

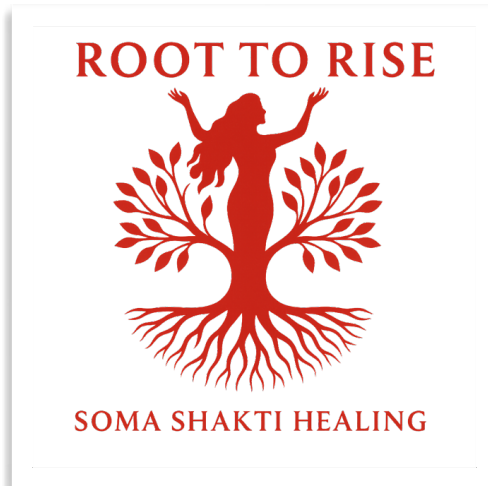
“ROOT TO RISE”

A Soul-Led Women's Retreat in the heart of Italy

25–28 September 2025

Hosted by Fahreen “Gia” Jon | Soma Shakti Healing

Helping you heal the kind of pain you can't explain.



MEET YOUR HOST

I'm Fahreen "Gia" Jon — holistic therapist, energy worker, and founder of Chelsea Wellness Centre, Soma Shakti Healing & London Talk Therapy.

For over two decades, I've walked alongside women through their healing journeys. But before I ever held space for anyone else, I had to learn how to hold space for myself!

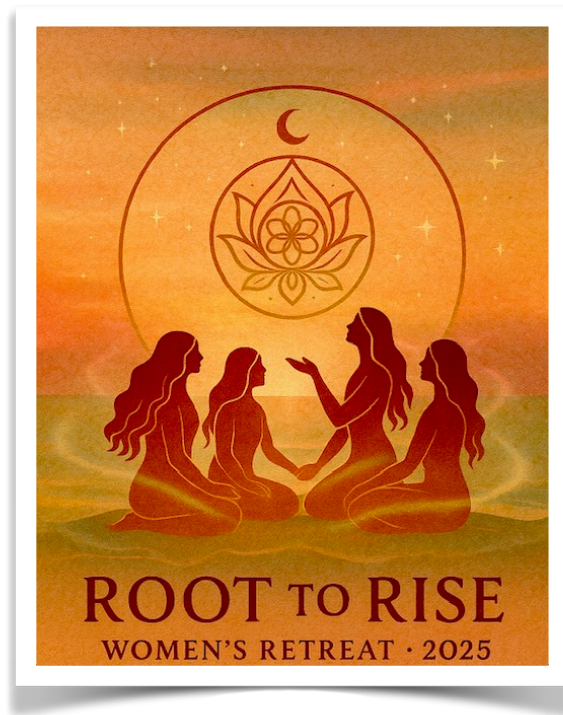
My path to becoming a therapist wasn't linear. It was carved through personal loss, invisible illnesses, heartbreak, and a deep, aching longing to feel whole again. I turned to therapy, energy medicine, somatic practices, and the wisdom of ritual not because it sounded good — but because I needed it to survive.

In doing so, I found not only my healing, but my calling.

I created Soma Shakti Healing for women who want more than surface-level fixes. For those who know their nervous system is screaming, even when their voice won't. For those who are ready to rise — tender, powerful, messy, sacred.

This retreat is not a product. It's a sacred container. One I pour my heart into, because I know how life-changing it can be when a woman feels safe enough to truly soften. To breathe. To return to herself.





A PERSONAL INVITATION

*This retreat isn't just another offering.
It's a sacred gathering — a space I've poured my full heart, energy, and
years of healing wisdom into.*

*I created Root to Rise for the women who are ready to let their guard
down.*

*The ones who've carried too much for too long.
The ones who crave space to reconnect with their body, breath, and inner
strength — beyond the noise, the roles, and the emotional weight they
carry every day.*

*If you've landed here, you already know.
You're being called.*





THE VILLA

Our retreat home in Tuscany is a lovingly restored historic villa in Capannori, offering the perfect balance of comfort, beauty, and serenity. With five spacious bedrooms and six bathrooms, there's plenty of room for everyone to feel at ease while still enjoying a sense of connection and community.

The grounds are designed for relaxation and renewal. A saltwater swimming pool, hot tub, and tranquil gardens create space for both quiet reflection and joyful moments together. Air-conditioning throughout the villa ensures comfort, while modern touches blend seamlessly with the timeless character of the space.

We'll gather in the villa's open living and dining areas, and when the weather allows, take our meals and practices outside, surrounded by the Tuscan landscape. There's also a fully equipped kitchen, outdoor seating, and shaded corners for those who want time to themselves.

Located less than 40 minutes from Pisa International Airport, the villa is easy to reach and yet feels like a private sanctuary. With rolling hills, historic towns, and the spirit of Tuscany all around us, it's an inspiring

setting for the deep healing, connection, and transformation this retreat is designed to offer.



SHARED SPACES, SACRED BONDS

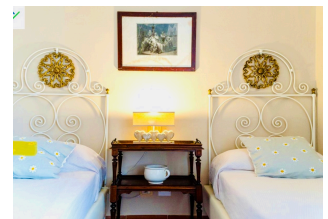
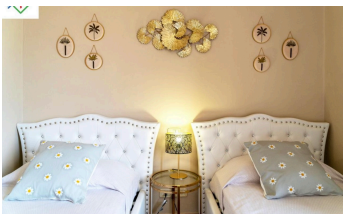
Rooms are shared between two women (a mix of twin and double beds).

If you're attending with a friend or loved one, I'll pair you together.

If you're coming solo, trust — the right room-mate always finds you.

This isn't just about accommodation.

It's about sisterhood. A space to be seen, supported, and held — even in the silence.





WHAT TO EXPECT

You won't find a rigid itinerary or overfilled schedule here. Instead, I'll guide you through a curated sequence of practices that draw from therapeutic wisdom, ancient energy work, somatic healing, and ritual.

You'll experience:

- ★ *Gentle yet profound emotional release*
- ★ *Sacred practices to restore nervous system balance*
- ★ *A Soma Sister Circle that will last long after this retreat*
- ★ *Opportunities to reconnect with your inner power*
- ★ *Integration rituals that will stay with you long after we part*

This isn't surface-level wellness. This is real, soul-rooted transformation — designed for depth, clarity, and expansion.



YOUR RETREAT INCLUDES

- ***3-night stay in a private traditional villa***
- ***Access to all healing sessions, circles, and ceremonies, options for further 1:1 healing sessions (time permitting & at additional cost, feel free to ask about this now or while we are at the retreat!)***
- ***A beautiful gift bag curated with love***
- ***The first 3 women to book will receive a Reiki-charged Soma Shakti affirmation blanket as a special thank you***
- ***Daily breakfast and nourishing snacks provided by the host***
- ***Group dinner options decided collaboratively to suit your preferences. A nearby town offers meal delivery with lots of options, so you'll have flexibility and comfort***
- ***A 1:1 pre-retreat connection session with me to support your preparation***
- ***A 1:1 post-retreat follow-up session to help you integrate and reflect***
- ***Optional post-retreat group Zoom call to reconnect and stay in touch***
- ***Use of the pool and all communal spaces***
- ***Group support, optional 1:1 check-ins, and post-retreat resources***

*Note: Flights and transfers **not included**. You will be provided with information on companies to contact to book your return trips from the airport unless you decide to rent a car (highly recommended!).*

INVESTMENT & PAYMENT OPTIONS

Full Retreat Fee: **£888**

Early Bird Rate: £777 — offered to those who commit **before 9/9/25**.

A 50% deposit secures your place. This is non-refundable, as I personally commit to the villa and preparations for your experience the moment you say yes.

You may choose to:

Option 1 — Pay in full anytime

Option 2 — Pay 50% now, 50% by **9th September**

WHY THESE DATES MATTER

The villa has a strict cancellation policy.

After 10th September, I'm fully committed to the full cost. This is why I kindly ask **all final payments be completed by 9th September.**

These dates are not about pressure — they're about protecting the space I'm holding for you and creating a grounded, well-prepared experience for everyone.

Thank you for understanding and respecting this boundary. It means the world.

All payments to be made to **Chelsea Wellness Centre Ltd** via online bank transfer.

Payment details will be provided once you confirm.

BRING A SISTER, SHARE THE GIFT

*If you invite a friend, family member, or soul sister to join you, **she'll receive the early bird price too — even if the offer has officially ended.***

Transformation is powerful.

Shared transformation is unforgettable!



NEXT STEPS & BOOKING INFO

There are just **6 guest spaces**

this retreat is *intentionally intimate*.

If you're feeling the call, message me directly via

email contact@somashaktihealing.com,

Whatsapp or Call me on (+44)07369 265 489

Once the deposit has been received I'll send you a beautiful Welcome Pack with travel guidance, what to bring, and everything else you need.

Please note: All participants will be asked to review and sign a short guest contract. This outlines shared agreements, accident waiver, and mutual responsibility so we can co-create a safe and supported environment. If you have questions about this, just ask — I'm here!

This is your space to land.

To remember who you are beneath all the survival.

To Root. To Rise.

With love, Gia 🌻 Founder, Chelsea Wellness Centre/Soma Shakti
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See you there!!