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I completed my university studies in economics at the University of Ljubljana in 1993. I got a job as a financier in the court computerization project office, which the World Bank financed.

In 1992, I encountered yoga in its original form, and since then, I have regularly visited India to upgrade my knowledge of yoga. I wanted to connect the knowledge that was beginning to unfold with the foundations of our cultural tradition. I became a licensed international yoga teacher (Vienna, 2005).

I studied preschool education simultaneously at the University of Ljubljana and completed it in 1996. I then worked as a preschool teacher for two years. After that, I returned to working as an economist, but I still wished to work with people searching for meaning...

I returned to the university, where I finished my postgraduate studies in psychotherapy: Relational Family Therapy in 2008. I have worked as a psychotherapist ever since and became a Registered Psychotherapist in 2013. I worked at the Institute of Marital and Family Therapy for a few years and now work in my private practice.

In 2013, I encountered Focusing, which gradually became the essence of listening to, sitting, and processing with people. In 2020, I also finished my PhD with the title Meaning and Effects of the Focusing Process in Context of the Relational Family Therapy.

In 2019, I completed training in supervision in psychotherapy at the Faculty of Psychotherapeutic Science of the Sigmund Freud University in Ljubljana.

After becoming a Focusing Practitioner and later a Focusing Trainer in 2015 with Luisa Toriggia, I continued to learn about Children Focusing with René Veugelers. I became a Children Focusing Trainer in 2020. At the same time, I completed studies of FOT with Jeffrey Morrison, who was my main mentor on my path to becoming a Certified Focusing Coordinator with TIFI in 2020.

I mainly work with adults and teenagers, provide supervision, and teach Focusing to the general public and professionals. I have given many lectures at psychotherapy and medical congresses and led workshops and therapy groups on various topics (parenting, self-value, working with parents of hard-addiction drug addicts, supervision for health workers, ...). I have also written two scientific articles on Focusing and Relational Family Therapy and several professional articles, had a few magazine interviews, and was a regular guest on monthly shows on Radio Kranj.

I can conclude that Focusing and Yoga have merged into how I live.