

Irina Sandu

(aka *Irini Hara*, a Womb for Peace)

Short bio:

- ✚ Born 17.01.1975, in Iasi, Romania
- ✚ Founder, mentor and facilitator, PalomaBlanca-Restart Srl, www.palomablanca.ro (since 2022)
- ✚ Fluent in 5 languages (Romanian, English, Italian, Portuguese, Feench) and still learning Norwegian
- ✚ Organizer and space holder for more than 150 events online and in presence in several countries (Norway, Romania, Portugal, Italy)
- ✚ Certified as:
 - ✓ *Priestess of Sacred Sounds* with Elsa Field from Myrtle Grove Mystery School (<https://elsafield.co.uk>), May -November 2024;
 - ✓ *Womb healer* using tuning forks, massage and other holistic modalities by Angie Twydall from Sanctuary of Sofia (<https://www.sanctuaryofsophia.co.uk>), Glastonbury, England, October 2022 and March 2023;
 - ✓ *Trauma therapist* from IoPT (<https://www.iopt.no/en>) with the Intention method promoted by Franz Rupert, Norway, 2020 - 2022;
 - ✓ *Facilitator of family/systemic constellation and art therapy* with Pia Kalhof (<https://piastormkalfhof.com>), Norway, 2018-2020;
 - ✓ *Medicine woman*, 2-year training (2019-2021) in shamanism (Brazilian and Peruvian traditions) with two medicine women from Portugal (<https://osoprodedeus.wixsite.com/english>);
 - ✓ *Speaker/member* of a Toastmasters Evora Club (University of Evora), Portugal (twice a month meetings), 2015-2016.

A short selection of other courses and workshops (as participant):

- *Sanzielene. Ancorarea radacinilor prin ritualuri romanesti* (Sanziene. Anchoring of the roots through Romanian rituals), 5-day retreat, guided by Olimpia Mioara Mirestean (<https://www.facebook.com/ritualurileolimpiamioara>) & Ioan Nistor, Plaiul Foi, Brasov, Romania 2025;
- *Dansen i Deg, Meg, Oss*, 5 rythms workshop in presence, organized by Ingrid Brudevoll (<https://www.facebook.com/www.5rytmermedIngridB.no>), 13th-15th June 2025;
- *Body-Mind Centering - Endocrine System*, weekend workshop, organized by Olive Biringa and Otto Ramstad (Body Cartography Project), Oslo, 25-27th April 2025;
- *STARFISH - Radiating from the Center*, 5 rythms workshop with Erik Iversen (<https://www.facebook.com/erik.iversen.140>), in presence, Oslo, 7th-9th March 2025;
- *Trust in the body*, weekend intensive organized by Relational Somatics (<https://www.facebook.com/RelationalSomatics>), Oslo, 6-8th September 2024;
- *Diving deep – Rising High*, 4-day retreat, guided by Mieke Anthuenis (https://redtaratree.org/?fbclid=IwZXh0bgNhZW0CMTAAAR3L2p8Vv9r3UAIgSTAWZqPmMvx157Z0HIG3tONEWb0Wvm5rtGtAMshiQ3g_aem_ZmFrZWR1bW15MTZieXRlcw) and Emmi Mutale (<https://femininerevered.com>), Belgium, 2019;

- *Seeing with the Body*, European in -depth immerssions for women with Stefana Serafina (Deep Body Institute), Oslo, 30th August -2nd September 2019;
- *Vision Quest with Mary Magdalene*, 21-days online, guided by Seren and Azra Bertrand (authors of Biomancy school and of Womb Awakening system), 2018;
- half of a year in a weekly group of shamanic journeys guided by the Sami medicine woman Jorunn Flaata (trained by Sami shaman Ailo Gaup), Oslo, Norway, 2018;
- 7-weeks workshop *Tiger Love* with psychotherapist Uma Armengol and 4-days retreat (Into the Receptive Female Power) also run by her in Finland, 2017;
- *Management of the Creativity and Innovation*, 1-day workshop on , NERE, Evora, Portugal, 2016;
- *Dragon dreaming*, Weekend workshp (for comunitary projects), organized by Circulos de Transformacao, Evora, Portugal, 2015,
- 1-week retreat in Inca and Romanian shamanism, under the guidance of 2 medicine women, Manuela Andrei and Anda Ciobanu, Romania (Voronet), 2014;
- 3 levels course in astrology with Joao Medeiros (<https://joaomedeiros.com>), Lisbon, Portugal, 2012;
- *Catalisadores*, 1-week workshop of personal development with Daniel Sa Nogueira, Setubal, Portugal, 2012.

A selection of lectures, workshops, webinars, retreats (online or in presence, as organizer):

- ✓ *From trauma biography to sovereignty: a life story of deep transformation*, **online lecture (+workshop)** at the **Simposiom of narrative therapy and narrative applications in comunities and organizations** (TN+ANCO), 25 - 26 October 2025, Iasi, Romania;
- ✓ *Pantecul sacru al Mariei Magdalena* (Sacred Womb of Mary Magdalene), **workshop in presence**, Iasi, Romania, 23rd July 2025;
- ✓ *From trauma biography to Self-mastery: a life story of deep and lasting transformation*, talk at the event **Mindful Monday, From burnout to breakthrough: the power of holistic well-being**, organized by Media Monday Oslo, 26th May 2025;
- ✓ *The first menstruation and womb trauma*, **1h lecture** for the group of **Menstrual hope movement**, 13th May 2025;
- ✓ *Activate your Master-self*, **online lecture and workshop**, organized by **Diversify Norway**, Oslo, 6th December 2024;
- ✓ *Provocarile si bucuriile de a fi mama a unui copil cu autism*, episod 27, **online Podcast Mame fara filtre**, de Andrea Hreniuc, 2024;
- ✓ *IoPT and autism*, **online workshop**, 24th November 2024;
- ✓ *Trauma and autism*, **online workshop**, 27th October 2024;
- ✓ *Full Moon Sound healing ceremony*, **in presence workshop**, Oslo, 26th May 2024;
- ✓ *Healing the womb to get more pleasure*, **#74 episode of Sensual Sessions Podcast**, Centro de Poder by Candia Raquel, 31st October 2023;
- ✓ *Give your Shadows a Voice!*, **in presence workshop** (co-organized with Robert Hagala), 26th August 2023;
- ✓ *Womb blessing ceremony*, **in presence workshop**, Oslo, 12th August 2022;
- ✓ *Give your Anger a Voice!*, **in presence workshop**, Oslo 9th October 2021;
- ✓ *On Womb trauma - Part 3:Boundaries*, **online webinar**, 14h May 2021;
- ✓ *Give your Anger a Face!*, **online worshop**, 10th May 2021;
- ✓ *On Womb trauma - Part 2: Inner child*, **online webinar**, 30th April 2021;
- ✓ *On Womb trauma - Part 1: Ancestral lineage heritage*, **online webinar**, 28th March 2021;
- ✓ *Online Film premiere. The Legacy of Wild Mothers*, 3rd to 8th March 2021;

- ✓ *On Womb trauma*, **online workshop**, 14th February 2021;
- ✓ *Healing with mother ancestral lineage*, **2-day online retreat**, 13-14h November 2020;
- ✓ *Guided online meditation* during the **Festival of Healing Arts**, Oslo, 18th-21st June 2020;
- ✓ *Wheel of Love and Wisdom - The Grail of Our Soul*, **Film screening, lecture and guided meditation**, Deichman bibliotek, Tøyen, Oslo, 18th January 2020 ([Wheel of Love and Wisdom - The Grail of Our Soul - Deichman.no](http://www.palomablanca.no/wheel-of-love-and-wisdom-the-grail-of-our-soul));
- ✓ *The Vision of the Heart*, **women circle**, in person, Oslo, 2nd June 2019;
- ✓ *Womb Blessing Circle*, **women circle**, in person, Oslo, 18th May 2019;
- ✓ *The inner Child and the inner Eye*, **in presence workshop**, Oslo, 27th April 2019;
- ✓ *Mirrors to Myself - windows to the world*, **women circle**, in person, Oslo, 19th August 2018;
- ✓ *To Be or to Have? A woman quest!*, **women circle**, in person, Oslo, 11th February 2018;
- ✓ *Roots and projections. Part 2*, **women circle**, in presence, Oslo, 19th November 2017;
- ✓ *Roots and projections. Part 1*, **women circle**, in presence, Oslo, 29th October 2017.

Creative projects, products and books:

- ♥ Documentary: <https://www.palomablanca.ro/creative-projects/documentary-wheel-of-love-and-wisdom-the-grail-of-our-soul/>
- ♥ Mary Magdalene Womb Oracle: <https://www.palomablanca.ro/creative-projects/mary-magdalene-womb-oracle/>
- ♥ 3 books available for purchase here: <https://books.by/tales-from-the-womb?..>
- ♥ Other e-books can be accessed for free here: <https://www.palomablanca.ro/creative-projects/ebooks/>;
- ♥ Mystery School of the Sacred Heart and Womb (4 modules): <https://www.palomablanca.ro/uncategorized/shop/#mystery>
- ♥ Recorded meditations, shamanic journeys and transmissions: <https://www.palomablanca.ro/uncategorized/shop/#recorded>.

Other info:

I practice meditation, embodiment (5 rhythms and Biodanza dancing systems, yoga, active meditations), nervous system regulation techniques and singing (as sound healing, releases, activations, etc.).

I am familiar with many holistic modalities and branches: astrology, numerology, circling, crystal healing, dowsing, card divination, plant medicine ceremonies and other shamanic practices (fire ceremonies, sweatlodge, Munai ki rites of passage, medicine wheel, vision quests, ancestral healing etc.)

I mentor and coach people - not with mainstream coaching techniques but with therapy, as real progress and healing can only be achieved by feeling and transmuting the pain, the fears, the shame, the grief etc.

Work Philosophy: Every human being is special and complex and needs a tailored, solution-oriented approach. Real impact is measured by depth of inner work and transformation, not by numbers and marketing strategies. Inner nature is better expressed when is recognized and connects with the outer nature. Trauma healing is the ultimate evolution stage of human kind. In any collaboration, there should be a fair and honest balance between giving and receiving.

Topics to be approached in lectures, workshops, trainings:

- Self-mastery and personal development;
- Mental health coaching (including prevention-related topics);

- Organizational systems and their optimization (using systemic constellations);
- Women world and holistic health;
- Parenting tips and tricks from a mental health perspective (for parents with kids with special needs);
- Trauma healing and resilience;
- Creative strategy making;
- Peer-Support for the helpers, healers, therapists;
- The Body, the Voice and shadows of the psyche (embodiment and healing using sound, touch and movement).

Modalities of working with groups:

- public speaking – 1-2h, online or optionally (for TED Talks for example) in presence;
- theory + practice workshops - 3-4h, online or in presence;
- weekend retreats of 2-3 days.

Modalities of working with individuals:

- Individual sessions – 1-2h, online;
- Mentorship programs (10 sessions, 1h each) – online and in presence if a space is available.

Target or focus groups:

- ♥ Women-identified people;
- ♥ Professionals from the obstetrics-gynecology, medical and educational systems (hospitals, schools, kindergartens);
- ♥ Professionals from creative industries;
- ♥ Employees of companies curious about learning more about themselves and how to cope with stress, burnout and conflicts;
- ♥ Organizations, companies or associative groups/communities dealing with conflicts or other blockages in their day to day functioning;
- ♥ Parents (with a focus on those with special needs kids) and kids from 7y of age up.

Contact details:

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Facebook page Womb Circle - Seeds of Light and Wisdom: <https://www.facebook.com/palomablanca0175>

Facebook groups:

- ♥ Womb-Tent Project: <https://www.facebook.com/groups/577212482615585>
- ♥ Soul Medicine: <https://www.facebook.com/groups/377566942783163>
- ♥ Counselling and Therapy with Irini: <https://www.facebook.com/groups/704457490553878>

YouTube channel: <https://www.youtube.com/@irinihara0175>

Podcast:  • [AUTISM ON 360°](#)