

Preconception consciousness and early embryology

The thread of life: the journey of the incoming soul



With Elissa Dell & Sophia Smith

November 21st2020

One day Workshop*

Within the broad theme of *Phenogenesis: The Process of Becoming Visible* (Elissa's 3 day workshop), we will be offering images, information, stories, practical explorations and our shared experiences, to inspire rather than formally to lecture.

We will be exploring this process of human embodiment through embryology, including from a spiritual standpoint, functional and sacred anatomy, while also touching on some geology with an awareness of the living nature of Gaia.

The practical focus will be on orientation and grounding which may evolve throughout life and acquire exquisite subtleness; we will be touching on the integrity of the self, our indissoluble links with nature and the healing potential of reconnecting with a more universal consciousness, which infuses our soul's journey and evolving manifestation of self.

Venue: Gateway Cottage, Lewes Road, Forest Row, East Sussex, RH18 5AS.

Nearest train station: East Grinstead

Times: 10am – 6pm. Fee: £95

Please note there will be a maximum 6 places. Snacks and drinks provided, and complimentary watercress soup and bread. Bring your own lunch. No microwave.

* The themes will be developed further in a 2day workshop : March 6 – 7th 2021

Contact:

Sophia Smith: sophia@sophiasmiththerapies.co.uk

Elissa Dell: elissadell@gmail.com

<https://www.sophiasmiththerapies.co.uk/>

<https://www.craniosacraltherapy-roots.com/>