

# SONICSHANTI



SONICSHANTI is a vibrational project founded by the late Chris Cherney and Sara Galassini in January 2019. The project was created to offer sound sessions that would use the benefits of sound to help cancer and Alzheimer's patients as well as friends and family. Chris and Sara shared the healing power of sound during many workshops until Chris passed away in November 2020 both in person and online.

**Christopher Cherney** was an award winning composer and educator. He wrote extensively for theater, dance and film with music that concentrates on the intersection of Classical, Jazz and Pop. He taught piano for 48 years. When his wife was diagnosed with Alzheimer's disease he divorced himself from "the music business". Since then he has studied the use of sound and music as healing modalities, graduating from the Open Center's Sound and Music Institute in 2018. He did sound treatments for cancer patients at many venues. In his words, "I am returning to the original purposes of music: to calm the mind and access the divine".

Today Sara continues to use sound as a means to better people's lives with SONICSHANTI.

## HOW DID SARA GET INTERESTED INTO SOUND?

Sara Galassini is an Italian interdisciplinary artist and performer, singer songwriter, sound healing practitioner and community project facilitator. She holds a BA in Applied Theater and has been working in NYC for over 20 years. Her extensive, multidisciplinary artistic experiences and the many benefits she received from them led her to a personal journey in the healing arts and sound therapy. She graduated from the Open Center's Sound and Music Institute in New York in 2016. Ever since she has been using sound to help cancer patients, people with Alzheimer's disease, suffering from stress, anxiety and depression and people that want to restore and nurture a quality of life and an inner state of quiet, harmony and happiness.

## **ARTISTIC BACKGROUND THAT LED SARA INTO HER SOUND HEALING PATH**

In 2013 Sara, together with award-winning musician and composer Yukio Tsuji co-founded the Sara Galas Band. An eclectic Duo that has created four interdisciplinary theater performance projects: *Waves of all times*, *Origin: a Performance Art Concert - Unmeasurable Picture - REFLECT-I-ON - Pros-Her-Pere*. In 2019 the SGB published the album HER.

Galassini is a member of The Great Jones Repertory Company and Magis Theater Company, and she works as a facilitator, team member, teacher and performer with The Trojan Women Project of La MaMa ETC.

She has performed in the acclaimed production of Trojan Women originally directed in 1974 by Andrei Serban and written by Elizabeth Swados; as well as in numerous productions directed by the late Ellen Stewart: The Monk and The Hangman's Daughter, Seven, Romeo and Juliet, Seven against Thebes, Herakles Via Phaedra, Mythos Oedipus, Dionysus Filius Dei, Fragments of Seven, Great Jones Variations.

With award winning performer Sophie Bortolussi Sara has co-created, co-directed and performed the dance-theater production One-in-Themselves for La MaMa's 55th Season.

Other Credits include: Fuck/Love The Poetics of Adoration by Kelly Bartnik; En Masse by Palissimo Dance Company; The Angels of Swedenborg by Ping Chong & Co. La MaMa; Japan Earthquake & Hurricane Sandy Benefit. Carnegie Hall; 9 Windows, Open Door, Room to Panic, and In Retrospect by Loco 7 Dance Pupper Co., La MaMa, London, Italy; Narcissus by Elizabeth Swados, La MaMa, When clowns play Hamlet directed by Ozzie Rodriguez, La MaMa; Don't look into the camera directed by Aktina Stathaki; Hoplite Diary by Tom Lee; Theatricale by Urban Research Theater; Love Story, Palestine by Yoshiko Chuma; Si Seulement Si by Nu Dance Theater; Expiration Date by Abla Khoury.

Sara's work has been supported by Queens Council on the Arts, the National Endowment for the Arts, Citizens Committee of New York, Puffin Foundation LTD., Dragon's Egg, SPAM Italy, The Italian Cultural Institute of NYC and it has received the 2018 QCA Junior Board Artistic Excellence Recognition Award.

Sara has performed in Italy, the United States, Austria, Poland, UK, Kosovo, Cambodia.