

# THE ESSENCE PROJECT

Cover Image

Pathways to Our True Essence

Tuscany, Italy

25–29 June 2026

“Within the quiet of your being, your essence waits to be remembered.”

## Why I Created This Retreat

My relationship with yoga began in 1997, while I was working with the United Nations in Rome. To be honest, I hated it at first. My body was stiff, tense, and unfamiliar to me. The practice felt uncomfortable—an almost psycho-physical irritation I couldn't quite explain. And yet, something was shifting. A colleague commented, "You're so much nicer when you come back from yoga," and I began to notice moments of awareness I had never experienced before—my toes, the palms of my hands, a single muscle along my back. Something inside me was waking up. Years later, as I transitioned out of an intense, travel-heavy career and trained for the New York Marathon, yoga resurfaced—not as stretching, but as stillness. Though I still couldn't touch my toes, I realised that an hour on the mat quieted my mind more deeply than 26.2 miles of running ever could. The penny dropped. Yoga wasn't simply physical; it was one doorway inward. They say, "You will find yourself on your mat," and that was becoming true. I stepped into my first teacher training, not to teach, but to understand. It felt less like entering a new world and more like returning to an original one. Fast-forward through years of practice, curiosity, study, and exploration, and I have come to understand something essential: there is no single path. Dogma has no place in self-discovery. Each of us is unique, and each of us will resonate with different tools at different moments in our lives. What supports us today may shift tomorrow. This is not only natural—it is to be honoured. This retreat is rooted in that philosophy. It is not a yoga retreat, though yoga is one of the practices we draw from. Instead, it is a discerning, intelligent, and elegant container for gentle yet deep inner work. My intention is to offer a constellation of modalities—movement, breath, meditation, somatics, energy practices, craftwork, nature immersion—so you may discover what truly serves you. The group remains intentionally small so that each person receives the attention, guidance, and individualisation they need. This is an invitation to step toward your essence, in your own way, at your own rhythm.

## How I Hold Space

I have cultivated a quiet, practiced intuition that allows me to meet people exactly where they are. Through energy work, meditation, and somatics, I've learned to sense subtle shifts within a room or within an individual. This attunement shows me when to guide, when to soften, and when to simply allow — and when needed, when to be clear and firm. I am able to hold people gently yet accountably, ensuring they do not slip away from the very work they came to meet.

## The Essence Approach

My approach is grounded in the understanding that self-discovery is not linear and not prescriptive. We each arrive with different histories, patterns, and sensitivities, and therefore no single modality can speak to everyone in the same way. I work by offering a curated selection of practices—movement, breath, somatics, meditation, energetic work, and creative exploration—so you can experience what truly resonates for you. I invite each person to explore with curiosity rather than expectation, allowing space for insight, release, or stillness to arise naturally. My intention is to guide with clarity while honouring your autonomy and inner wisdom.

## About Me

I am an Ashtanga practitioner who teaches various styles of yoga—dynamic, hatha, yin, nidra—with a somatic and intuitive approach. I teach meditation, breathwork, and energy practices, and I am an RYT-500hr teacher certified in advanced pranayama and meditation. I have been an ICF Certified Coach for over 10 years. My earlier career spanned international development with the European Commission, INGOs, the United Nations, and my own consultancy focused on creating inclusive organisations. These experiences shaped my ability to listen deeply, hold space, and support transformation with clarity and compassion.

Portrait Placeholder

## **Pathways We Will Explore**

- Evolve Your Energy
- Immerse in Frequency
- Harness Your Breath
- Embodied Awakening
- Shadow Exploration
- Reiki Healing
- Forest Bathing
- Centering at Your Fingertips

## **A Journey Through the Inner Realms**

As these pathways weave together, a deeper journey unfolds—a movement from the surface of daily life into the quiet, spacious layers of the inner world.