

AN INVITATION TO GATHER

Spaces to meet ourselves.

Soul-led gatherings rooted in presence,
authentic connection and the freedom to
be human.

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London · Seoul · New York



A practice of presence, held with care.

Where we can arrive as we are,
and meet one another more truthfully.

A PERSONAL NOTE

A space to arrive.

For me, a gathering is more than a collection of practices. It is an opportunity to step away from habitual roles and expectations, to listen more closely and to meet ourselves and one another with greater honesty.

My path has been shaped by meditation and personal practice, alongside the study of the human mind, heart and energy. What began as my own journey of healing and personal growth has evolved into supporting others in understanding themselves and the nature of human connection through yoga, breathwork, somatic meditation, sound, ceremony, counselling, energy healing, therapy and coaching.

I draw on these different pathways with care and responsibility. Sometimes a group needs movement and expression. Sometimes it needs the gentleness of silence. And sometimes it needs the courage of being truly seen.

I value presence over performance, and authentic human experience over prescribed outcomes. Each retreat is a collaboration, shaped by its people, purpose and place.

Sometimes the most meaningful experience begins simply with being fully present.

MODALITIES & PRACTICES

Different pathways. One intention.

Each practice offers a different doorway to awareness, relationship and connection.

01	Authentic connection	Circling, Authentic Relating, dyads and facilitated groups; Birthday Circling and Surrendered Leadership formats. Creating space for presence, curiosity and honest encounter.
02	Body & stillness	Yoga, breathwork, somatic meditation, mindful movement and spiritual teachings. Hatha, Vinyasa and Yin-inspired practice, with attention to alignment and embodiment.
03	Sound & energy	Sound baths and individual experiences with crystal and Himalayan bowls, the human voice, tuning forks, gong, shamanic drum and rattles; Reiki and chakra-focused work.
04	Ceremony & integration	Ceremonial cacao and Ayahuasca ceremonies, with reflective ritual and integration support. Ayahuasca work is discussed separately, only where lawful and with appropriate safeguards and suitability considerations.

Not every practice belongs in every gathering. We choose what feels truthful and appropriate for the people present.

MEET YOURSELF · VOCAL WORKSHOPS

Finding freedom in the voice.

A heart-led group experience for moving beyond vocal inhibition and discovering the freedom to express what is within.

Our voice holds more than words. It can carry the places where we contract, the feelings we have learned to hide, and the parts of us that long to be heard.

Through breath, sound and embodied awareness, we gently meet the ways we hold ourselves back.

Playful vocal exploration and shared expression invite us to explore tension, perceived energetic blockages, and the possibility of greater ease and spontaneity.

There is no expectation to perform or to sing well. The invitation is to experience the voice as a path towards presence, connection and authentic self-expression.

Your voice does not have to be perfect to be heard.

Rooted in extensive professional singing and vocal coaching experience.

YOGA TEACHER DEVELOPMENT · GROUP
EXPERIENCE

Growing into the role of teacher.

A supportive gathering for newly qualified yoga teachers finding their ground, their voice and their own way of guiding others. This is a distinct group offering, separate from general yoga classes.



Completing a training is one beginning.
Becoming a teacher is an ongoing journey.

01 / GROUNDING

Inhabiting the role

Finding steadiness, confidence and authenticity as a new teacher.

02 / DEVELOPMENT

Growing together

Reflecting on teaching experience, questions and shared practice.

03 / GUIDANCE

Deepening the path

Continuing personal and spiritual growth, guided by yoga philosophy and lived practice.

HOW A GATHERING CAN UNFOLD

A rhythm, not a formula.



A single session or an unfolding retreat programme can be shaped around the people, the place and the intention. Structure supports the experience without prescribing it.

01	Arrival & intention	Opening circles, grounding and meditation, creating a gentle space to arrive fully.
02	Meeting & connection	Circling, dyads, Authentic Relating and reflective dialogue. Intimate circles generally gather around 10–12 people; formats are adapted to each group.
03	Embodiment & restoration	Yoga, mindful movement, sound baths, individual restorative practices and ceremonies where appropriate.
04	Integration & departure	Reflection, closing circles and gentle space to honour the experience, without pressure to share or interpret it.

We make room for what the gathering needs.

LIVED PRACTICE & PROFESSIONAL GROUNDING

Depth grows over time.

My work is informed by professional training, continual practice and a personal journey of reflection and inner growth.

MEDITATION & YOGA

Thirty years of meditation and personal practice · E-RYT 500 & YACEP · Yoga Alliance · more than 5,000 teaching hours.

SOUND HEALING

Crystal and Himalayan singing bowls and human voice as a healing instrument · qualified with UK College of Sound Healing.

REIKI & ENERGY WORK

Reiki Level 2 · energy and chakra-focused work · previous CNHC membership.

THERAPEUTIC PRACTICE

Counselling, therapy and coaching, informed by relational and embodied approaches.

I approach each offering with clear boundaries, individual choice and respect for the distinction between wellbeing facilitation and clinical or medical care.

RELATIONAL FACILITATION

Over five years of Authentic Relating and Circling practice · certified Circling facilitator · Transformational Connection (formerly Circling Europe) · SAS leadership training.

CEREMONIAL WORK

Over seven years of study and practice with ceremonial cacao and Ayahuasca as ceremonial plant teachers.

VOICE & MUSIC

Nearly four decades of singing · over fifteen years of vocal coaching · professional international performances · author of Meet Your Voice.

THE WAY MATTERS AS MUCH AS THE PRACTICE

Presence. Care. Choice.

I believe the quality of an experience is shaped by the quality of attention within it.

There is room for tenderness, uncertainty, play, silence and the full complexity of being human. Depth need not be forced.

Invitation rather than pressure; respect for different ways of participating.

Thoughtful preparation, clear boundaries and care for the group.

Collaboration with organisers and responsiveness to the people present.



FOR RETREAT HOSTS & ORGANISERS

If this resonates.



I welcome collaborations with people who approach retreats with sincerity, heart and care. We can explore a programme together and shape what best serves the gathering.

WHERE I WORK

Internationally based between London, Seoul and New York. Available to travel for gatherings by arrangement, including engagements of seven days or longer.

TRAVEL & STAY

Travel, meals and simple accommodation are normally provided by the organiser. A room with a bed, desk and reliable internet is enough.

EXCHANGE

Non-ceremonial group sessions from £20 per person, per session. Daily exchanges can be agreed for a fuller retreat. Sacred ceremonies and individual sessions are priced separately.

PLANNING TOGETHER

Schedule, group size, availability, materials and care considerations are discussed together. Referrals available when I cannot attend.

With care, Sonia

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