NASAL BREATHING — THE SCIENCE BEYOND OXYGEN
- 03 THE BODY SPEAKS FIRST
- 04 BREATH AND PERFORMANCE — TRAINING THE BODY, NOT JUST THE MIND
- 05 SWEETNESS, BREATH AND SOUND: SOUND BEGINS WITHIN
- 06 THE SELF-TALK AS A NEUROPSYCHOLOGICAL STRATEGY.
- 07 AWARENESS AS THE TURNING POINT
- 08 THE HUMAN BEING AS A PSYCHOPHYSICAL ORGANISM
- 09 FROM WOUND TO SOUND: THE WORD AS A CHANNEL FOR SELF-KNOWLEDGE
- 10 POCKET RECIPE – SWEET SOUND FOR ONE WEEK



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BY
NATALIA ODDI VERGNANI
ISABEL CANADA LUNA

A decorative floral arrangement in the top left corner featuring a large, vibrant red peony and several pink hibiscus flowers with green leaves.

TALK STRUCTURE

ISABEL CANADA LUNA — PART 1

1. Opening – We Are Not Isolated Bodies

A clear introduction to how body, mind, and environment are deeply interconnected.

2. Nasal Breathing — The Science Beyond Oxygen

A complete explanation of how breathing works and how to use it effectively in daily life and performance.

3. The Body Speaks First

A guided exploration to: Identify physical tension, observe posture and habits and understand how the body communicates before words, and learn how to use it effectively

4. Breath and Performance — Training the Body, Not Just the Mind

Emotions are built in the body before they reach the mind. Learn how to manage them through the body.

Practical breathing exercise

End of Isabel Canada's session



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Practical work with internal dialogue involves identifying automatic thought patterns through simple yet effective strategies.

7. Awareness as the turning point

Transformation begins with awareness. Only by recognizing the internal mechanisms that block or empower us can we begin to change them.

8. The Human Being as a Psychophysical Organism

Recognizing psychological wounds allows us to take concrete actions. Understanding these patterns helps align mind, body, and sound.

9. From Wound to Sound: The Word as a Channel for Self-Knowledge

A guided expressive moment: the word becomes a guide to the unconscious, opening a path for transformation through sound and expression.

10. Pocket Recipe – Sweet Sound for One Week

A practical closing tool: a one-week experience with simple daily practices designed to integrate awareness, breath, and sound into everyday life.

End of the talk

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Breath functions as a channel of inner information, reflecting our emotional state and presence, and shaping how we communicate through sound.

6. The Self-Talk as a Neuropsychological Strategy

7. Awareness as the turning point

8. The Human Being as a Psychophysical Organism

9. From Wound to Sound: The Word as a Channel for Self-Knowledge

10. Pocket Recipe – Sweet Sound for One Week

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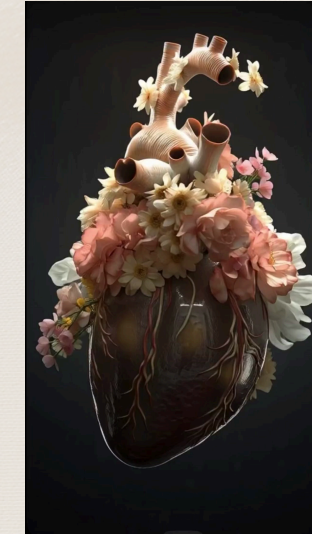
TECHNICAL REQUIREMENTS

The session requires a simple technical setup to support both the spoken and experiential components:

- Two wireless microphones (preferably headset or conference-style microphones)
- Sound amplification system
- Ability to connect a Mac computer to a large screen
- A large screen or projection system
- A spacious room with seating for participants
- Two chairs on stage for the speakers
- One lectern on stage



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POCKET RECIPE OF SWEETNESS ©

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Connect with yourself to transform how the world listens to you.

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