



Sanne Theben Terville

As a devoted guide in the realms of yoga, meditation, and holistic healing therapy, Sanne weaves together practices that nurture body, mind, and soul. Rooted in Dutch origins and based in the serene coastal town of Olhão, Portugal, her journey has been guided by a deep calling since she was a child but came into bloom in 2012: to become an educator on the importance of inner peace, holistic balance and, above all, the transformative power of heart-centered practices. Grounded in silent attention, she allows space for true changes to arise.

With a natural softness that is both her essence and her strength, she creates spaces where healing unfolds naturally and authentically. Drawing from a rich tapestry of modalities, including soft flow yoga, massage therapy, Reiki, breathwork, mindfulness, coaching, and sound healing, she offers a deeply integrative approach to wellbeing, guided by the wisdom she receives from her spiritual guides.

Through her intuitive touch and soothing, angelic voice, she act as a guide on the path to acceptance, creating a space where you can be yourself and enter into valuable, loving connections. Each session becomes a sanctuary where you are seen, held, and encouraged to reconnect with your true self. Working primarily in one-on-one settings, she supports you in aligning with your inner wisdom and higher essence.

Her purpose is to share the wisdom she has lived, felt, and embodied. Inspired by years of exploration and experience, she seeks to guide others from the noise of the mind into the intelligence of the body, and from there, into a loving connection with the soul.

Speak with love, live from the heart.

