



YOGA HOUSE

VALENTINA MOCCHI

UNVEILING SELF-WORTH

A 12-WEEK YOGA & INNER WORK
JOURNEY FOR WOMEN

“FROM INVISIBLE TO INVINCIBLE: A PATH
OF EMBODIED CONFIDENCE”

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ABOUT ME

I'm Valentina, a yoga teacher based in Milan.

My work is rooted in **authenticity, gentleness** and **deep listening**.

My path hasn't been linear.

It has been shaped by loss, vulnerability, illness, grief, and rebirth.

Yoga found me at a moment when I could no longer recognise myself and became the language through which I learned to breathe again, move again, trust again.

ABOUT ME

Yoga has reshaped my life from the inside out.

It taught me to slow down, to soften, to listen and to trust myself again.

I learned to meet myself with authenticity and gentleness, to stay curious, and to walk through change with an open heart.

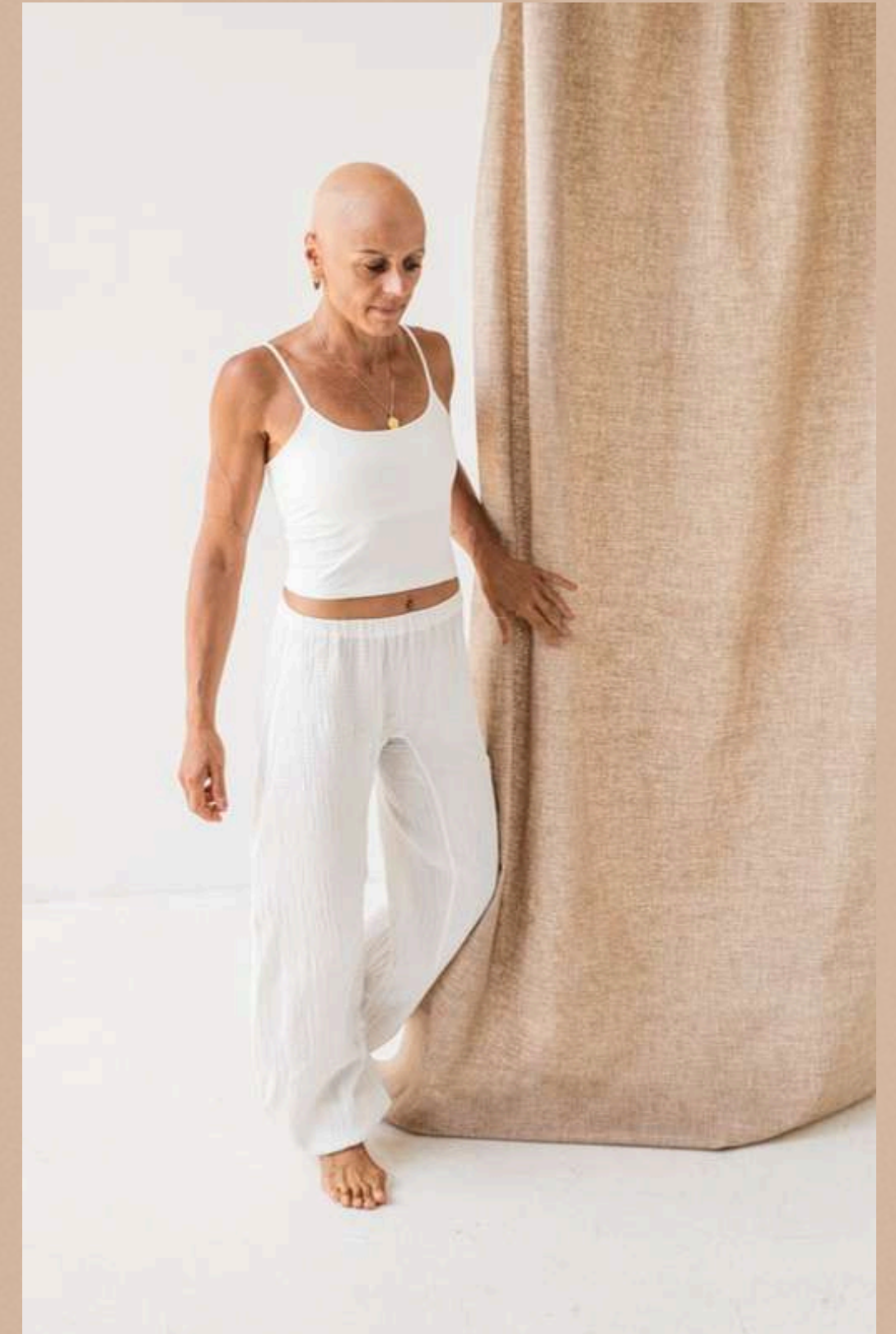
That's the woman I am now, and the way I show up in my life.

Today I guide women in reclaiming presence, inner freedom, and a way of being that feels true.

My classes weave movement, breath, energy, and deep listening, creating a space where you can feel held, seen, and gently transformed.

I believe in transformation that begins from within, in the quiet power of choosing yourself, and in the beauty of becoming who you already are.

Valentina



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MY VALUES

MY VALUES



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MY MOTTO

MY MOTTO

BE GENTLE. BE TRUE. BE DEVOTED TO WHO YOU ARE.



MY STORY

MY STORY - WHY I TEACH THIS WORK

There was a moment in my life when everything collapsed: my identity, my confidence, my relationship with my body. Losing my hair felt like the final drop, yet it became the doorway to discovering who I truly am. Through the practice of yoga, I slowly reclaimed myself. Not the “perfect” version I was trying to become, but the truest one - honest, raw, grounded, radiant from within.

This journey changed the way I inhabit my life. And today, it is the foundation of the work I offer to women. I teach what I needed. I share what saved me. And I hold space for others to recognise their own inner light.





MY DHARMA

My purpose is to create spaces where women feel safe to soften, to tell themselves the truth, and to remember their worth.

I am here to help women feel seen not for who they “should” be, but for who they already are.

My dharma is to guide women back to themselves: to their breath, their rhythm, their inner strength, their light.

WHY THIS PROJECT EXISTS

This program is the most honest expression of my personal journey.
It is everything I have lived, studied, processed and transformed
woven into a clear, structured path.
It is the work that changed me.
The work I needed.
And the work I now teach because it serves a greater purpose:
helping women move from self-doubt to self-trust,
from invisibility to presence,
from survival to self-worth.

WHO THIS JOURNEY IS FOR

This journey is for women who:

- feel they have lost themselves along the way
- want to rebuild confidence from the inside
- want to speak their truth without fear
- feel “not enough” or invisible
- want to reconnect with their body with kindness
- desire emotional clarity, grounding and direction
- long for deeper self-love

*This program is not about becoming someone else.
It's about remembering who you already are.*

**MODULE 1 — LET GO
(4 WEEKS)**

Releasing fears, softening inner resistance, learning to choose yourself.

**MODULE 2 — CHANGE
PERSPECTIVE (4 WEEKS)**

Shifting self-image, cultivating courage, silencing the inner critic.

**MODULE 3 — HARMONY,
BALANCE & TRUST
(4 WEEKS)**

Rebuilding inner stability, confidence, direction, and self-love.

**THE PROGRAM — “FROM INVISIBLE TO INVINCIBLE”
A 12-WEEK TRANSFORMATIONAL PATH IN THREE MODULES**

SESSION STRUCTURE — WHAT A TYPICAL CLASS INCLUDES

Each live session follows a flexible, embodied structure designed to meet women where they are.

A session may include:

- A guided meditation or inner-listening moment
- A pranayama technique connected to the weekly theme
- A yoga practice that shifts according to what we are working on (grounding, balance, strength, perspective, fluidity...)
- A journaling prompt or self-inquiry exercise
- Space for reflection and integration

This structure remains consistent, while the content evolves depending on the phase of the journey.



WEEKLY VARIATIONS

HOW THE JOURNEY EVOLVES

Rather than repeating the same format, each week introduces a different doorway into inner work.

Variations may include:

- A new meditation focus
- A different pranayama technique (e.g. balancing, energising, cooling, grounding)
- A yoga class working on different areas of the body or different energetic qualities
- Specific exercises such as value-clarification, visioning, emotional release, mirror work, gratitude rituals, etc.

This allows women to experience transformation through multiple layers: breath, body, mindset, and emotional awareness.



YOUR PERSONAL PRACTICE FOLDER

Each woman receives a private digital folder inside my Yoga House portal.

After every session, I upload:

- The full class recording
- The weekly materials (PDFs, prompts, rituals, pranayama explanations...)
- Additional audio practices when relevant
- Her assignments and reflections, if she wishes to keep everything in one place

This creates a personalised learning space that grows week by week and supports long-term integration.

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INTEGRATION BETWEEN SESSIONS

BETWEEN SESSIONS — INTEGRATION & HOME PRACTICE

Transformation happens not only during the live sessions, but also in the days in between.

Participants receive:

- Weekly home practices (meditation, pranayama, or movement)
- Journaling assignments to deepen clarity
- Embodied rituals to anchor new perspectives
- A simple structure to stay connected to themselves during the week

This continuity ensures the work is not theoretical — but lived, embodied, and truly transformative.





WHAT WOMEN LEARN

- To express emotions without apologising
- To say “no” without guilt
- To stop seeking approval
- To trust their body
- To feel strong, grounded and worthy
- To embrace imperfection
- To speak their truth
- To live with presence, courage and clarity

HOW I TEACH

This program blends:

- Yoga practices (Hatha / Yin / Somatic)
- Meditation & breathwork
- Journaling & self-inquiry
- Emotional processing
- Weekly live sessions (1.5 hrs)
- Recorded practices
- Constant support and reflection
- A holistic, embodied, compassionate approach



Everything is designed to guide women step by step through inner transformation.

WHY THIS PROGRAM WORKS

WHY IT WORKS

Because it's not theoretical.

It's embodied.

It's lived.

It's real.

It works because:

- it speaks to the emotional body
- it works with the nervous system
- it gives women tools they can use daily
- it holds a consistent, nurturing container
- it is based on lived experience, not abstraction
- it restores trust — in oneself and in life



OUTCOMES

OUTCOMES- WHAT WOMEN GAIN

At the end of the journey, women feel:

- more confident
- more grounded
- more present
- more in tune with their truth
- more connected to their body
- more free from external validation
- more aligned with their values
- more loving toward themselves

They become the protagonists of their own lives.



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THE TRANSFORMATION

THE TRANSFORMATION

From doubt → to clarity

From fear → to courage

From pleasing → to choosing


From invisibility → to presence

From fragmentation → to coherence

From insecurity → to self-worth

This is not about “fixing yourself”.

It's about meeting yourself again with compassion and truth.



CHANGE

HOW THE PROGRAM IS STRUCTURED

- 12 live online sessions (1.5 hrs each)
- Full access to recordings
- Yoga & meditation video library
- Workbook + weekly exercises
- WhatsApp/email support
- Journaling prompts
- Reflections and assignments
- A guided, step-by-step journey



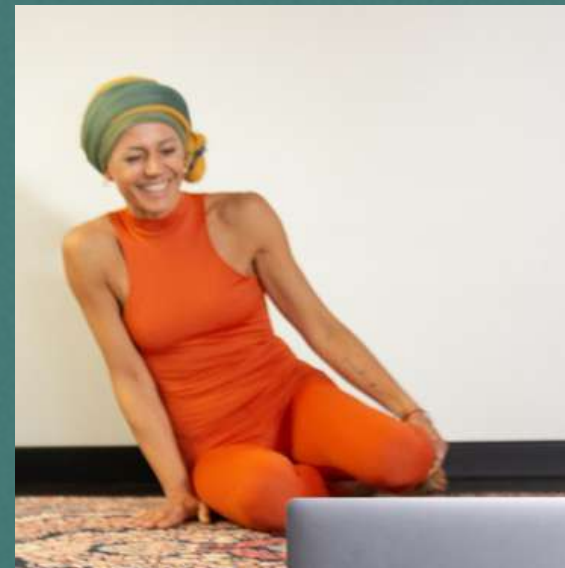
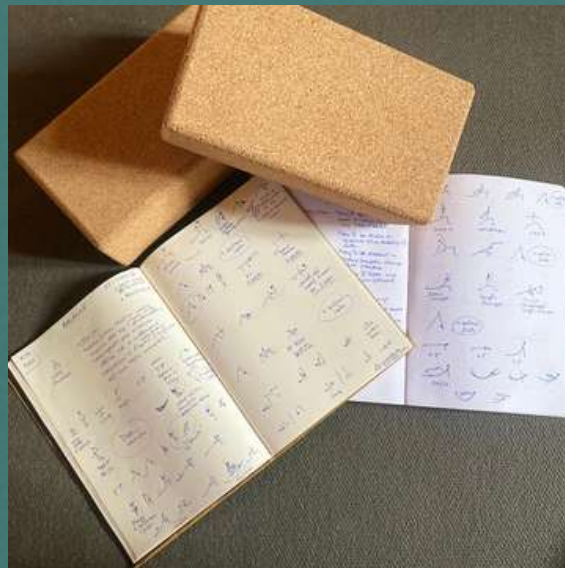
WHY I AM THE RIGHT GUIDE

Because I have walked this path.
Because I know how it feels to lose
yourself and to find yourself again.
Because my teaching is not
performance-based:
it is human, sincere, embodied.

And because I believe, deeply,
that every woman deserves to feel
whole, worthy, and unshakeably
herself.

THE HEART OF MY WORK

THE HEART OF MY WORK



AUTHENTICITY
GENTLENESS
PRESENCE
DEPTH
TRANSFORMATION
TRUTH
COMPASSION
LISTENING
LIGHTNESS

THESE ARE THE QUALITIES I BRING INTO EVERY SESSION, EVERY GROUP, EVERY WOMAN I MEET.

THANK YOU

FOR READING, WITNESSING, FEELING.

I AM HERE TO SERVE,

TO GUIDE,

TO HELP WOMEN RISE

FROM INVISIBLE TO INVINCIBLE.

VALENTINA