



Sandra Iozzelli

Author · Clinical hypnotherapist · Two-time TEDx speaker

5,000+ hours of experience working with the mind and emotions.

15,000+ memories whose emotional charge has been released through her AIR Technique.

Sandra Iozzelli is a London-trained clinical hypnotherapist, author, and two-time TEDx speaker specializing in emotions and inner peace. With more than 5,000 hours of experience, she has guided the release of the emotional charge held in over 15,000 memories through her AIR Technique (Acknowledge, Identify, Release), a simple and effective process that often works in just minutes.

Before dedicating herself to this work, Sandra built an international career in marketing. An unexpected personal turning point led her toward a new vocation and, later, to train as a clinical hypnotherapist. Along the way, she began exploring a radically different understanding of the mind, emotions, and their relationship to peace.

After asking whether it was possible to stop carrying the past without analysing it indefinitely, she discovered *A Course in Miracles*. Its teachings transformed her understanding of human experience and became naturally integrated into her work. From this exploration emerged the AIR Technique, which brings together practical emotional release and an accessible, deeply transformative spiritual perspective.

Having lived in Peru, the United States, South Korea, Spain, and Italy, Sandra brings a global perspective shaped by different cultures, spiritual traditions, and ways of understanding human behaviour and the universal desire for inner peace.

She is the author of *The Peace Within*, a practical guide to understanding the mind, releasing emotional burdens, and remembering the peace within. The book has been described as “both inspiring and practical, a must-read” by Anita Moorjani, New York Times bestselling author. Dr. Joe Vitale called it “fascinating, illuminating, and empowering,” while David Hoffmeister, a renowned *A Course in Miracles* teacher, praised it as “a new and miraculous way of looking at the world.”

In 2026, she brought her work to two TEDx stages. At TEDxUniversity of Essex in the United Kingdom, she delivered *What Nobody Teaches You About Your Emotions (And How to Find Peace)*, a talk that has surpassed 130,000 views on YouTube. At TEDxUTMACH in Ecuador, she presented *Cómo soltar el pasado que todavía cargas*, sharing the AIR Technique and showing how we can release emotional burdens without having to relive our stories.

Her work has been featured across television, radio, podcasts, and print media in Peru, Spain, and the United Kingdom. Her mission is to show that peace is not far away and that the path to it may be shorter than we think.

Media profile and resources

“The peace you seek is already within you. You just need a path to discover it.”

TEDx talks

TEDxUniversity of Essex · United Kingdom What Nobody Teaches You About Your Emotions (And How to Find Peace) Over 130,000 views on YouTube	<u>Watch the talk</u>
TEDxUTMACH · Ecuador Cómo soltar el pasado que todavía cargas Spanish-language talk on the AIR Technique and emotional release	2026

Books

The Peace Within

A practical guide to understanding the mind, releasing emotional burdens, and remembering the peace already within us. Available in Kindle and paperback editions.

La paz en tu interior

Spanish edition of *The Peace Within*. In Peru, *Aprende a vivir en paz* remains available while existing stock lasts.

[Book information](#)

Topics for interviews and collaborations

- What nobody teaches us about emotions and how to return to peace.
- How to let go of the past we still carry without having to relive it.
- Why understanding the origin of an emotion is not always enough to release it.
- How to stop reacting from fear, guilt, or anger.
- Why do we keep looking for peace where we will never find it?

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