



The Sanctuary of Becoming

Awaken What Lights Up Your Soul

Join a sacred 5-week journey back to your truth.

In this intimate circle, you'll be held in a space where presence, purpose, and deep remembering meet.

This is a homecoming, a gentle return to the parts of you ready to be seen, felt, and fully expressed.

A sanctuary for spiritual growth, embodied healing, and soul-led transformation.

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, listen to your heart, and take courageous steps toward your authentic becoming.



Weekly Sacred Experiences

Each week we gather live in a held, heart-led space. Sessions weave guided practices, soulful coaching, and the energy of the collective to support your healing, clarity, and reconnection, all from the comfort of your home. Practices may include:

Breathwork

Conscious, connected breathing to release emotion, clear energy, and access inner wisdom.

Sound & Silence

Crystal bowls, vocal tones, and sacred frequencies to soothe your nervous system and restore inner stillness.

Journaling & Soul Writing

Intuitive prompts and automatic writing to awaken your inner voice and support reflection and integration.

Somatic Presence

Gentle movement and awareness to reconnect with your body and emotional truth.

Cacao Ritual

A heart-opening cacao ceremony with Cacao Mama to soften resistance, deepen presence, and invite inner guidance.

Creative Expression

Intuitive art, playful ritual, or voice work to express your truth in nourishing, non-verbal ways.

Between Sessions

Each week, you'll receive gentle soul prompts — simple journaling cues, creative sparks, or moments for reflection to stay connected to your journey.

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 sacred ritual and embodied movement. Begin to embody the goddess within — rooted, radiant, and free.

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
- A single rose to symbolize love, beauty, and the divine feminine



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 on **Tuesday 16th September 2025** • 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:

- Are navigating change and seeking deeper purpose
- Sense it's time to grow — and are willing to meet that calling with courage and care
- Are ready to listen to your soul and follow its quiet guidance
- Feel deeply and want to live in alignment with what's true for you
- Crave stillness, depth, and meaningful connection

This journey is for those who are ready to say yes to their inner voice, their healing, and the next version of themselves.

If you're longing for a space to reconnect, express, and rise... you're in the right place.

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."

Maurizio, London

Meet Nadia



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

[contact me](#)

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

My path blends energy healing, creative expression, and holistic wellness. As a certified Breathwork Facilitator, Naturopath, Reiki and Sound Bath Practitioner and 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, an entrepreneur, a seeker, or someone simply ready for change I'm here to walk beside you on this sacred path to wholeness.

!

[the healing journeys | wellness](#)