

# Curriculum Vitale Lucia Babina

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Lucia Babina is an intuitive coach for individuals and communities, a meditation mentor, an artist, and a social designer. She specialises in creating spaces of care and crafting transformative technologies, rooted in her artistic and spiritual background. Her work is centered on fostering collective visions and projects, while developing meditations, rituals and practices, all with the aim of contributing to the evolution of humanity and the well-being of the planet.

## LANGUAGES

Italian, English, French, Spanish (fluent) / Dutch (beginner)

## EDUCATION

2024-onward Accomplishing one year Training programme Coaching and Counselling at the Academy for Coaching and Counselling, Netherlands.

2024-onward Yantra Yoga from A to Z: A Year-long Yantra Yoga program with international instructors organised by International Atiyoga Foundation.

2024 The Mirror - Dzogchen Community Merigar West. 5-day workshop - Introduction to the theory and practice of the publication The Mirror - Advise On Presence and Awareness by Chögyal Namkhai Norbu.

2023 Hypnosis: Advanced Storytelling Mastery - Scott Jansen for Udemey. Online workshop - Crash course guide to uncover the secret formula to creating a hypnotic stories on the fly with no scripts

2023 Phénoménologie de la Liberation - Buddha University. Online workshop - Study and Practice Group of the Seminar on Phenomenology of Liberation from Fall-Winter 2022-2023, and the Summer University 2023 led by Denys Rinpoché.

2020-2023 Yoga Degrees - Isha Foundation:

- Inner Engineering - 1 week workshop - Meditation practice
- Engineering Completion - 2 days workshop Inner - Meditation practice
- Bhuta Shuddi - 2 days workshop - Yogic practice
- Angamardana - 2 days workshop - Yogic practice
- Yogasanas - 2 days workshop - Yogic practice

2020-2021 Tensegrity - Tensegrity Bologna. 1 year course - Tensegrity® and Magical Passes® by Carlos Castaneda.

2020 Lucid Dreaming - Charlie Morley. 3 days workshop - Exploring lucid dreaming practices and innovative new techniques of Mindfulness of Dream and Sleep.

2018 Celestial Herbalism - Arjun Das with The Shift Network. Online workshop - Cultivating true health, contentment and inner peace through plant medicine and vedic astrology.

2010-2017 Unitary Science Degrees - Institute of the Unitary Science:

- Prescience - 1 year course - Spiritual teachings
- Iniscience - 2 year course - Spiritual teachings
- Inner Adventure - 2 days workshop - Spiritual teachings
- Cosmic Connection - 2 days workshop - Spiritual teachings
- Energy Management - 2 days workshop - Spiritual teachings

- Initiatory Journey - 2 days workshop - Spiritual teachings
  - From Earthling to Galactic Being - 2 days workshop - Spiritual teachings
  - Perceiving your Energetic Bodies - 2 days workshop - Spiritual teachings
  - Contact with Other Dimensions - 1 week workshop - Spiritual teachings
  - The 12 Facets of a Woman - 2 days workshop - Spiritual teachings
  - The 12 Planes, levels I-II-III-IV - 15 days workshops - Spiritual teachings
- 2003-2004 Masters International Cultural Management - University of Genova.

2002-2003 Reiki 3 Levels - Reiki Master Luca Riguzzi. 1 year course - Completed the 3 levels of Reiki.

1989-1996 Degree in Modern Arts MA (110/110). Degree Thesis Women and Work during the Fascism, University of Bologna.

## **WORK EXPERIENCE**

2025-onward Coach for individuals and communities through one-on-one conversations, Walk With Me sessions, and Circles of Wisdom gatherings

2023-onward Founder and creator of Right to the Soul Podcast - Spotify

2022-onward Creator of HOTLINE for Cultural Workers - Self-employed

2020-2021 Circle of Co-n-Science - Independent Project

2019-onward Teacher of Prescience Education Program - Institute of the Unitary Science

2018-onward Teacher and Creator of Courses, Meditations, Talks, Poems - Insight Timer

2010-onward Community and Spiritual Work - Institute of the Unitary Science:

- Active Participation in Operational Group and Individual Meetings
- Inner Reconnection Sessions
- Community Work
- Community Life
- Contribution to Community Energetic Projects

2005-onward Artist and Activist for Social and Spatial Transformation - Independent Artist and Artist Collectives