

AN INVITATION TO GATHER BOULDER, CO · 2026

# Embodied Alchemy

Weaving Collective Wisdom and Writing

A circle held for women & women-identified

Are you feeling **out of harmony** with yourself?

Have you been asking for **clarity** in your life?

Do you desire to reinvigorate your connection to your **intuition**?

Gather with us to turn toward your inner world through writing, ritual, breath, and collective wisdom. Each month we'll explore a different emotion together – deepening our connection to ourselves and one another, reclaiming our narratives, and remembering the strength, wisdom, and truth that have always been ours.

#### FORMAT

**Five Monthly Sessions**

August – December 2026  
Sundays, 3:00 – 5:30 pm

#### LOCATION

**Boulder, CO**

Details shared upon enrollment

#### CIRCLE SIZE

**Limited to 10**

Intentionally intimate community

#### SESSION DATES · SUNDAYS 3:00 – 5:30 PM

AUG

23

SEP

20

OCT

18

NOV

15

DEC

13

#### YOUR FACILITATORS



**Helen Burnside** (she/her)

helencburnside@gmail.com  
www.helenburnside.com

I am a mindset coach, yoga teacher, breathwork facilitator, public health leader, and travel advisor. My work is grounded in trauma-responsive care, mindfulness, and somatic healing practices. I've navigated significant life transitions that became opportunities for growth and transformation. Through mindfulness, spiritual practice, and yoga, I learned to meet uncertainty with curiosity and found healing through the connection of breath, body, and awareness.



**Keri Shee** (she/her)

kerishee@gmail.com  
www.kerishee.com

I am a queer-identified, trauma-informed occupational therapist and writer with over 20 years of experience in medical, educational, and therapeutic settings. My work integrates somatic awareness, mindfulness, and creative expression to support nervous system regulation and emotional resilience. I am currently working on my first memoir and bring my expertise in narrative techniques to facilitate therapeutic writing groups.

#### INVESTMENT

**\$750 per person**

Payment plans & sliding scale options available.  
Please contact us to discuss.

#### INCLUDES

**Monthly gathering circles**

Writing prompts · Rituals · Somatic exercises  
Reflection exercises · Shared storytelling

Connect with us to learn more

Reclaim your narrative · Remember your wisdom · Return to yourself