

TEDx University of Essex

PRESS KIT

Sandra Iozzelli

Clinical Hypnotherapist | Author | TEDx Speaker



The Peruvian therapist who travelled to England to teach the world about inner peace

Mercury Theatre, Colchester — March 4, 2026

March 2026

THE NEWS

Sandra Iozzelli, a clinical hypnotherapist and author from Peru, became on March 4, 2026, the **first Peruvian — travelling from Peru — to deliver a TEDx talk in England.**

Her talk "What Nobody Teaches You About Your Emotions (And How to Find Peace)" opened the TEDx University of Essex: Echoes of Tomorrow event at the Mercury Theatre in Colchester, before a live and international audience.

During the presentation, Iozzelli guided the audience through a live exercise using her AIR method (Acknowledge, Identify, Release), an emotional wellness technique developed over years of clinical practice that enables the release of emotions such as fear, guilt, and resentment through body awareness.

The talk video will be published soon on the official TEDx platform (YouTube/TED.com).



Sandra Iozzelli at the Mercury Theatre, University of Essex. Photo: TEDx University of Essex.

KEY FACTS

Fact	Detail
Event	TEDx University of Essex: Echoes of Tomorrow
Date	March 4, 2026
Venue	Mercury Theatre, Colchester, England

Talk	"What Nobody Teaches You About Your Emotions (And How to Find Peace)"
Language	English
Milestone	First Peruvian (based in Peru) to deliver a TEDx talk in England
Method	AIR (Acknowledge, Identify, Release) — emotional release technique
Experience	Over 5,000 hours of clinical practice Over 15,000 memories released
Book (English)	"The Peace Within" — published February 2026 available on Amazon
Book (Spanish)	"Aprende a vivir en paz" — available on Amazon
Endorsements	Anita Moorjani (NYT best-seller), Dr. Joe Vitale, David Hoffmeister
TEDx Video	Coming soon on the official TEDx platform

BIOGRAPHY



Sandra Iozzelli

Clinical Hypnotherapist | Author | TEDx Speaker

Sandra Iozzelli is a clinical hypnotherapist with over 5,000 hours of experience working with the mind and emotions, an author, and an international speaker. Born in Lima, Peru, she has lived in Seattle, Barcelona, South Korea, and Italy before returning to Peru — experiences that enriched her understanding of human nature and emotions.

Throughout her career, Sandra has helped release the emotional charge of over 15,000 memories, working with hundreds of people to let go of trapped emotions such as fear, guilt, resentment, and anxiety. With over 5,000 hours of experience working with the mind and emotions, she developed the AIR method (Acknowledge, Identify, Release), a technique that combines clinical hypnotherapy with the conscious observation of the body sensations associated with emotions.

Her practice is grounded in the principles of A Course in Miracles, and proposes that the emotions we avoid are precisely the doorway to inner peace. This approach, developed over thousands of hours of clinical practice, was the central theme of her TEDx talk at the University of Essex in March 2026.

Sandra is the author of "The Peace Within" (English, 2026) with endorsements from three international figures: Anita Moorjani, Dr. Joe Vitale, and David Hoffmeister.

She operates from Lima, Peru, with an international reach.

Short bio (for press notes)

Sandra Iozzelli is a clinical hypnotherapist with over 5,000 hours of experience working with the mind and emotions, author of "The Peace Within" and "Aprende a vivir en paz", and the first Peruvian — travelling from Peru — to deliver a TEDx talk in England (University of Essex, 2026). She has released the emotional charge of over 15,000 memories through her AIR method (Acknowledge, Identify, Release). Her book is endorsed by Anita Moorjani (New York Times best-selling author), Dr. Joe Vitale, and David Hoffmeister.

ABOUT THE TEDX TALK

"What Nobody Teaches You About Your Emotions (And How to Find Peace)"

In this talk, Sandra shares a discovery that transformed her clinical practice: emotions are not just thoughts — they are physical sensations in the body. When we avoid them, they stay trapped inside us, shaping how we react, how we relate, and how we decide. But when we dare to feel them in the body, they can pass through us and release.

Through her personal story — from a girl who kept everything she felt inside to a hypnotherapist who has witnessed hundreds of transformations — Sandra guides the audience through a live exercise where they can experience this emotional release in real time.

Core message: *"The emotions we've spent our lives avoiding are the very doorway to peace."*



Sandra Iozzelli during her TEDx talk. Photo: TEDx University of Essex.

What makes this talk different

Practical tool: This is not a motivational talk. Sandra offers the AIR method, a technique the audience can use immediately.

Live demonstration: During the talk, the audience experiences in real time how a difficult emotion loses its intensity when felt in the body.

Clinical foundation: The method is based on over 5,000 hours of clinical practice and over 15,000 memories released, not theory.

Universality: The topic connects with everyone: we all carry emotions we don't know how to handle.

Notable quotes from the talk

The following quotes may be used freely by media in their coverage.

“What we don’t feel, we carry into the future. What we dare to feel, we free.”

“Since we are little, most of us heard: ‘Don’t cry. Don’t be afraid. Don’t get angry.’ But no one showed us how to do that.”

“Emotions aren’t just thoughts. They’re physical sensations in the body. When we don’t feel them, they stay trapped inside. But when we feel them, they can pass through.”

“I wasn’t asking them to reframe or forgive, just to feel.”

ABOUT THE BOOK

"The Peace Within" / "Aprende a vivir en paz"

"The Peace Within" is an invitation to discover that the peace we seek has always been inside us. Through real stories of transformation, practical exercises, and the teachings of *A Course in Miracles*, Sandra guides us on a journey to understand how our mind works, recognise the emotional patterns that keep us trapped, and learn to release what no longer serves us. The book includes the AIR method as a central tool, but goes far beyond: it is a path to remembering who we truly are and reconnecting with our inner peace.

English edition: "The Peace Within" — published February 2026 available on Amazon.

Spanish edition: "Aprende a vivir en paz" — available on Amazon.

Praise for The Peace Within

"The Peace Within is both inspiring and practical. Filled with tools and exercises to transform everyday life, it guides us beyond fear to the truth of our being, reminding us that peace is our birthright and that miracles happen when we return to love. A must read."

— **Anita Moorjani**, New York Times best-selling author

"What a great book! Fascinating, illuminating, and empowering!"

— **Dr. Joe Vitale**, author of *Zero Limits* and *The Miracle*

"The Peace Within first exposes the ego's tricks and unconscious beliefs. It then points the reader to a new and miraculous way of looking at the world with many examples and parables of Awakening!"

— **David Hoffmeister**, A Course in Miracles teacher and author of *This Moment Is Your Miracle*

PHOTOS AVAILABLE FOR PRESS

The following photos are available in high resolution for editorial use. To request images, contact Sandra Iozzelli or download them directly from her [website here](#).



Wide shot with audience and TEDx University of Essex: Echoes of Tomorrow screen.



Portrait / Headshot — available for cropping.



In action — gesturing during the talk.

Photo credit: TEDx University of Essex. Use permitted for editorial purposes related to coverage of the talk.

SUGGESTED ANGLES FOR MEDIA

Sandra is available for in-person interviews in Lima, Peru, and virtual interviews worldwide. Below are some angles that can be adapted to different formats:

Format	Angle / Headline	Content proposal
Television	<i>"The Peruvian therapist teaching the world about inner peace"</i>	Interview + live AIR method demonstration with hosts. 10-15 min.
News programmes	<i>"First Peruvian to deliver a TEDx talk in England"</i>	Brief segment with event footage + short interview. 3-5 min.
Radio	<i>"Peru exporting peace to the world"</i>	Interview about the milestone + practical tips for listeners. 10-15 min.
Print media	<i>"Exporting intellectual capital from Peru"</i>	In-depth profile/interview: life story, method, impact. 1200-1500 words.
Podcasts	<i>"What nobody teaches us about our emotions"</i>	Deep conversation: personal story, AIR method, guided exercise. 30-60 min.
Digital / Online	<i>"The Peruvian peace technique that made an impact at Essex"</i>	News article with data, photos, and video link (when available).
Book reviews	<i>"The Peace Within" endorsed by Anita Moorjani</i>	Book review + TEDx context as international validation.

CONTACT

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Clinical Hypnotherapist | Author | TEDx Speaker — University of Essex 2026

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LinkedIn:	SandraIozzelli
Book (English):	" The Peace Within Sandra Iozzelli "

For interview requests, high-resolution photos, or book copies, contact Sandra Iozzelli directly.