

Circlesinging and vocal improvisation in Bulgaria

with

Costanza Sansoni Baratella

A journey to **explore and play with our voice**,
to discover our expressive potential and
harmonize it with the amazing natural
beauties of **Rhodope Mountains**, birthplace
of the mythical singer **Orpheus**.

***Trip in Italian with English translation if needed

INFO & BOOKING

TerraMiaViaggi@gmail.com

+393382981532

23-30
MAY
2026

Tour Operator TravelAnthropy Ltd

Circlesinging in Bulgaria 23-30 May

Trip Program

Saturday 23 May

Independent arrival in Sofia. Welcome dinner and overnight at a hotel in the very city centre.

Sunday 24 May

Departure towards the Rhodope Mountains. Along the way we visit Plovdiv, one of the most beautiful towns of the whole country.

Late afternoon we arrive in Shiroka Laka and check into a typical and cozy Bulgarian Guesthouse which will be our home for the next five nights.

From Monday 25 to Thursday 28 May

In the mornings vocal work with Costanza Sansoni.

Afternoon excursions with some vocal activities in the amazing natural environments of the Rhodopes, known as "Orpheus' mountains" because it is believed to be the birthplace of the legendary singer and poet, famous for his gift of enchanting with his music.

Besides the myth, the Rhodopes are known for their ancient Thracian archaeological sites and their natural beauties, including coniferous forests, deep valleys, lakes, canyons, waterfalls, and mountain peaks.

Shiroka Laka is also home to the Bulgarian Folklore Museum, and we plan to organize at least one event featuring traditional music and singing.

Friday 29 May

Morning departure back to Sofia in time for afternoon flights or for optional overnight in Sofia for return trip on Saturday or Sunday.

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Costanza Sansoni Baratella

Singer and music therapist, Costanza, begins her training with Oskar Boldre's method "Giocando la Voce", and continued her journey with Rhiannon's "All the Way In".

Costanza delves into Vocal Improvisation and Circlesinging in search of the authenticity of the voice and of the Other, confident that everyone has precious innate tools to rediscover, explore, and share.

She calls her sessions "Canticorpi" (Body Songs) precisely because she believes that the Body-Voice connections is essential for developing individual resources and for our own well-being.

Circlesinging was developed by Bobby McFerrin in the 1980s, it is a practice open to all, which, through Music and Play, allows us to bring out everyone's expressive potential.



Lida Belova

Our tour leader, born in Bulgaria, she graduated in architecture in Sofia. She has lived in Italy for over 30 years, where she trained as a music therapist and has long dedicated herself to musical research, which also reconnects her to her homeland, with which she has always maintained a very close bond.
www.levocidelmondo.it

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Trip cost: Euro 1.170

*****Earlybird offer Euro 1.080 !
booking before 21 December 2025**

Cost includes:

- 6 overnights in double room**
- 6 breakfast and 6 dinners
- transportation with private minibus
- daily activity with Costanza Sansoni
- afternoon excursions in the Rhodopes accompanied by a native Bulgarian speaker who have lived in Italy for years and also speaks English

**In the Rhodopes, the Guesthouse has double rooms, so you might be open to share a bed.

*Single rooms might be available at simple accommodations in the village (additional cost).

Cost does NOT include:

- flight to/from Sofia
- transfer from the airport to Sofia city centre
- lunches
- travel insurance

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SPOTS
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Tour Operator
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