

A woman in a white, flowing dress is captured in a dynamic dance pose, with her arms raised and hands clasped. Her long hair is blowing in the wind. The background is a soft, golden sunset sky, with the dark silhouettes of palm trees on the left and a dark horizon line. The overall mood is one of freedom and joy.

She Who Remembers

A 4 - Month Somatic Journey of Returning to the Body,
Reclaiming the Self & Rising in Authentic Power

There comes a moment when the life you've built no longer feels like home.

When the roles you've mastered, the capable one, the good one, the strong one, begin to feel too small for who you're becoming.

You might feel stuck, restless, disconnected...
Doing everything "right," yet quietly wondering: Is this really it?

This is your invitation to remember.

She Who Remembers is a four-month, deeply embodied journey through the elements — Earth, Water, Fire, and Air — designed for women who are ready to stop pushing and start listening.
To the body.

To the emotions you learned to hold back.
To the truth you've been living around, rather than inside.
Through somatic practice, nervous system support, ritual, and guided inquiry, you'll reconnect with your body's wisdom, reclaim your voice, and rediscover what feels meaningful, alive, and true.

This is not about becoming someone new.
It's about remembering the woman who was always there.

Explore the journey of She Who Remembers.

PHASE ONE — EARTH ROOT & RECONNECT

Reconnecting to the Body & Cultivating Inner Safety
Everything begins with the root.

Before you can rise, you must remember what it means to feel held — by your body, by the Earth, by life itself.

In this phase, you'll ground into somatic safety and rebuild the trust that allows true transformation.

What we will journey through:

Coming Home to the Body

Learn foundational somatic tools to anchor awareness and safety. Begin to feel, rather than think, your way home.

Mapping the Nervous System

Explore your body's unique language of stress and safety. Learn your cues, patterns, and pathways to regulation.

Pendulation & Titration

Build capacity by gently moving between comfort and challenge. Process emotion in micro-moments to cultivate resilience, rest, and trust.

Earth teaches: stillness, grounding, containment, and belonging.

PHASE TWO — WATER

FEEL & FLOW

Once rooted, the river begins to move.

This is the season of softening — where emotion becomes the doorway to aliveness.

In this phase, you'll unlearn the patterns that kept you small. Through embodied inquiry, relational practice, and ritual, you'll meet the parts of you that long to be felt, seen, and loved back into wholeness.

What we will journey through:

Patterns & Beliefs

Discover how conditioning lives in your body. Somaticly explore the stories that shaped you — and release what no longer serves.

Authenticity & Safety

Revisit early memories of when you silenced truth for belonging. Meet your younger self with tenderness and permission.

Voice & Expression

Reclaim your voice through sound, movement, and connection. Transform reactivity into self-awareness and compassion.

Water teaches: emotion, surrender, relational attunement, and honesty.



PHASE THREE — FIRE

RECLAIM & REMEMBER

Here, the flame returns.

This is where you step into your becoming — reclaiming the parts of you that were hidden, silenced, or forgotten.

Fire burns away illusion and forges truth. Through shadow work, embodied power, and creative alchemy, you'll rise into authenticity not from force, but from embodiment.

Meeting the Shadow

Integrate the hidden and repressed aspects of yourself. Transform shame into strength and reclaim your full spectrum.

Desires & Reclaiming What You Want

Reconnect with the longings you learned to silence.

Through the body, you'll explore what ignites you, what pulls you forward, and what brings you alive.

Dream Visioning & Imagining What's Possible

Allow yourself to envision a life that feels nourishing, spacious, and aligned. Not from striving or fantasy, but from embodied resonance.

Fire teaches: courage, transformation, creative power, and embodiment.

PHASE FOUR — AIR

RETURN & REMEMBER

After the fire, comes the breath.

This final phase is a return — to clarity, to perspective, to the rhythm of your own truth.

Air invites you to lift gently above the terrain you've travelled, to see your life with new eyes, and to move forward with intention rather than effort.

What we will journey through:

Living Your Medicine

Bring your gifts, truth, and essence into the world in ways that feel nourishing rather than draining. Discover how your lived experience becomes your offering.

Practical Aligned Action

Translate insight into reality. Create clear, body-led structures and rituals that protect your energy and support your values.

Embodying She Who Remembers

Anchor the woman you've become. Walk forward with self-trust, clarity. Remembering who you are even as life changes around you.

Air teaches perspective, integration, discernment, and the power of living in quiet, embodied truth.

By the End of This Journey, You Will...

- Feel more at home in your body — able to sense, trust, and respond to what it's communicating.
- Experience greater emotional clarity, resilience, and regulation.
- Recognise and release patterns of self-abandonment, over-giving, and self-silencing.
- Feel more connected to your desires, boundaries, and full-body yes and no.
- Access a deeper sense of purpose that comes from within.
- Express yourself with more honesty, confidence, and ease.
- Make decisions from alignment rather than fear.
- Feel more alive, grounded, and present in your daily life.
- Carry practical tools to support yourself through challenge, transition, and change.
- Walk forward feeling rooted in who you are.

Investment & Exchange

Investment: £1,250
(payment plans available)

Exchange:

8 x 90 Minute Personalised & Structured 1:1 Sessions

A 70+ Page Workbook with Somatic Practices, Rituals,
Journal Prompts & Aligned Action Practices
to Support your Intergration

Ongoing 1:1 Whatsapp Support

1 x Additional Intergration Session

SHE WHO REMEMBERS Is For You If...

- You sense there is more to discover in who you truly are
- You're ready for deeper alignment but don't want force or overwhelm
- You're craving groundedness, clarity, and inner trust
- You want to feel at home in your body again
- You long for a life that feels meaningful, soulful, and true
- You feel a gentle pull toward remembering the deeper you

SHE WHO REMEMBER Is Not For You If...

- Want quick fixes, motivational hype, or mindset-only coaching
- Prefer surface-level tools over deep inner work
- Want someone else to tell them what to do instead of discovering their own truth
- Aren't ready to commit to consistent self-reflection and embodied practice