Eszter Papp

Wellbeing practitioner

An **internationally certified Forest Bathing Therapist** with ten years of experience in nature connection guiding, she is dedicated to fostering **mental and body awareness** and promoting a **balanced lifestyle**.

Her leadership and organizational skills were honed over five years as a manager and teaching assistant at the Department of Anatomy at Eötvös Loránd University. Her deep passion for nature led her to pursue degrees as both a photographer and a zookeeper.

A mother of three school-aged children, she strongly believes in the balance of body and mind. Her perseverance shines through in her strong presence in sports, highlighted by her participation in the World Tap Dance Championship and her fifth-place finish at the International Tahitian Dance Championship in 2024. Ultimately, she is dedicated to empowering individuals to achieve greater well-being.

Contact Information:

Eszter Pap

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Chester, UK

01.10.1986	Born in Budapest	
2001-2005	Highschool	Orsolya Rendi Szent Angéla Általános Iskola és Gimnázium
	Graduated	biology (advanced), chemistry, math, history, literature
	Languages	English (intermediate language exam 2004) German (basic undertanding)
2001-2011	Regnum Marianum Scout Group	Leading different age groups organising events and camps
2005-2010	Eötvös Loránd University	Biology and Environmental Science Teacher (Studies, not graduated)
2006	IDO World Tap Dance Championship, Riesa	Large formation
2008-2010	University of Szeged	Zookeeper (Degree-Granting Course)
2010-2012	Ring Budapest	Photography (Degree-Granting Course)
2011-2015	Budapest	Tahitian dance class intructor
2015	Berlin, Germany	Level 2 Tahitian Dance Teacher Training
2015-2025	Chester, UK	Stay at home mum, home maker
2024-2025	Internatinal Forest Bathing HUB	Forest Bathing Guide certificate
		Forest Bating Therapist certificate
2024-		Tahitian dance instructor
2024-	Chester	Set up own business: Eszter Papp – Wellbeing in Nature