



S/Y MINDFULNESS

CREW PROFILES

JULY 2025





Enea Colasanti

CAPTAIN

NATIONALITY

Italian

LANGUAGES

Italian, Spanish, English

Enea Colasanti is the captain of S/Y MINDFULNESS. Over the years, he gained extensive experience in the charter and competitive sailing industry. He has been sailing since a young age, driven by a deep passion for the sea that has accompanied him throughout every stage of his personal and professional journey.

He began as a deckhand and racing sailor, and for the past six years, he has served as captain on sailing yachts, managing cruises for private owners and charters in various areas of the Mediterranean. He has developed strong skills in yacht handling, crew management, and guest hospitality, always ensuring safety, comfort, and a memorable sailing experience. He has also worked as a sailing instructor since young and actively participate in regattas, further honing his technical skills and deepening his knowledge of sailing yachts.

He takes great pride in attention to detail, aiming to provide a professional and reliable service to those who wish to experience the sea in an authentic and engaging way.



Carolina Ludica

CHEF/STEW

NATIONALITY

Italian

LANGUAGES

Italian, Spanish, English

Carolina is an Italian chef/stewardess from a coastal town near Rome, where she first discovered her love of sailing through local regattas and time spent aboard private yachts. Fluent in Italian, English, and Spanish, she holds a degree from the European University of Rome and has previously worked as a stewardess.

Carolina enjoys the rhythm of life on board and the chance to connect with people from around the world. Among her favourite cruising grounds are Greece, the Aeolian Islands, and Sardinia, where the blend of scenery, culture, and sailing conditions offers something new with every passage.





Matteo Di Francescantonio

DECKHAND

NATIONALITY

Italian

LANGUAGES

Italian, English

Matteo Di Francescantonio is an Italian deckhand with a strong background in sailing and a passion for the sea. Originally from Rome, he began working on yachts at a young age, gaining early experience during his summers before transitioning into a full-time maritime career. Since then, he has worked on a range of sailing yachts, including Farr 72, Swan 56, and Farr 60.

Matteo is particularly drawn to the travel aspect of his role and enjoys exploring quieter, less frequented destinations.

Matteo brings a calm, reliable presence to the deck team and is known for his professionalism, adaptability, and readiness to take on new challenges.





**We look forward
to welcoming you
onboard.**



Advertising of this vessel in either printed publications, on the internet, or in any other medium is not permitted without prior written permission from the Owner or the Charter Central Agent. All particulars are believed to be correct but cannot be guaranteed.