

Embodying Consciousness

A transformative journey for women and men

February –November 2026

There is a divine pulse that longs to be lived, not in concept or ideal, but in the body, in the breath, in the friction and flow of human relationship.

This course is an invitation to cross the threshold between the unseen and the seen, to bring spirit into form, consciousness into action, and longing into embodied presence.

Over a series of elemental weekends, we will enter the alchemy of incarnation, not as an escape from life, but as a deep dive into it.

We will meet the ancient dance between opposites, love and will, masculine and feminine, structure and fluidity, not to resolve them, but to relate through them, to discover the wisdom within polarity.

Together, as women and men, we walk the edge of the old paradigms, unravel the inherited programs that have divided us, and step into a new relational field. One of presence, creativity, and sacred responsibility.

Beloved,

Do you feel it? The quiet knowing in your belly. The chest that aches when you stay too quiet. The part of you that longs for more than holding it ALL together. The wild, wise, and wondrous.

Untamed is a journey back to that part, a journey of remembrance, not rebellion or resentment, but through embodied love, freedom, and unapologetic presence.

This is for you (women and men) who feel...

- Tired of being “too much” or “not enough”.
- Disconnected from your body, intuition, and sense of purpose.
- Like you've disappeared in the many roles and responsibilities you carry.

Ready to move, breathe, and lead in full alignment with your essence - untamed.

You will walk away braver in your love, louder in your joy, clearer in your “no”.

The Path We Walk

Over 5 weekend immersions (dates to be confirmed), we gather to:

1.  The Mother/Father – Learn to self-care and hold your core wound with fierce compassion.
2.  The Warrior – Reclaim your fire and set boundaries from love.
3.  The Lover – Awaken sensuality, softness, and emotional intimacy.

4. 🌙 The Shaman – Tune into your intuitive and ancestral rhythm.
5. ✨ The Essence – Anchor into the mystery at the core of your being. The part that cannot be named - but is always felt.

When We Gather;

27th February to 1st March 2026

15th to 17th May

17th to 19th July

9th to 11th October

27th to 29th November

Where We Gather

We meet in a group of max 14 women and man at Casa del Arte, a private space crafted for depth, safety, and restoration.



Located near Barcelona, overlooking the Mediterranean Sea with the Catalan forest as backdrop.

Soul Sanctuary.

<https://maps.app.goo.gl/JF7nUm55sWs5DJkN8>

Pricing

- One weekend: 450 EUR
- Full journey (all weekends): 2000 EUR
- Each weekend includes:
 - Food, accommodation, and facilitation
 - Pre-journey preparation and post-journey integration

Next steps

If you feel the the body whispering, “yes”:

👉 *We are now accepting interest registrations*

1. Click **here** to complete the interest form (not a commitment, but a gentle place to connect, ask questions, and feel if this path is right for you)
2. Once I've received your form, I'll confirm your interest via email (and if you selected the "call" option, I'll reach out for a call).

3. You will receive an email as soon as the dates are confirmed with follow up details and payment options.

This is your invitation to come home. To a rhythm that is yours alone. To the version that leads, loves, and lives untamed. With softness,
Elisabeth