

CV – Vasiliki Efraimoglou

Passionate about guiding individuals on their journey to holistic well-being and self-actualization, Vasiliki is a certified Mentor Energy Life Coach, NLP Master Practitioner, and Therapeutic Yoga, Mindfulness & Meditation Teacher. With a background in Law and Criminology, she brings a no-nonsense approach to coaching and yoga that is both supportive and results-driven.

What sets her coaching apart is the emphasis on tapping into the subconscious to address internal blocks that constitute 90% of life's obstacles. She empowers mentees by teaching practical knowledge, tools, and self-healing techniques, enabling them to take charge of their own healing. Through this transformational process, clients cultivate self-awareness, achieve personal and professional goals, unlock their full potential, and ultimately, co-create the life of their dreams.

In her yoga, mindfulness and meditation classes, she weaves traditional yogic philosophy with a strong theoretical foundation, creating a deeply therapeutic experience. Her teachings emphasize the ancient wisdom behind the practices, exploring the interconnectedness of body, mind, and soul. Rather than treating yoga as mere physical exercise, she presents it as a profound path to self-liberation—where timeless principles are thoughtfully applied to support personal growth, emotional healing, and spiritual awakening in modern life.

She also facilitates Conscious Dance Therapy workshops, rooted in one of the oldest healing modalities known to humanity—movement. These sessions offer a safe and supportive space for deep healing, authentic self-expression, and embodied awareness. Through intuitive movement, participants release stored emotions, reconnect with their psyche's inner wisdom, and awaken their true essence. At the heart of this transformative experience is community—a powerful reminder that we are not alone on our journey, and that healing deepens through genuine connection with others.

Venturing into the realm of holistic well-being, she specializes in designing all-encompassing, immersive retreats that integrate coaching principles with the transformative practices of NLP, yoga, breathwork, dance, chanting, meditation and rituals. These carefully curated experiences support deep renewal on physical, emotional, and mental levels. Extending her expertise into the corporate sphere, she also organizes coaching events and wellness workshops specifically tailored to enhance employee well-being, resilience, and performance in the workplace.

Driven by a deep passion for facilitating transformation in both individuals and organizations, she is dedicated to offering personalized support that guides others toward a more balanced, purposeful, and fulfilling life. Shaped by her own journey through pain, growth, and awakening, she holds space with compassion and authenticity—helping others reclaim their truth and tap into their forgotten divinity.

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