

THE MOUNTAIN TOUCH

Museo Nazionale della Montagna
5 Novembre 2022 - 2 April 2023
Opening 4 November at 6pm

Curated by Andrea Lerda

The Mountain Touch, following in the wake of the previous project *Ecophilia. Exploring Otherness, Developing Empathy*, originated from evidence that emerged in relation to the current climate crisis and the pandemic period that mankind has lived through. In response to the loss of biodiversity and the progressive degradation of natural environments, there is a growing awareness that our physical and mental wellbeing is closely linked to that of our planet.

Numerous studies in Italy and worldwide have produced **scientific evidence** of the **positive impact of nature on us both biologically and psychologically**.

Contact with the visible and invisible dimension of natural environments translates into a lesser incidence of allergies, autoimmune illnesses and high stress levels as well as improved cardiovascular functions, haemodynamic, neuroendocrine, metabolic and oxidation rates, and mental processes and wellbeing.

Breathing in the humid earth, and inhaling the **geosmin** it emits, has a strongly **beneficial impact on human brain activity**. Observing the **fractal shapes** present, for example, in the geomorphological outline of mountains, in vegetation, ice crystals, sea waves and the clouds or listening to the **chirping of birds** produces a **fall in stress levels**. The **phytoncides** emitted into the air by trees and plants can **boost the immune system**, increasing the number of "natural killer" cells and intercellular levels of anti-cancer proteins. The **colours green and blue** present in nature also **contribute to our wellbeing** and the same applies to contact with mountain air and water.

Understanding how many and which agents are responsible for this beneficial relationship has to date been a challenge for the entire world of science. In Italy where, according to ISTAT data, **35% of the land is mountainous** and 41.6% hilly, the mountains and metro-mountain areas play a crucial role in this context.

Without claiming to provide an exhaustive reading of the topic, this exhibition has sought to offer an overview of the principal research topics on the subject and ask a number of questions. What impact may the environmental devastation underway have on our health? How can we turn to **eco-therapy** to cope with **eco-alienation**? What role is played by experiences such as **mountain therapy, forest therapy**, the now familiar **shinrin-yoku** or "**forest bathing**", **biophilic design** and that of **city parks** to curb **nature deficit disorder** or **psychoterratic mental illnesses**?

**Museo Nazionale della Montagna
"Duca Degli Abruzzi" – CAI Torino**
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Orari

Tuesday - Sunday / 10am - 6pm

Info

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www.mountainmuseums.org

Artists:

Paola Anziché
Sara Berts
Zheng Bo
Ruben Brulat
Alberto Di Fabio
Michael Fliri
Christian Fogarolli
Lucas Foglia
Fernando García-Dory
Nona Inescu
Giuseppe Licari
Marcos Lutyens
Andrea Nacciarriti
George Steinmann
Peter Stridsberg

The Mountain Touch presents works by thirteen artists in dialogue with a scientific narration edited by **Francesco Meneguzzo and Federica Zabini**, researchers at the **Institute of Bioeconomy of CNR**. The exhibition expands to include a work by the artist **Zheng Bo**, displayed as part of the *Buddha*¹⁰. *Frammenti, derive e rifrazioni dell'immaginario visivo buddhista* exhibition at **MAO Museo d'Arte Orientale** in Turin until 3 September 2023.

The project has the prestigious support from the **Mondrian Fund** and **CBK - Center for Visual Arts** in Rotterdam, thanks to which the work of artist Giuseppe Licari was produced.

The exhibition is accompanied by a bilingual **catalog** (ita/eng) that includes texts by **Qing Li**, immunologist and president of the Japanese Society of Forest Medicine, University of Tokyo; **Marina Boido and Alessandro Vercelli**, Neuroscience Institute Cavalieri Ottolenghi, University of Turin; **Francesca Cirulli and Marta Borgi**, Center for Behavioral Sciences and Mental Health. Istituto Superiore di Sanità; **Lucy Jones**, writer, journalist and author of the book "Losing Eden"; **Rita Berto and Giuseppe Barbiero**, Groupe de Recherche en Education à l'Environnement et à la Nature, Laboratory of Affective Ecology, University of the Aosta Valley; **Marco Battain**, President of CAI Turin and contact person for the group "The mountain that helps." **Francesco Riccardo Becheri**, Psychologist Psychotherapist, Founder and Scientific Manager Forest Therapy Station Pian dei Termini, Psychologist Referent CAI Central Medical Commission/Central Scientific Committee; **Federica Zabini and Francesco Meneguzzo**, Researchers at the Institute for BioEconomy of the National Research Council; **Giulia Villari**, Researcher at the Department of Oncology, University of Turin.

The exhibition will be accompanied by a **public program** of events that can be consulted on the *museomontagna* website, on the page dedicated to the exhibition. The **first event**, titled ***Shinrin-yoku in the Woods of the Monte dei Cappuccini***, will take place on **Saturday, November 4, from 11 a.m. to 1 p.m.** and is organized in collaboration with USL City of Turin and the P. G. Frassati Cooperative of Turin. The activity open to a maximum of 20 people consists of a two hours walk in the woods; sensory enhancement exercises, active meditation, guided relaxation techniques, muscle-stretching activities, specific readings and aroma therapy. Literature points out that "forest bathing" is indicated to relieve stress, infuse energy, reduce blood pressure, and support concentration and memory.
Info and reservation: posta@museomontagna.org / 011 6604104

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