

UNTAMED

An Elemental Journey for Women and Men



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

UNTAMED is a journey for women and men who long to live with more truth, embodiment, intimacy, and aliveness.

Across five elemental weekends, we explore the body, relationships, emotional patterns, archetypes, and consciousness not to become someone else, but to remember who we are beneath conditioning and protection.

A grounded and transformational space for those ready to soften old patterns and reconnect to the untamed pulse of being alive.

5 elemental weekends

Mother / Father

Belonging, inner safety, self-parenting, attachment, nourishment, structure, and the root of remembrance.

Warrior

Sacred will, boundaries, direction, impact, clarity, responsibility, and embodied power.

Lover

Eros, emotional intelligence, sensuality, intimacy, tenderness, and relational aliveness.

Shaman

Intuition, subtle perception, ancestral resonance, mystery, ritual, and the body as oracle.

Essence

Beyond identity, beyond performance. Returning to the untamed pulse of your being.



This journey maybe for you if...



- *You feel disconnected from your body, intuition, eros, or direction*
- *You are tired of inherited relational patterns*
- *You feel emotionally overwhelmed, shut down, or fragmented*
- *You long for grounded power and embodied intimacy*
- *You are ready to meet yourself more honestly*
- *You want transformation that is lived not only understood mentally*

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

9–11 October 2026

27–29 November 2026

15–17 January 2027

12–14 March 2027

7–9 May 2027

LOCATION

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

PARTICIPATION OPTIONS

*You can now join with a minimum
commitment of 3 weekends or choose
the full 5-weekend journey.*

*This allows flexibility while still
honouring the depth and coherence of
the work.*

INCLUDED

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

INVESTMENT

One weekend: 450 EUR

3-weekend commitment: 1350 EUR

Full 5-weekend journey: 2000 EUR



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

*There comes a moment when the old ways of surviving
no longer work.*

And something deeper begins to call.

UNTAMED *is for that moment.*

*For the part of you that is ready to stop performing life
and start inhabiting it.*

Elisabeth Serra