

AWAKENING WOMAN

The Women's Archetypal Journey



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

Awakening Woman is an embodied archetypal journey for women ready to return to themselves through the body, through truth, through sisterhood, and through the sacred intelligence of feminine consciousness.

This is not a course.

It is a pilgrimage of remembrance.

A space to soften old protections, reclaim lost parts of yourself, awaken your inner power, and reconnect to the feminine essence that has always lived within you.

the journey unfolds

1. Intimacy with Being

Returning home to yourself.

Learning to rest in presence rather than performance.

2. The Mother Archetype

Belonging, nourishment, self-love, inner safety, and ancestral healing.

3. The Warrior Archetype

Boundaries, sacred anger, clarity, direction, and embodied power.

4. The Lover Archetype

Sensuality, eros, emotional truth, pleasure, intimacy, and aliveness.

5. The Shamana Archetype

Intuition, ritual, mystery, shadow work, and feminine wisdom.

6. The Whole Woman

Welcoming all parts of yourself back into wholeness.

7. Bridge to the Unknown

A threshold weekend preparing the body and soul for initiation.



FINAL RETREAT SACRED INITIATION



*An 8-day immersive retreat held in the wild beauty of the Soul
Sanctuary overlooking the Mediterranean.*

*A space to integrate, be witnessed, and cross the threshold into the
woman you are becoming.*

This journey maybe for you if...



- *You long to reconnect with your feminine essence*
- *You feel disconnected from your body, sensuality, or truth*
- *You are tired of shrinking, performing, or abandoning yourself*
- *You desire deeper intimacy, embodiment, and emotional freedom*
- *You feel called to transform through sisterhood and ritual*
- *You are ready to reclaim your voice, power, softness, and soul*

WHAT THIS JOURNEY OFFERS

Embodied Transformation

Practices that allow insight to become lived experience.

Relational Aliveness

Learning through real human connection and conscious relationship.

Archetypal Exploration

Working with the elemental forces and inner landscapes that shape our lives.

Community and Support

A small intimate group journey held over time, allowing real integration and depth.

Nature and Simplicity

Held within the Catalan forest overlooking the Mediterranean.



practical details

DATES

to be announced

LOCATION

*Soul Sanctuary, Caldes d'Estrach
Barcelona, Spain*

YOU WILL BE HELD

*Throughout the year you will be
supported through:*

- *Monthly buddy connections*
- *Community group support*
- *Zoom integration calls*
- *Three experienced assisting women
walking beside the group*

INVESTMENT

*650€ per 3-day weekend
(includes accommodation and
organic meals)*

*1.600€ for the 8-day Final Retreat
300€ deposit to reserve your place
Flexible pricing available if finances
are a concern.*

INCLUDED

- *Accommodation*
- *Organic meals*
- *Facilitation and practices*
- *Pre-journey preparation*
- *Post-journey integration support*



next step

If something in you feels called, we invite you to book a 15-minute call with Elisabeth.

A space to feel together your readiness, intention, and whether this journey is the right next step for you.

Booking:

<https://authenticecstasy.com/booking-form/>



A FINAL WORD

This journey is not about becoming more.

It is about becoming real.

The woman you are searching for is not somewhere outside of you.

She is waiting inside you to be remembered.

Elisabeth Serra