

BOLD JOURNEY



We were lucky to catch up with Roberto Milletti recently and have shared our conversation below.

Roberto, thanks so much for taking the time to share your insights and lessons with us today. We're particularly interested in hearing about how you became such a resilient person. Where do you get your resilience from?

An Odaka Yoga Perspective

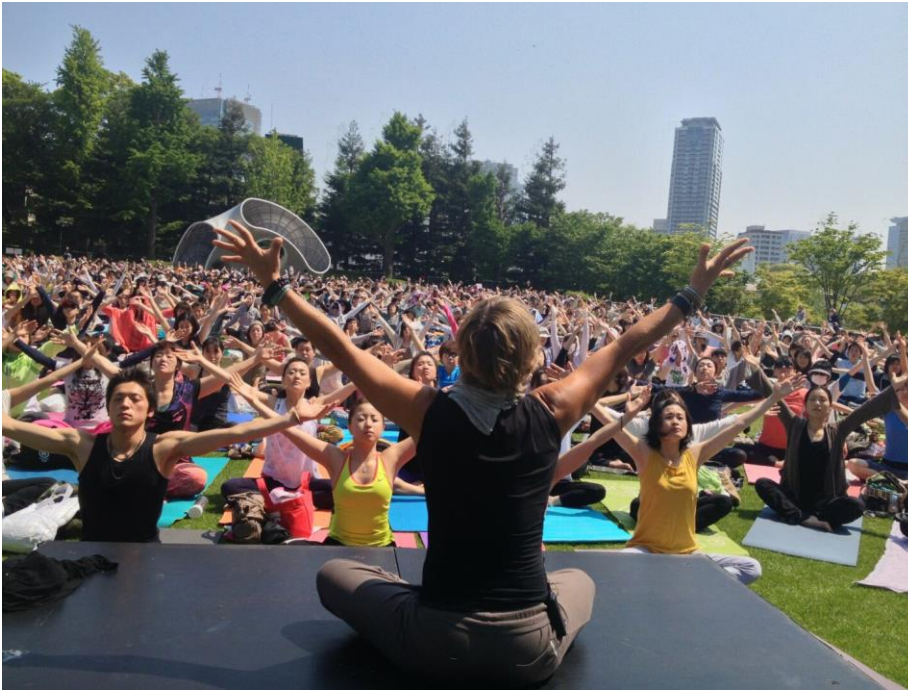
Resilience, in the philosophy of Odaka Yoga, flows from the deep harmony between mind, body, and spirit. Like the ocean's waves, ever-moving yet steady in their rhythm, we draw resilience from our ability to adapt, transform, and flow through life's challenges. This strength doesn't come from resisting life's storms but from embracing their energy, learning to bend without breaking. At the heart of Odaka Yoga lies the concept of **liquid body**, which mirrors the ocean's fluidity. Our movements imitate the ebb and flow of water, teaching us that rigidity leads to fracture while flexibility fosters resilience. By embodying this principle, we cultivate an inner strength that allows us to remain centered amidst chaos.

Centeredness is another source of resilience. Through practices that ground us in the present moment, we connect to our inner stability, anchoring ourselves amidst the waves of change. Centeredness becomes a bridge, guiding us from reactivity to mindfulness. When life feels overwhelming, returning to our center reminds us to pause, recalibrate, and move forward with clarity.

Resilience also stems from the spaces we create within. In Odaka Yoga, the pauses between movements, the stillness within transitions, and the quiet moments of reflection are where transformation happens. These spaces allow us to process, heal, and rediscover our strength.

The community and support of the Odaka Yoga tribe further nourish our resilience. Shared energy and collective practice remind us that we are never alone in our journey. The wisdom of the ocean, the embrace of fluidity, and the unity of centeredness and movement guide us back to our essence, where true resilience resides.

In every wave, a lesson; in every flow, a rediscovery of our infinite capacity to rise again.



Great, so let's take a few minutes and cover your story. What should folks know about you and what you do?

Discovering the Heart of Odaka Yoga

At Odaka Yoga, we live by the philosophy that life is like a wave—ever-changing, dynamic, and full of potential. Our practice embodies this essence, blending martial arts, Zen philosophy, and yoga to create a unique flow that is both grounding and liberating. It's not just a yoga style; it's a way of being, a call to embrace fluidity, resilience, and inner peace in the face of life's ebbs and flows.

What makes Odaka Yoga so special is its transformative nature. Through the principle of the "liquid body", we invite practitioners to move like water, dissolving rigidity and cultivating a state of ease and adaptability. This approach allows the body and mind to release tension, fostering a deeper connection with oneself. It's not about achieving perfection but discovering your personal flow and the power of presence.

Our mission is to help each person unlock and develop their full potential. Whether on the mat or in life, Odaka Yoga provides tools to cultivate self-awareness, resilience, and creativity. By aligning body, mind, and spirit, we guide individuals to embrace their unique strengths and flourish in their personal and professional lives.

What's New and Exciting?

We are thrilled to announce upcoming expansions and events that continue to share the essence of Odaka Yoga globally. Francesca is preparing for new teacher training courses, including a focus on "fascial flow" and emotional release, integrating the chakras into the practice in meaningful ways. This training represents an evolution of our teachings, designed to inspire the next generation of instructors while deepening their understanding of the body-mind connection.

Roberto continues to lead sessions of "Zen Warrior", an empowering practice that blends strength, grace, and mindfulness. This discipline is a testament to the courage and serenity we cultivate on and off the mat, embodying the spirit of the modern-day warrior who thrives in balance and harmony.

Odaka Yoga is not just about movement; it's about transformation. It's about breaking free from the constraints of fear and self-doubt, finding your rhythm, and flowing effortlessly with life. Whether you're stepping onto the mat for the first time or seeking to deepen your practice, we invite you to join us in this journey of self-discovery.

Remember, life will always bring waves, but with Odaka Yoga, you'll learn not only to ride them but to dance with them. Together, we can help you uncover the vast potential that lies within you and support your journey to a more fulfilling and authentic life.



If you had to pick three qualities that are most important to develop, which three would you say matter most?

As we reflect on our individual journeys, we both recognize that there have been key qualities, skills, and areas of knowledge that were instrumental in shaping who we are today. These elements not only fueled our growth as yoga teachers and practitioners but also helped us navigate the challenges and triumphs along the way.

1. Self-awareness and Inner Reflection

Francesca: For me, the ability to understand myself, my emotions, and my limits has been a cornerstone in my journey. Having come from a past of anorexia, yoga became a transformative tool that helped me reconnect with my body, cultivating self-love and healing through each practice. Yoga taught me how to evolve—not only physically, but emotionally and mentally as well. Today, I collaborate with institutions focused on eating disorders, combining yoga with therapeutic practices to support others in their journey toward healing. This self-awareness is not just about looking inward, but also about understanding the external world and how to find balance.

Roberto: I couldn't agree more. In my experience, cultivating self-awareness was critical—not just for understanding myself, but for connecting with my students. The ability to recognize my own patterns and triggers has helped me teach with compassion and authenticity. It also allowed me to integrate various practices into my teaching, knowing when to push and when to hold space for someone's vulnerability.

For those early in their journey, I would encourage you to spend time in introspection. Journaling, meditation, and mindful practices can help you develop a deeper understanding of your inner landscape. The more you know yourself, the more authentically you can show up for others.

2. Flexibility and Adaptability

Francesca: Flexibility, both physically and mentally, has been crucial in my evolution as a teacher and a practitioner. As a yoga teacher, it's important to meet each student where they are and adapt the practice accordingly. Whether it's adjusting the flow or adapting to new insights, flexibility allows us to remain grounded while embracing change. This is particularly true in Odaka Yoga, where we encourage practitioners to move like water—fluid and responsive to the moment.

Roberto: I think flexibility is one of the qualities that distinguishes great teachers. It's not just about physical postures but about adapting to unexpected challenges. Whether it's a shift in the energy of the room, a personal challenge, or new opportunities, being adaptable has allowed me to evolve in my teachings and life in general. The more we can roll with the changes that life brings, the more resilient and effective we become. Flexibility doesn't mean being passive—it means being proactive and adapting when the situation calls for it. The more adaptable you are, the more opportunities will open up to you.

3. Zen Warrior Attitude

Francesca: Understanding how to cultivate a Zen Warrior attitude—staying grounded yet strong, present yet flexible—has been transformative in my practice. As a teacher, this attitude helps me approach each class with clarity and calmness. It's not about rigid control, but about finding peace in the face of challenge. This attitude of inner strength and awareness has allowed me to guide others through their own personal challenges and help them develop resilience. It's this balance that keeps us centered and empowered, no matter what life throws at us.

Roberto: The Zen Warrior attitude has been central to my journey. It is about maintaining inner strength while facing the challenges of life and teaching with integrity. The warrior embodies courage and peace in equal measure. It's a mindset that allows me to lead from a place of calm, while also inspiring others to tap into their own personal strength. This attitude goes beyond the mat—it's about how we approach life with both determination and mindfulness. For beginners, I would suggest cultivating a mindset that embraces challenge with a sense of calm and purpose. The Zen Warrior attitude encourages us to face difficulties with resilience and peace. Stay focused, but remain open to the lessons that come from every experience. The more you embody this attitude, the more power you will find in your practice and in life.

Francesca: As we continue to grow in our practice, we are constantly reminded of the importance of patience and trust in the process. Every step, no matter how small, is part of the bigger picture. The journey is never linear, and that's the beauty of it. Stay curious, stay open, and keep practicing with passion.

Roberto: And remember, the path is as important as the destination. Take the time to enjoy each moment, and don't be afraid to embrace challenges. They are opportunities for growth. No matter where you are in your journey, always keep moving forward with faith in yourself.

Our advice to those just starting their journey? Cultivate self-awareness, remain adaptable, and embrace a Zen Warrior attitude. These foundations will carry you through any challenge and help you grow both as a practitioner and as a teacher.



One of our goals is to help like-minded folks with similar goals connect and so before we go we want to ask if you are looking to partner or collab with others - and if so, what would make the ideal collaborator or partner?

We believe that collaboration is the key to growth—both on and off the mat. We are always looking for like-minded individuals who share our values of unity, mindfulness, and mutual support. Collaboration, not competition, is the spirit we embrace, and we seek partners who are passionate about sharing knowledge, fostering wellness, and empowering others to unlock their fullest potential.

We are particularly interested in collaborating with yoga teachers, martial artists, and Zen practitioners who resonate with our philosophy of fluidity, strength, and inner peace. Whether you're

a teacher or a practitioner, we are open to working with those who understand the importance of balance between body and mind, and who value a holistic, compassionate approach to teaching and learning.

If you are someone who embodies the spirit of a Zen Warrior—calm, centered, and resilient—and believe in the power of collaboration to elevate both your practice and your community, we would love to connect with you. We are excited about building partnerships that can inspire others and create opportunities for growth and transformation.

If you're interested in collaborating, we invite you to reach out to us directly. Whether through workshops, events, teacher training, or any other projects, let's explore how we can work together to make a positive impact. Please feel free to get in touch with us through our website or social media channels, and let's start a conversation. We look forward to hearing from you and creating something meaningful together.

Contact Info:

- **Website:** <https://www.odakayoga.com>
- **Instagram:** odakayoga
- **Facebook:** odaka yoga





Image Credits

none

[Suggest a Story](#): BoldJourney is built on recommendations from the community; it's how we uncover hidden gems, so if you or someone you know deserves recognition please let us know [here](#).

BOLDJOURNEY

Copyright

© 2025 Bold Journey. All rights reserved.