BREATHE LIFE INTO YOU

Embodied Self

Women's Somatic Breathwork Retreat · Retreat Programme

19–23 APRIL 2027 · ESTRELA SERENITY, SERRA DA ESTRELA, PORTUGAL

DAY 01
The Mother

DAY 02
The Maiden

DAY 03
The Wild Woman

DAY 04
The Queen

DAY 05
The Sage

A 5-day journey into self-discovery, feminine embodiment and the shift from surviving to thriving.

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Rooted in Somatic Therapy, Depth Psychology and Interpersonal Neurobiology

Embodied Self is **a therapeutic process**. Every session follows a clear structure: a theme is introduced with its psychological background, explored through a body-based practice, and integrated through reflection.

We work in two directions: **bottom-up**, through the body and the nervous system, and **top-down**, through awareness, language and meaning. This is how **change becomes embodied**, on a physical, emotional and mental level.

The nervous system develops in relationship, and the group offers a chance for **relational healing**.

The practices

Breath

Therapeutic breathwork	Structured breathing techniques that shift the state of the nervous system, allowing held tension and emotional charge to be processed and released, and giving access to implicit memory stored in the body.
Conscious breathing	Specific breathing patterns to calm or activate the nervous system, used throughout the day for regulation.
Somatic sound	The use of the voice and its vibration as a body-based tool for emotional release and for strengthening vagal tone, the nervous system's capacity to return to calm after stress.

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Body

Bioenergetics and self-de-armouring	Exercises that release chronic muscular tension, the body's "armour", and teach you how to de-armour yourself.
Hands-on bodywork	Therapeutic touch that supports release and regulation, always offered with your consent.
Somatic processing	Gently tracking sensation in the body, so stress and held survival responses can complete and settle, at a pace the nervous system can hold.
Somatic movement	Slow, mindful movement that reconnects sensation, emotion and movement.
Active meditation	Movement, shaking or rhythmic activation followed by stillness, to discharge stress and return to regulation.
Somatic meditation	Focused attention on inner body sensation (interoception), building the capacity to stay present with what you feel.
Embodied yoga	Morning yoga that brings each day's theme into the body, such as boundaries or inner authority.

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Psyche

Parts work and Gestalt	Experiential dialogue with different parts of the self, so inner conflicts can be seen, expressed and integrated.
Shadow work and body–mind mapping	Exploring the parts of yourself that were hidden or rejected, and how these patterns show up in your body and your life.
Archetypal imagery	Guided imagery in an inward-focused state, based on Jung's active imagination, giving form to unconscious material so it can be understood and integrated.
Conscious conversation	Each new theme opens with psychological context, followed by journaling, a guided practice and sharing in the circle.

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MONDAY, 19TH APRIL

DAY 1

The Mother Archetype

SAFETY, BELONGING, NOURISHMENT, INNER FEMININE HEALING

15:30–16:30 Welcome & Nourish
Arrival & Check-in – Welcome snacks

16:30–17:30 Orientation
Retreat Framework – Introduction to archetypes, somatic work and breathwork

17:45–18:15 Groundwork
The Four Pillars of Safety – Groundwork for nervous system regulation – physical, emotional, sexual and spiritual safety

18:30–19:30 Healing & Wholeness
The Mother Within: Embodied Feminine and Safety – Somatic session & therapeutic breathwork: a deep breathwork journey to access the unconscious and integrate transformation

20:00–21:00 Nourish
Dinner

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TUESDAY, 20TH APRIL

DAY 2

The Maiden Archetype

CURIOSITY, VITALITY, INNOCENCE, SENSUAL AWAKENING

08:00–09:00 Experience	**Morning Somatic Practice** – Breath, movement & sensory embodiment
09:00–10:00 Nourish	Breakfast
10:00–12:00 Expand	**Conscious Conversation** – Integration; archetypal journey
12:00–12:30 Pause	Pause and Reflect
12:30–13:00 Healing & Wholeness	**Reconnect with Lost Parts** – Aliveness, curiosity, innocence
13:30–14:30 Nourish	Lunch
14:30–16:00 Pause & Reflect	Rest, journal, walk in nature
16:00–16:30 Experience	**Opening to Receive** – A practice of surrender
16:30–18:00 Somatic Healing	**Safety in Pleasure & Sensuality** – Therapeutic breathwork journey
19:00–20:00 Nourish	Dinner & Evening Rest

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WEDNESDAY, 21ST APRIL

DAY 3

The Wild Woman Archetype

BREAKING PATTERNS, SHAKING OFF REPRESSION, BOUNDARIES, FREEDOM

08:00–09:00	●	**Morning Yoga** – Boundaries as power
Experience		
09:00–10:00	○	Breakfast
Nourish		
10:00–12:00	●	**Conscious Conversation** – The Four Shadow Selves
Expand		
12:00–12:30	○	Pause and Reflect
Pause		
12:30–13:30	●	**Shadow Mapping: The Journey to the Underworld** – Recovering the Lost Self practice
Somatic Inner Recovery		
13:30–14:30	○	Lunch
Nourish		
14:30–16:00	○	Rest, journal, walk in nature
Pause & Reflect		
16:00–16:30	●	**Embodied Freedom** – Triggers, safety & choice
Experience		
16:30–18:00	●	**Therapeutic Breathwork Session** – Fire Breath
Somatic Healing		
19:00–20:00	○	Dinner & Evening Rest
Nourish		

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THURSDAY, 22ND APRIL

DAY 4

The Queen Archetype

SOVEREIGNTY, INNER AUTHORITY, POWER

08:00–09:00	Experience	**Morning Yoga** – Embodied power and authority
09:00–10:00	Nourish	Breakfast
10:00–12:00	Expand	**Conscious Conversation** – Power, inner authority and the ecology of thriving
12:00–12:30	Pause	Pause and Reflect
12:30–13:00	Somatic Healing	**Embodied Sovereignty** – Somatic exploration of love, connection, inner strength and embodied presence in relationships
13:30–14:30	Nourish	Lunch
14:30–16:00	Pause & Reflect	Rest, journal, walk in nature, or enjoy a massage
16:00–16:30	Healing & Wholeness	**Somatic Meditation** – I Take My Rightful Seat in Life
16:30–18:00	Somatic Healing	**Embodied Queen** – Somatic movement journey & therapeutic breathwork session
19:00–20:00	Nourish	Dinner & Evening Rest

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FRIDAY, 23RD APRIL

DAY 5

The Sage Archetype

CLARITY, DISCERNMENT, INTEGRATION

08:00–08:45 Nourish	○	Breakfast
09:00–10:30 Expand	●	**Conscious Conversation** – Embodied Discernment: direction and the ability to move through life from inner knowing
10:30–11:45 Experience	●	**The Three Harmonies** – Body, heart & inner knowing; closing breathwork
11:45–12:15 Check-out	○	Check-out
12:30–13:30 Closing	●	**Final Circle & Integration**
13:30–14:30 Nourish & Pause	○	Lunch & Goodbye

Times may change slightly to support the needs of the group.

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