HEAL THE HEALER
SOMATIC DECODING™

BODY
BREATH
NATURE
INSIGHT
INTEGRATION
YOU

A DEEPER YOU. A KINDER WORLD.

GOLD JOURNEY

9 WEEKS · A TRANSFORMATIVE RETREAT EXPERIENCE

PREPARE · EXPERIENCE · INTEGRATE

When you heal yourself, you inspire healing in the world. ♡

PEOPLE
PLACES
PRACTICES
POSSIBILITY

♡

WENGEN
SWITZERLAND
9 – 13 SEPT 2027

Same mountains. A new you. ♡

WEEKS 1 – 4
PREPARE
ONLINE · MEMBERS SPACE

Lay the foundation. Open. Explore. Get ready.

WEEK 1 — AWAKEN



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

Ground. Commit. Begin.

WEEK 2 — EXPLORE



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

Notice. Feel. Understand.

WEEK 3 — CONNECT



- Self-Compassion
- Boundaries & Energy
- Relationships & Nervous System
- Nature as a Teacher
- 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
- Closing Circle (online)

Clarify. Set. Step in.

WEEK 5
WENGEN IMMERSION
9 – 13 SEPTEMBER 2027

Experience. Integrate. Carry it home.

THU 9 SEPT — ARRIVE
ENTER THE SPACE



- From 15:00
- Arrival & Check-in
- Settle in
- Free time
- Dinner together
- Opening Gathering
  Welcome · Intention
  Group connection

You have arrived.

FRI 10 SEPT — LAND
ARRIVE IN THE BODY



- Breath & Movement
- Nature Connection
- Body Mapping I – Where am I now?
- Somatic Decoding™ Foundations
- Integration & Free Time
- Dinner
- **ACTIVATION I with Therese**
  Opening · Receiving

Root into your body.

SAT 11 SEPT — LISTEN
THE ENTRY POINT



- Somatic Practice
- Body Mapping II
- Somatic Decoding™ Group Process
- Integration & Free Time
- Early Dinner

20:15 – 21:15 FLOATING
21:30 – 21:45 SAUNA RITUAL
22:00 FIRE CEREMONY

Water · Heat · Fire
A ritual of release

Let it move.

SUN 12 SEPT — DECODE
WHAT LIVES BENEATH



- Grounding & Breath
- Patterns & Protective Strategies
- Somatic Decoding™ Group Process
- Nature / Rest / Integration
- Boundaries · Receiving
- Responsibility · Voice
- Dinner
- Sharing Circle

See with compassion.

MON 13 SEPT — EMBODY
INTEGRATE & COMPLETE



- Breath & Spinal Awareness
- Body Mapping III – What has shifted?
- Somatic Reorientation
- Integration Time
- **ACTIVATION II with Therese**
  Embodiment · Integration
- Free Time / Journaling
- Dinner
- **CLOSING CIRCLE**
  Witness · Honour · Integrate
  The Wengen chapter closes. The integration journey begins.

Carry it home.

WEEKS 6 – 9
INTEGRATE
ONLINE · MEMBERS SPACE

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 1

Reflect. Stabilise. Ground.

WEEK 7 — EMBODY
- New Patterns in Practice
- Supporting Your System
- Relationships & Boundaries
- Bringing Insight into Action
- Community Sharing

Practice. Live. Expand.

WEEK 8 — ALIGN
- Clarity & Next Steps
- Purpose & Contribution
- Integration in Daily Life
- Journaling & Reflection

Integrate. Align. Evolve.

WEEK 9 — CONTINUE
- Long-term Integration
- Creating Your Next Chapter
- Closing Group Call 2
- Celebration & Completion

Carry it forward. You are the change.

MEMBERS SPACE
Your online home before, during and after Wengen.
Practices · Resources · Community · Support

5 LIVE GROUP CALLS
Weeks 1 – 4: Weekly (Preparation)
Weeks 6 – 9: Two calls (Integration)

DAILY PRACTICES
Somatic · Breath · Movement
Journaling · Nature · Integration

WENGEN, SWITZERLAND
9 – 13 SEPTEMBER 2027
In the heart of the Alps

Transformation lives in integration. ♡

WENGEN
SWITZERLAND

MOVEMENT · NATURE · SOMATIC DECODING™ · COMMUNITY · TRANSFORMATION

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