

When the ground is shifting, what do you trust?

The Physiology of Change

Choice, Direction & Aliveness in Times of Transition



***The Physiology of Change* is a somatic retreat for women standing at thresholds of transition** – feeling the pull to a more truthful, soul-aligned path, even as the way forward seems unclear.

Through daily yoga, meditation, somatic practice and shared inquiry, we'll explore what it means to lead from integrity even amidst uncertainty. You'll learn practices to hold your center, make aligned choices, and reconnect with your sense of direction time and again. Through embodied experience, you'll discover how to welcome change with aliveness and intention, rather than collapse or despair.



What we'll explore:

- What you trust when certainty is unavailable
- How change moves through the body and lived experience
- Staying with ambiguity, uncertainty, and the coming-to-know process
- Releasing linear thinking to align with the cyclical nature of life
- Holding fear and excitement together as part of transformation
- Leading from inner integrity when old ways no longer sustain

You'll leave with:

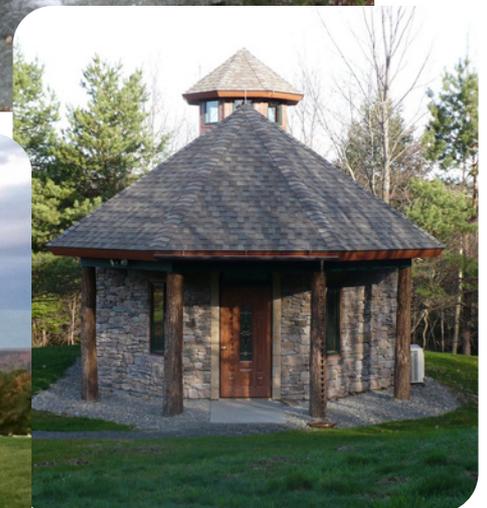
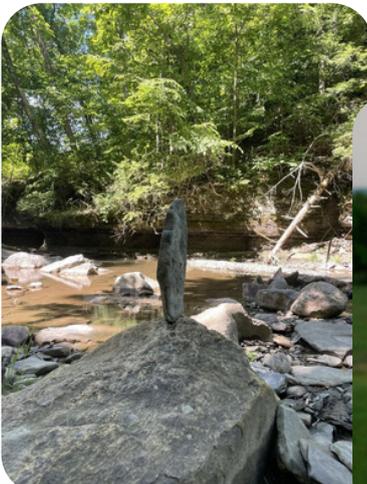
- Increased resilience to stay with uncertainty, ambiguity, and the unknown to welcome emergence
- A deeper sense of what to trust when the ground is shifting
- Tools to release illusions of safety and discover more reliable sources of stability within yourself
- Greater capacity to hold fear and excitement together, accessing the aliveness within change
- Embodied practices to return to your center and make soul-aligned choices amidst transition
- Courage to walk your path with intention and heart, balancing nurturance, self-discovery, and community support
- A foundation of meditation and somatic practices that you can keep cultivating in your daily life

Across four days of shared experience immersed in nature in the stunning setting of the Finger Lakes, participants leave with a steadier sense of direction, a deeper trust in themselves, and the felt support of a community that can reflect back who they are – when they need it most.



What's included:

- Daily morning yoga practice
- Daily guided meditations
- Group coaching around retreat themes
- Guided somatic practices and integration of insights
- Optional Q&A sessions
- Ample time for personal reflection, hikes, integration
- 236 acres of woods, streams, gorges and walking paths to explore
- Evening wind down sessions
- All meals (vegetarian) included with Gluten Free, Dairy Free and Vegan options available upon request
- Lodging - individual rooms with two shared bathrooms on each floor
- Follow up integration session post-retreat



Retreat Guides:

Together, Selika, Allie, and Hazel bring an embodied, integrative approach to navigating change. Drawing from somatic practice, yoga, coaching, spiritual inquiry, and leadership development, their shared work weaves grounded wisdom with practical tools for living and leading in times of uncertainty.



Selika: an IFC-certified holistic and leadership coach specializing in mental health coaching and somatic attachment therapy. Her work integrates Zen practice, Reiki, and depth psychology to support transformation rooted in inner integrity and spiritual grounding. [Learn More.](#)



Allie: a multi-modal practitioner who supports creatives, leaders, and deep feelers to trust their inner wisdom and bring it to life. Her work weaves somatic practice, systems thinking, creativity, and mystical lineages to support embodied change. [Learn more.](#)



Hazel: an Ashtanga yoga teacher with over a decade of dedicated practice and study, including training in India. She brings a grounded, disciplined, and deeply human approach to embodied practice, bridging yoga and mindful leadership.

Location:

Light on the Hill Retreat Center
Van Etten, NY.

[Details on getting there](#)

Cost:

Full price: \$1,500

Early Bird: \$1,395 – register
by March 19th

*Includes 4 days of lodging,
all meals, and facilitation.*

To Register or Learn More:

Email

selikacoaching@gmail.com

\$500 deposit is required to reserve your spot.

Refundable for two weeks. Remainder is due by 4/21.

Payable by Venmo, Zelle, Paypal or credit card (cc fees apply).