

1-Year Program

November 2026-2027

Embodied Transitions has supported & empowered dance artists since 2023, and it has now expanded into a year-long program cycle because its impact has been loud & widely felt. Dancers asked for more time, more depth, and more sustained support — and the transformations from past rounds of this program, made it clear that long-term guidance truly works.

This 1-year program is for dance artists who want to feel more rooted in their value, clearer in their direction, and more resourced in navigating the transitions that shape their lives. Each month offers a focused theme, a rotating facilitator, shared movement practices, and a steady place to land, reflect, exchange, and grow.

The themes follow the natural rhythm of the seasons — Fall, Winter, Spring, and Summer — with a main umbrella theme each season and more detailed themes emerging in response to the group. This creates a structure that is held, yet co-created, allowing the program to evolve with the needs of the artists inside it.

You'll also have dedicated space to develop your own offerings — whether that's workshops, classes, performances, or new projects — so your work can reach further and your artistic life can become more sustainable.

When you move through this program, you'll walk away with a deeper understanding of who you are, the confidence to stand in your worth, and the practical tools to bring your work into the world with clarity and momentum.

When you feel supported and grounded in your worth, your work resonates more widely, your community feels it, and you move through the world with an authentic aliveness, resilience and belief in your value that creates real change.

Group sessions are online on MONDAY evenings CET - subject to shifts depending on timezones of participants
OPEN WEEK = extra space for reflection, exchange, co-working & developing your own offerings with support from the group

FALL: *INNER ROOTING*

NOVEMBER 30th, TIME TBD: 3HR FALL –> WINTER VIRTUAL KICKOFF RETREAT - *We'll dive in together at the transition of Fall --> Winter themes with movement, creative tasks in nature, games for exchange and getting to know each other, intro of topics, intention-setting + time management for the first 6months.*

WINTER: *THE WORK BEHIND THE WORK*

DECEMBER 7th, 14th, 21st: *COOPERATION & RESOURCES*
DECEMBER 28th: CROSSING THE THRESHOLD (virtual) CEREMONY: *a guided moment to honor who you've become in 2026 and step into the artist you're becoming in 2027. Together we mark the transition between years and seed what wants to take shape next.*

JANUARY 4th, 11th, 18th: *CREATION*
JANUARY 25th: OPEN WEEK

FEBRUARY 1st, 8th, 15th: *CREATIVE ORGANISATION*
FEBRUARY 22nd: OPEN WEEK

MARCH: *EMERGENCE*

MARCH 6th: 3HR IN - PERSON MID-WAY *EMERGENCE* RETREAT: *we'll reconnect, reflect, and re-orient for the months ahead. Through an embodied arrival in nature, picnic, reflection mapping, and time to name what's coming into view, we clarify direction and strengthen momentum for the next phase of our work. *time & place announced in Nov.2026, virtual attendance also possible**
MARCH 15th, 22nd: *WHAT'S COMING INTO VIEW:* *A month to integrate the retreat and clarify the early shapes, directions, and impulses beginning to surface for the next phase of your artistic work & life.*
MARCH 29th: OPEN WEEK

SPRING: *THE WORLD WE SHAPE*

APRIL 5th, 12th, 19th: INNER & OUTER WORLDS
APRIL 26th: OPEN WEEK

MAY 3rd: INTEGRATION WEEK - *no session - time off to process & integrate the experience of the program so far*
MAY 10th, 17th, 24th: FUTURES
MAY 31st: OPEN WEEK

JUNE 7th, 14th, 21st: *SUSTAINABILITY*
**** SUMMER SOLSTICE* JUNE 21st:** *we'll take a 'Longest Day Walk' from wherever we are in the world — a quiet, intentional solstice ritual to notice the environment, reflect on interdependence, and release what is no longer sustainable. You'll name what you're letting go of and what you choose to sustain as you move into the second half of the year.*
JUNE 28th: OPEN WEEK

SUMMER: *THE WORK WE OFFER*

JULY 5th, 12th, 19th: *ARTISTIC OFFERINGS & VALUE*
JULY 26th: OPEN WEEK: *The Offering Activation* - *intentional week to refine, articulate, and activate your offering — clarifying its value, naming its worth, and preparing it to meet the world. Inner clarity becomes outer shape.*

AUGUST 2nd, 9th, 16th: *STEPPING OUT & RECEIVING*
AUGUST 23rd: OPEN WEEK: *The Visibility Practice* - *intentional week dedicated to stepping outward — sharing your offering, inviting opportunities, practicing visibility, and opening to receive the support, money, and resonance your work calls in. The work meets the world and the world responds.*
AUGUST 30th: INTEGRATION WEEK - no session - *time off to process & integrate the experience of the program so far*

FALL: *INNER ROOTING*

SEPTEMBER 6th, 13th & 20th: *IDENTITY*
SEPTEMBER 27th: OPEN WEEK

OCTOBER 4th, 11th, 18th: *HEALTH*
OCTOBER 25th: OPEN WEEK

NOVEMBER 1st, 8th, 15th: *RESILIENCE*
NOVEMBER 22nd: OPEN WEEK
NOVEMBER 29th: 3HR IN-PERSON END OF YEAR SEND-OFF CEREMONY: *a celebratory closing where we tie the whole year together - naming what you're stepping into next — the work you offer, the value you claim, and the support you are ready to receive as you move into your next chapter. Includes movement session, picnic and party!*
time and place announced in June, 2027, virtual attendance also possible

Alongside the group program, you're welcome to book private one-on-one sessions with the mentor of your choice if you'd like to dive deeper into any topic, explore personal questions, or receive more concentrated support for your artistic path.

MEET YOUR MENTORS

This year is held by a group of mentors who bring diverse perspectives, artistic lineages, and lived experience to support your growth.

AMELIA EISEN: ***Founder & Lead Facilitator:*** ***https://ameliaeisen.com/*** , ***https://www.instagram.com/ameliaeisen/***

ELISABETH KAUL: learn more *HERE*

KIRILL BEREZOVSKI: ***https://kirillberezovski.com/***, ***https://www.instagram.com/kirill_berezovski/***

LINDE HANNA RONGEN: ***https://linde-hanna-rongen.jimdosite.com/***, ***https://www.instagram.com/linderongen/***

MICHAEL BRONCZKOWSKI: ***https://www.michael-bronczkowski-mindful-mover.de/*** , ***https://www.instagram.com/michaelbronczkowski/***

SADE MAMEDOVA: ***https://www.sademamedova.com/***, ***https://www.instagram.com/sademamedova_/***

The program investment is discussed in a free Exploration Call with Amelia, where we explore the program, your needs, and how this journey can support you. Pricing is designed to remain accessible while honoring the value of the program.

To book your Exploration Call, email embodiedtransitions@gmail.com or contact Amelia directly.

FIND OUT MORE

https://ameliaeisen.com/embodied-transitions/

https://www.instagram.com/embodied_transitions/

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