

THE INVITATION – RECLAIMING YOUR FREQUENCY

This intensive is a physical laboratory to help you move past the noise of the mind and encounter your **Pranic Self**: the vibrant, steady experiencer waiting beneath your skin. "We do not practice to change our life; we tune our somatic pulses to realize we are the ones truly living it."

IS THIS IMMERSION FOR YOU?

Somatic Prana is rooted in the deep observation of human presence, meaning it is not a technical art class. It is a methodology designed for anyone navigating a complex, fast-paced, or high-stakes environment:

The Creator & Visionary: You want to bypass creative blocks and digital exhaustion to channel work that is biologically raw, distinct, and irrefutably human.

The Individual in Transition: You are navigating a crossroad and need to tune out external opinions to read your own internal compass with precision.

The Decision-Maker & Leader: You operate in high-pressure situations and need a reliable framework to find "Somatic Certainty" and a clear strategy when your analytical mind is overwhelmed.

Trauma-Survivor, or Seeker: If you deal with sensory overload or physical numbness/freeze responses, this trauma-informed space offers a safe, structured path to transform internal static into functional sovereignty.

THE METHODOLOGY – IGNITING YOUR TAPAS

Creating/living through your Pranic-Self (life-force) by recognizing your unique somatic language.

Your body is a highly sophisticated instrument. We treat every physical sensation, heartbeat, and flash of intuition as a unique code that can be consciously tuned through our three core pillars:

1. The Somatic Negative (The Body as a Darkroom)

We teach you to drop into an intentional physical vacuum to bypass cognitive bias. By utilizing your body's profound silence, you learn to capture and retrieve unedited sensual stimulus—the raw data of sound, temperature, and visceral instinct before the ego edits it.

2. Relational Resonance (Self-Portrait in Others)

True sovereignty doesn't mean isolation. By learning to dissolve the energetic walls between "self" and "other," we tap into a radical, somatic empathy. This shifts how you communicate, build relationships, and lead communities, or just simply exist in relation to everything around us.

3. The Pranic Transmission (Living the Fire)

By learning to tune directly into your unique biological frequencies, we ignite Tapas—your internal creative fire. When your fire is lit from within, your daily life and decisions stop being a stressful reaction to your surroundings and become a natural, powerful overflow of your true presence.

SECTION 4: THE 3-DAY JOURNEY PLAN

DAY 1: THE BIO-RESET & TUNING THE CODE

We quiet external static through deep nervous system regulation, map out your unique bodily pulses, and ignite the internal heat (Tapas) needed to step into the role of the conscious Experienter.

DAY 2: THE SOMATIC NEGATIVE & SENSORY RETRIEVAL

Step into the darkroom. We practice the art of entering the vacuum to capture and recall unfiltered, multidimensional sensory data from your environment and memories.

DAY 3: THE SOMATIC COMPASS & REAL-WORLD SOVEREIGNTY

We integrate your practice into daily application. You will learn to map your unique physical truth centres to act as an infallible real-world GPS for high-stakes decision-making, creating, or simply being authentically. You will also receive various actionable toolkits to sustain this somatic reset state while living in the external world daily.

WHAT YOU WILL WALK AWAY WITH

You will not only walk away with a customized process to recognize and understand your unique somatic language, but also with a way of experiencing your **pranic self**, who creates, exists, and transmutes.