



A DEEPER YOU. A KINDER WORLD.

HEAL THE
HEALER

SOMATIC DECODING™

BODY
BREATH
NATURE
INSIGHT
INTEGRATION
YOU

DIAMOND JOURNEY

9 WEEKS · A LIFE-CHANGING RETREAT EXPERIENCE

PREPARE · EXPERIENCE · INTEGRATE · EXPAND

*When you heal yourself,
you inspire healing
in the world.* ♥

PEOPLE
PLACES
PRACTICES
POSSIBILITY



WENGEN
SWITZERLAND
9 – 16 SEPT 2027

*Same mountains.
A deeper you.* ♥

WEEKS 1 – 4

PREPARE & ACTIVATE

ONLINE · MEMBERS SPACE · LIVE SESSIONS

*Build the foundation.
Awaken your potential.*

WEEK 1
AWAKEN



- Welcome & Orientation
- Setting your Intention
- Introduction to Somatic Decoding™
- Nervous System Basics
- Daily Practices
- Live Group Call 1



*Gommed.
Commit.
Begin.*

WEEK 2
EXPLORE



- Somatic Tools & Practices
- Emotions in the Body
- Patterns & Protective Strategies
- Relationships & Energy
- Journaling & Reflection
- Live Group Call 2



*Notice.
Feel.
Understand.*

WEEK 3
EXPAND



- Self-Compassion
- Boundaries & Inner Safety
- Nature as a Teacher
- Your Unique Medicine
- Practices for Presence
- Live Group Call 3



*Expand.
Align.
Prepare.*

WEEK 4
INTEGRATE & INTEND



- Creating Your Personal Focus
- Integration of Learnings
- Practical Preparation for Wengen
- Q&A and Sharing
- Travel & Arrival Guidance



*Clarify.
Set.
Step in.*

WEEK 5 · WENGEN IMMERSION

9 – 16 SEPTEMBER 2027 · SWITZERLAND

*Experience.
Embodiment.
Transformation.*

THU
9 SEPT



- Arrival & Check-in
- Settle in
- Welcome Circle
- Opening Ceremony
- Dinner together



*You have
arrived.*

FRI
10 SEPT



- Breath & Movement
- Nature Connection
- Body Mapping I
- Somatic Decoding™ Foundations
- Integration & Free Time
- Dinner



*Root into
your body.*

SAT
11 SEPT



- Morning Practice
- Body Mapping II
- Group Process
- **Early Dinner 18:00**
- **Floating 20:15 – 21:15**
- **Sauna Ritual 21:30**
- **Fire Ceremony 22:00**



Let it move.

SUN
12 SEPT



- What Lives Beneath
- Grounding & Breath
- Patterns & Protective Strategies
- Somatic Decoding™
- Group Process
- Nature / Rest
- Sharing Circle
- Dinner



*See with
compassion.*

MON
13 SEPT



- Integrate & Open
- Breath & Spinal Awareness
- Somatic Reorientation
- Integration Time
- Free Afternoon
- Dinner



*Carry it
home.*

TUE – THU · 14 – 16 SEPTEMBER

YOUR PERSONAL EXPANSION · 1:1 SESSIONS & STELLAR GATEWAYS

TUE · 14 SEPT



- 1:1 Session
- Stellar Projection & Gate Exploration
- Personal Guidance
- Rest & Integration

WED · 15 SEPT



- 1:1 Session
- Stellar Projection & Gate Exploration
- Personal Guidance
- Rest & Integration

THU · 16 SEPT



- 1:1 Closing Session
- Integration & Next Steps
- Embodiment Practice
- Departure (or extension)



WEEKS 6 – 9

INTEGRATE & RISE

ONLINE · MEMBERS SPACE · LIVE SESSIONS

*Take it home.
Live the change.*

WEEK 6
REFLECT



- Integration Practices
- Processing Your Wengen Experience
- Nervous System Regulation
- Embodiment in Daily Life
- Live Group Call 5



*Reflect.
Stabilize.
Ground.*

WEEK 7
EMBODY

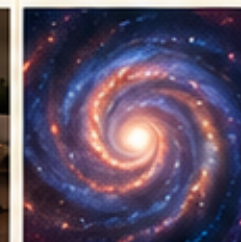


- New Patterns in Practice
- Supporting Your System
- Relationships & Boundaries
- Bringing Insight into Action
- Community Sharing



*Practice.
Live.
Expand.*

WEEK 8
ANTARES CODE



- The Antares Code Activation
- Deep Somatic Process
- Higher Insight & Alignment
- Integration in Daily Life
- Journaling & Reflection



*Activate.
Align.
Remember.*

WEEK 9
CONTINUE



- Long-term Integration
- Creating Your Next Chapter
- Closing Group Call 6
- **Ongoing Access to Members Space (1 month)**
- Celebration & Completion



*Integrate.
Expand.
You are the change.*



MEMBERS SPACE

Your online home before, during and after Wengen.
Practices · Resources · Community · Support
(1 month access in Weeks 6–9)



6 LIVE GROUP CALLS

Weeks 1 – 4: Weekly (Preparation)
Weeks 6 – 9: Two calls (Integration)



3 × 1:1 SESSIONS (14 – 16 SEPT)

Stellar Projections · Gate Exploration
Personal Guidance · Integration



DAILY PRACTICES

Somatic · Breath · Movement
Journaling · Nature · Integration



WENGEN, SWITZERLAND

9 – 16 SEPTEMBER 2027
Hotel Schöneegg
In the heart of the Alps

*Transformation
lives in integration.* ♥



WENGEN
SWITZERLAND

MOVEMENT · NATURE · SOMATIC DECODING™ · COMMUNITY · ACTIVATIONS · TRANSFORMATION

HEAL THE HEALER
A DEEPER YOU.
A KINDER WORLD. ♥