

ALCHEMICAL RELATIONSHIP

A transformational weekend for couples



by Elisabeth Serra



Hello There!

I'M ELISABETH SERRA

*Welcome, I'm Elisabeth Serra.
For many years I have been guiding
people into deeper intimacy with
themselves, their bodies, their
relationships, and life itself. My work
brings together embodiment, conscious
relating and transformation. My
passion is creating spaces where we
can soften old patterns, reconnect to
truth, and rediscover what it means
to feel fully alive.*





about this journey

This is not a typical couples retreat.

This is an invitation to enter relationship differently.

To soften the armour.

To step out of blame, roles, and repetition.

To rediscover the living field that exists between two people when they are truly present with each other.

Most couples long for deeper intimacy.

But intimacy cannot exist where there is performance, protection, control, or emotional avoidance.

Real intimacy asks for presence.

Truth. Embodiment. Honesty.

And the willingness to stay open even when love becomes uncomfortable.

what we will explore

- *Conscious communication and relational honesty*
- *Embodiment and nervous system awareness*
- *Triggers, projections, and unconscious dynamics*
- *Emotional openness and vulnerability*
- *Presence, touch, movement, and connection*
- *The sacred relational field between two people*

Through experiential practices, movement, guided processes, silence, inquiry, and shared exploration, we begin to meet each other beyond the stories we have created.



This journey maybe for you if...



You love each other, but feel disconnected

You are tired of repeating the same patterns

You long for more honesty, depth, intimacy, and aliveness

You want to explore relationship as a path of growth and consciousness

You are willing to look at yourselves, not only each other

You sense there is something deeper possible between you



practical details

DATES

6–8 November 2026

LOCATION

*Ashprington Village Hall
Devon, UK*

INCLUDED

- *All guided sessions and practices*
- *Embodiment work*
- *Relational exercises and teachings*
- *Group processes*
- *A supportive and transformational field held throughout the weekend*

SCHEDULE

Friday 18:00–22:00

Saturday 10:00–19:00

Sunday 10:00–18:00

INVESTMENT

£490 per couple

Non-residential

Accommodation and food are not included.



A FINAL WORD

*Relationship can become a place where we lose ourselves.
Or it can become a path that returns us to truth, presence,
intimacy, and love.*

*The invitation is not to become the perfect couple.
The invitation is to become more real together.*

*We would love to welcome you.
Elisabeth Serra*

For bookings and information:

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