FOR HOTELS, RETREAT VENUES & WELLNESS PARTNERS



THE INTENTION

Meaningful experiences, created with care.

Wellness experiences that invite guests to slow down, reconnect and encounter your destination in a more meaningful way.

My work brings psychological understanding, yoga, meditation and embodied awareness into spaces designed for genuine connection.

PERSEFONI AISHWARYA

LicensedPsychologist · E-RYT500YogaTeacher · Inner Transformation Mentor

01 / THE PERSON BEHIND THE EXPERIENCE

A meeting of mind, body and awareness.

- For the past 23 years, I have devoted my life to psychology, meditation, yoga, healing and the exploration of consciousness.
- My work is grounded in meeting people where they are, with care for their experience and respect for the setting in which we gather.
- Along the way, I learned that no single method holds every answer. We are not only a mind or a body, and we are more than our emotions or our stories.







EXPERIENCE & BACKGROUND

Licensed psychologist · E-RYT 500 yoga teacher

Retreat leader in Greece · 8+ years leading yoga teacher trainings

Experiences can be adapted for beginners, experienced practitioners, private groups and mixed-ability audiences.

02 / EXPERIENCES FOR YOUR GUESTS

Practices that meet people where they are.





YOGA & EMBODIED MOVEMENT

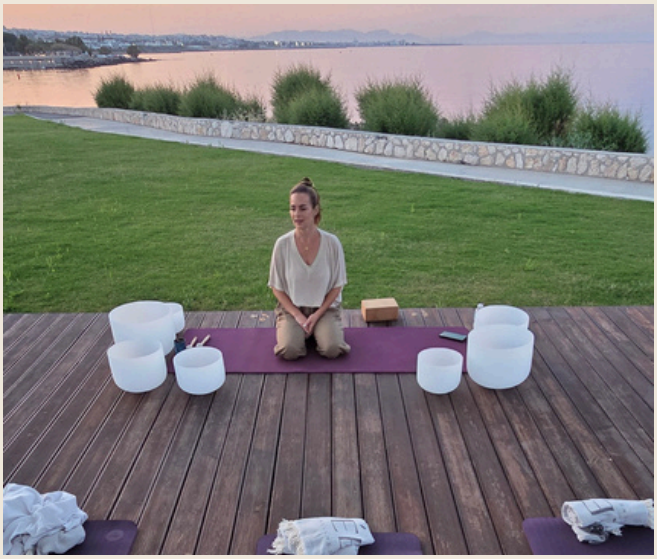
Accessible, responsive movement sessions that support presence, ease and body awareness.

MEDITATION & SELF-INQUIRY

Guided stillness, mindful breathing and reflection for guests seeking a quieter, deeper pause.

SOUND & RESTORATIVE GATHERINGS

Sound-led sessions and gentle group experiences designed around the atmosphere of the property.



WORKSHOPS & CONSCIOUS EXPLORATION

Thoughtful gatherings exploring stress, patterns, inner awareness and the art of being present.



Each session is shaped with the venue, the guests and the occasion in mind.

03 / FORMATS & COLLABORATION

From a single gathering to a complete retreat.

01 SIGNATURE GUEST SESSIONS
Sunrise yoga, sunset meditation, sound gatherings or an intimate workshop.

02 RECURRING WELLNESS PROGRAMMING
A consistent weekly or seasonal calendar shaped around your guests and setting.

03 RETREATS & IMMERSIVE PROGRAMMES
Multi-day experiences weaving together yoga, meditation, sound healing, workshops and group connection.

04 TEACHER TRAINING & SPECIAL EVENTS
Yoga teacher training contributions, dedicated immersions and bespoke group programmes.



DESIGNED IN CONVERSATION

We can explore the guest profile, group size, language, space, equipment, duration and rhythm of your programme. Each proposal is tailored to your property; scope and commercial terms are shared upon enquiry.



Let's create something meaningful together.

@persefoni_aishwarya

Instagram enquiries welcome

