



Alison McAulay

## Embodied Transformation for Your Dark Retreat Experience

To optimize each client's experience of their Dark retreat, I provide essential guidance on what an **Embodied Transformation Experience** means in the context of The Dark. Below are some highlights of what we will be talking about and experiencing somatically to best prepare you for being with The Dark.

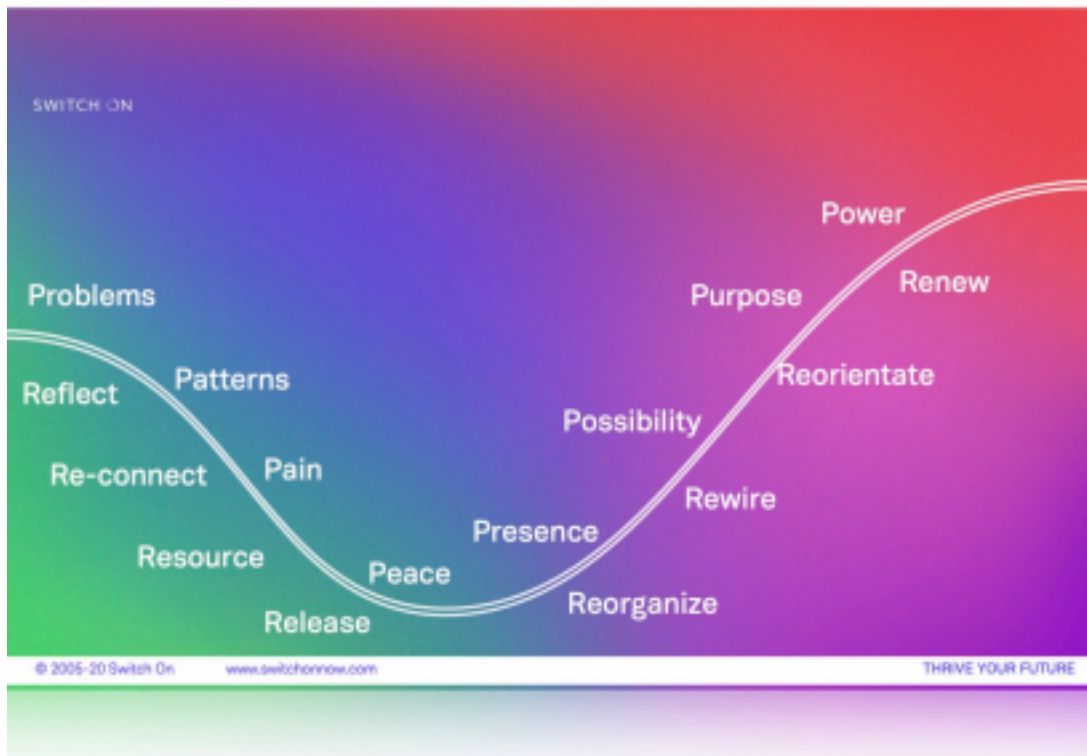
- **Personalized Preparation:** I review each participant's intake form, considering any past adverse or traumatic experiences they are comfortable sharing. We discuss life's current challenges, what is and isn't working, and refine the intention for choosing a Dark retreat. This is a great opportunity to ask questions to reassure any doubts, fears, or worries you may have.
- **Understanding Transformation:** I introduce a physiological and psychological framework for transformation called the **Bio-Transformation Curve**, which supports and empowers people to navigate their healing and transformation process more effectively and with grace.
- **Interoceptive Awareness:** We explore interoceptive awareness—the ability to sense internal body signals—and discuss techniques for working with these sensations in the Dark.
- **Nervous System Resilience:** We examine each person's nervous system health, identifying their typical reactions to fear, being overwhelmed, or feeling helpless. We discuss strategies for working with these reactions to restore a sense of safety and balance.
- **Somatic Practices:** I share practical, somatic practices tailored to different nervous system states (commonly referred to as “F” states—Fight, Flight, Freeze, Fawn) that may arise in The Dark and how you can shift your nervous system back into a settled state.
- **Live Somatic Experience:** I guide people through a direct somatic experience to create more somatic awareness, resource and resilience before your Dark retreat.

This 2-hour session serves as the foundation for your Dark Retreat experience. Through somatic awareness, guided practices, and practical tools, you'll cultivate the trust, resilience, and confidence needed to navigate your Dark retreat with greater ease and depth.

**Book your pre-embodied transformational session with Alison McAulay [here](#).**



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### **Bio-Transformation Curve**

I look forward to connecting with you and welcoming you into The Dark!

“Stand courageously in your darkness so your light can shine bright.”

With warmth,

[Alison](#)