



# ***The Sanctuary of Becoming***

## **Discover The Sacred Path to Your Inner Truth**

Join our intimate 5-week circle where presence meets purpose, and your truest self is gently revealed. Step into a nourishing sanctuary for spiritual growth and embodied healing.

# ***The Sanctuary of Becoming***

## **A Sanctuary for Your Soul's Evolution**

Welcome to *The Sanctuary of Becoming* — a sacred online circle where soulful creativity, deep healing, and spiritual awakening weave together over five transformative weeks. Here, you are invited to return to your truth, awaken your essence, and remember who you truly are.

### **Connect Deeply**

- Share space with a small group of just 8 participants

### **Nourish Body, Mind & Spirit**

- Experience breathwork, stillness, movement, and creative ritual.

### **Transform Within**

- Root into your truth and awaken your authentic essence.





# Weekly Sacred Experiences

Each week blends grounded practices with soulful expression to support deep healing and inner clarity

- **Sound & Silence:** Bathe in healing vibrations and restorative stillness through sound healing, including crystal bowls, vocal toning, and sacred frequencies.
- **Guided Journaling:** Access inner wisdom through intuitive prompts designed to awaken your soul voice and track your personal transformation.
- **Somatic Presence:** Awaken the body's intelligence through gentle movement, breathwork, and somatic practices that release stored tension and connect you to your emotional truth.
- **Ceremonial Cacao Rituals:** Open your heart with sacred cacao to enhance connection, soften resistance, and deepen presence.
- **Conscious Breathwork:** Use the breath as a portal to emotional release, energetic clearing, and spiritual insight.
- **Creative Expression:** Engage in voicework, intuitive art, and ritual to express your truth in nourishing and playful ways.

# Your 5-Week Soul Journey

1

## Week 1: ARRIVE

Ground yourself with breath, stillness, and candlelight. Arrive with presence, meet the circle, and set a shared intention.

2

## Week 2: REMEMBER

Tune into your inner guidance. Connect with your inner child, and the creativity and wisdom they hold within you.

3

## Week 3: TRUST

Unleash your voice and creativity. Express your truth through voice and sacred creative ritual.

4

## Week 4: EMERGE

Create your vision through intuitive imagery and sacred expression. Give form to who you are becoming.

5

## Week 5: INTEGRATE

Honor your journey and embody your becoming. Weave your insights into a closing ceremony of reflection and celebration.





# Create Your Sacred Space

Before each session, prepare a nurturing environment that invites presence and peace. Your external space reflects your inner world —honoring it sets the tone for deep transformation.



## A candle

A gentle flame to symbolize inner light and intention



## Journal and pen

To capture insights, visions, and soul whispers



## Quiet space

A place where you feel safe and undisturbed

### Optional:

- Cacao (heart-opening ritual drink)
- Essential oils (e.g., **lavender** for calm, **frankincense** for spiritual clarity)
- Crystals or sacred objects that hold personal meaning
- Soothing music or ambient soundscape



## Why It Matters

Creating a sacred space isn't just aesthetic—it's energetic. This intentional container signals to your nervous system and spirit: *I am safe. I am ready. I am worthy of this time.*

By preparing your space, you signal reverence for the journey you're about to embark on.





# Your Investment in Soul Growth



75-minute weekly Zoom sessions — every Tuesday from 7:30 to 8:45 PM (BST). Starting **Tuesday, 1st July** • Recordings available if you're unable to attend live.



## Participants

Limited to 8 for deep, intimate connection



**£180**

Sliding scale available

# Payment Options

Choose the option that best supports your journey. All payments are secure.


## Pay in Full – £180

One-time payment to reserve your space in the circle.

## Pay in 2 Instalments – £90 x 2


First payment to secure your place, second due before Week 3.

## Payment Methods

 **Pay with Stripe** - Secure card payment through Stripe. Quick and easy checkout.

**Pay in Full**

**Pay 1st Instalment**

 **Pay with PayPal** - Use your PayPal account for flexible and protected payment.

**Pay in Full**

**Pay 1st Instalment**

If you need a sliding scale or alternative plan, please reach out — I'm happy to support what feels accessible for you.

# Is This Sacred Journey Calling You?

This space is for you if you:

- Crave stillness and depth
- Are moving through transformation
- Feel deeply and honour your sensitivity
- Are ready to listen to your soul's truth

If someone you love is seeking clarity, healing, or soulful connection, consider sharing this sanctuary with them. Let this gentle space be a light on their journey. ✨

*"Nadia's powerful healing sessions, accompanied by the magic of a perfectly curated sound experience filled with so much dedication and LOVE, are truly uplifting and invigorating—an absolute blessing... an honest celebration of mind, body, and soul."*

& Design

Maurizio, Art



# Meet Nadia



Have questions or want to feel into whether this journey is right for you?

[contact me](#)

I'm Nadia — intuitive healer, transformational coach, and creative soul.

My path blends energy healing, creative expression, and holistic wellness. As a certified Breathwork Facilitator, Naturopath, Reiki Practitioner, and Sound Healer, I hold sacred space for growth, release, and soul reconnection.

Through ceremonies, cacao rituals, conscious breathwork, and sound healing, I support individuals in rediscovering their power and embracing transformation.

Whether you're a creative, entrepreneur, or seeker, I'm here to walk beside you on this sacred path to wholeness.

**[Instagram: @healingjourneywithnadia](#)**