

BECOMING YOU

A 12-Week Private Mentorship with Emma Rowena



🌟 A Journey Back to Your Inner Wisdom

There is a wisdom within you that already knows the way.

But when life becomes noisy — with expectations, pressure, responsibility, and old patterns — that inner clarity can feel distant. Confusion replaces certainty. Overwhelm replaces trust. You may feel stuck between who you are and who you know you could be.

Becoming You is a 12-week private mentorship designed to guide you back to your own inner guidance system — through the body, the emotions, intuition, and deep embodied listening.

This is not about fixing you.
It is about helping you remember who you are.

✨ Who This Is For

This programme is for you if:

- You feel confused, overwhelmed, or stuck in repeating patterns
- You long for clarity about your next step — but don't trust your own voice fully
- You are tired of trying to prove yourself by doing more
- You sense there is something greater within you waiting to unfold
- You want to build your life, work, or vision from alignment — not pressure

You don't need to have it all figured out.
You only need the willingness to listen.

What We Do Together

Over 12 weeks, we work gently and powerfully across three interconnected dimensions:

1. Energy & Insight

I offer intuitive energy readings to help you see clearly where you are, what patterns are active, and what is ready to shift. These readings are not about dependency — they are catalysts for your own clarity.

2. Inner Listening & Emotional Alignment

You will learn how to recognise the language of your body and emotions — how confusion, contraction, expansion, and resonance speak to you.

Through guided meditation, visualisation, and reflective practices, you begin to distinguish:

- What is aligned with your truth
- What is inherited conditioning
- What no longer serves you

Clarity emerges from within — not from external pressure.

3. Embodiment & Somatic Integration

We work with body-based practices and somatic movement to help your nervous system feel safe expanding.

Because clarity alone is not enough.

Your body must feel safe holding your success, your visibility, and your growth — otherwise it pulls you back to familiar patterns.

This is where true transformation stabilises.



The Structure

- **12 Weeks Total**
- Weekly 1:1 Sessions (Weeks 1–3)
- Week 4: Integration Week (no live session — reflection & embodiment)
- This rhythm repeats for 3 cycles

Each live session is deep, focused, and spacious.

You also receive:

- Ongoing support via voice/text during weekdays (within agreed boundaries)
 - Personalised practices between sessions
 - Recorded meditations or embodiment tools when relevant
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What You Will Experience

As we move through the programme, you may notice:

- Increased clarity about your direction and decisions
- A deeper trust in your inner knowing
- Reduced overwhelm and internal conflict
- Stronger self-love and self-appreciation
- The return of curiosity, excitement, and creative energy
- The ability to take aligned action without forcing

You begin to feel grounded — like a deep bass note within yourself.

From that grounded core, your higher tones — your vision, creativity, and expression — resonate naturally.

You stop fighting yourself.

You begin moving with yourself.

That is Becoming You.

What People Have Said

I have worked with people individually, in couples, and in groups, and here are some of the things they have said about the experience:

"I feel quietly transformed, and able to access parts of myself and the world around me that I did not know I could before."

- Freeya, writer and strategist

"You've shown me how safe life can be" - Silje, actor

"I've never felt this seen before – can you teach me?" - Monica, intuitive

"The course has given me a new way of being in life... I now hear my inner voice more clearly and am able to trust my own guidance." - Charlotta, artist and therapist.

"That was amazing - I could finally breathe into my tummy again. I am so happy you exist!" – Hildegunn, artist and teacher

Investment

Founding Offer (until May 1):

€1,900 paid in full

or

3 instalments of €700

This founding price is available until completion of my Body Mapping Certification. After May 1, the investment will increase to €2,500+.

A Personal Note

You already hold the truth of your path.

My role is not to give you answers.

It is to guide you back to the place where your answers live.

If this speaks to you, we begin with a conversation.

Follow [this link](#) to book a discovery call!

With love, Emma 