

**BODY TRACING**  
A journey of Self-discovery

By Caterina Monaco



ANGELI



## **THE BODY REMEMBERS**

The stories of our lives don't just live in our minds; they are etched into our bodies.

Every joy, every heartbreak, every moment of silence leaves a mark.

But most of us move through life without truly listening to the body's wisdom. This disconnection creates gaps between what we think and what we feel, between who we are and who we show the world.

These gaps can leave us feeling unfulfilled, stuck, or misaligned with our deeper selves.

Body Tracing invites you to reconnect. To listen. To feel. To remember who you are.

## CAN THE BODY SPEAK?

Yes, not in words, but in gestures, tensions, textures, temperature shifts.

In the way breath quickens when a memory surfaces.

In the heaviness that arrives when something goes unspoken.

In the colours you choose without thinking.

In the shape your hand draws before your mind catches up.

The body doesn't lie. It remembers what the mind forgets.

It carries the unsaid, the unfinished, the unmet.

And when invited, with presence, safety, and creativity,

it speaks volumes.



## DEEP, PERSONAL, UNEXPECTED EXPERIENCE

Through a sequence of sensory-rich explorations, you'll access parts of yourself that are normally beyond reach.

This work can:

- Surface emotions you didn't know were waiting.
- Highlight areas within you that need care, attention, or healing.
- Create unexpected breakthroughs , through expression, not effort.**



Body Tracing is not about making art.

It's about letting the body speak in a language it knows:  
colour, movement, texture, space, silence.

Once you hear it,  
you don't forget the sound of your own truth.



## WHO IS BODY TRACING FOR?

For those who feel a quiet disconnection from themselves, their emotions, or their creative energy.

For those in transition, at a threshold, or carrying something they can't quite name.  
For those who don't need more thinking, but a deeper kind of listening.

### **It's for you if:**

You long to feel more in your body, not just in your head

You sense there's something unspoken within you, waiting

You want clarity, but not through more words

You're ready to reconnect with yourself gently, creatively, truthfully



No artistic skill is needed.

Just the willingness to show up and let something real move through.



## YOUR INVITATION

I am inviting you to come to a calm, intimate, nurturing space, where you'll be warmly welcomed to tune into the wisdom of your body.

Whether you choose a solo or a group experience, you'll be safely held with everything you bring, in a cozy and caring environment made especially for you. You will have the space to hear the stories held by your body and be heard in the sacredness of our circle.

You'll get to feel, see, and experience yourself in a totally new way.

Having touched places otherwise impossible to reach within, you'll leave with an empowered new set of tools and a new perspective on your life, yourself, and future choices.

Body Tracing can be experienced solo, in couple, in group ONLINE and/or IN-PERSON

Pick the option that sounds right for you, or give me a call. I will be delighted to help you choose the perfect experience that is calling for you at this time in your life.





## **A TAILORED JOURNEY**

To make Body Tracing accessible to everyone, Angeli Studios offers two complementary pathways, different in form but equally powerful in their potential for transformation.

Body Tracing Sessions (online)  
Body Tracing Retreat (in person)

Both experiences are designed to guide you on a journey of healing and inner rediscovery toward new ways of inhabiting yourself, your creativity, and your body.

Choose the path that resonates most with where you are right now.

Listen, feel, and begin from there.





## HOW IT WORKS -IN PERSON

A full Immersion in Creative Nourishment

The in-person retreats invite you to step out of the noise and into something slower, deeper, and beautifully your own.





CPD certification  
Private Call with me,  
24/7 Whatsapp support,  
Creative Action Steps Homework,  
Private Wrap-up call,  
Global Community  
and 10% off priority booking are part of the IN-PERSON journey too,  
which also offers:

### NOURISHMENT

Expect to be nurtured inside and out:

Enjoy a Morning Welcome with our hand-picked organic herbal teas (sourced from our own fields) and freshly brewed coffee.

Indulge in a delicious Organic Lunch prepared just for you (please inform us of any allergies or dietary preferences) Savor home-baked cake and wholesome snacks for tea breaks.

### MATERIALS

Let your creativity flow with

a wide array of professional-grade art and craft supplies. Sensory materials include textures, colours, sound, and movement tools. Everything is provided, just bring yourself.



## TWO WAYS TO EXPERIENCE THE BODY TRACING RETREAT:

Choose the rhythm that suits you, whether you long for an immersive two-day reset or a slow unfolding across the year, or maybe both.

Come solo, or bring someone you trust for a shared experience that deepens connection and reflection.

### THE IMMERSION

WEEKEND INTENSIVE  
(SAT&SUNDAY 10:00-17:00)

For those ready to drop in fully, reset deeply, and reconnect with their creative and emotional body in one immersive arc.

Your own Soul Portrait to take home.

### THE DEEPENING

THREE FULL IN-PERSON RETREAT  
DAYS (10:00-17:00) OVER 9 MONTHS

For those who want to travel gently, returning to the process again and again.

Each retreat day builds on the last, allowing insight to integrate and deepen over time.

Your Soul Portrait unfolds in layers across time.

### INVESTMENT

16 hours of guided facilitation total  
cost for each participant:

£1360 SOLO (Payment plan £455 x 3)

£ 1224 DUO (Payment plan £410 X 3)  
10%off

£ 340 GROUP of 4 (single payment)

### INVESTMENT

22 hours of guided facilitation total  
cost for each participant:

£1870 SOLO (Payment plan £374 x 5)

£842 DUO (Payment plan £170 X 5)  
10%off

£ 470 GROUP of 4 (single payment)



## 3 STEPS TO YOUR BODY TRACING JOURNEY

STEP 1

**GET IN TOUCH**  
IF YOU NEED HELP TO  
CHOOSE YOUR JOURNEY  
& TO GET PAYMENT INFO

STEP 2

**DOWNLOAD**  
AND COMPLETE  
YOU PRE-CALL  
QUESTIONNAIRE

STEP 3

**BOOK**  
YOUR PRIVATE CALL  
WITH ME  
**HERE**





# Caterina Monaco

Angeli Studios  
Founder and Facilitator

I empower people to reconnect with their own creativity, inner wisdom, and direction, not by giving them answers, but by helping them uncover the ones already inside. Body Tracing is the culmination of years of dedicated practice, weaving together elements from my own journey and from world-leading approaches in somatic, artistic and reflective work.

- As a former journalist, I lead therapeutic writing workshops that help uncover the unseen parts of ourselves and the hidden pathways forward.
- As a painter and visual artist, I developed Somatic Drawing to access the feelings beneath thoughts and behaviors.
- I am also one of a small international cadre of certified Body Mapping facilitators, using shape, colour, and texture to unlock self-awareness and support deep integration.

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For over 25 years, I've practiced and taught meditation and have guided school groups, women's circles, and mixed-gender groups through Julia Cameron's The Artist's Way. I've also supported many trauma survivors in rediscovering their Courage to Heal.

### **My journey has gifted me three core truths:**

- Creativity is innate, multidimensional, and deeply transformative
- Each of us carries personal blocks, fears or resistances to creative expression and they can be met with care
- There are many routes into authentic creativity – we just need the right conditions to find our own

I've had the privilege of supporting hundreds of people – across countries, cultures, and life paths – to reclaim creativity as an inner source of clarity, freedom and power.

**If you feel the pull to go inward,  
I would be honoured to walk beside you in your creative unfolding.**

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## SOME OF WHAT PEOPLE SAY

"I was exhausted, both physically and emotionally. I gained totally new perspectives not only on my goals, but on who I actually am."

Ali, Mother and Small Business Owner

"Bring an open mind, and be prepared for your own rollercoaster of a journey. It could be the most important of your life."

James, Business Coach

"You gave us essential tools we didn't even know we needed - for introspection, for insight, and for action."

Zara, Police Inspector

"Go ahead and do it! This is such an opportunity to journey inside yourself, and uncover so much that is hidden."

Laxmi, Engineering Manager

"You will find in Caterina an inspiring guide, full of warmth and intuition. She will support you, challenge you, and root for you. Creative Freedom is a one-of-a-kind journey - 100% worth it in every sense."

Catherine, Scuba Diver and Horsewoman

## Q and As



**Q: Will I get my CPD certificate also if I follow any of the online journeys?**

**A:** Yes. All our courses are certified by The British Complementary Medicine Association and whichever journey you choose you will get the CPD at the end of it

**Q: Can I get reimbursed by my employer for all or part of the fees?**

**A:** Becoming more creative at work is a big win for your employers, and we provide several ways to help you get reimbursed from L&D training budgets.

**Q: Are your courses officially recognised/accredited?**

**A:** Yes, all our courses and coaching are recognised by the British Complementary Medicine Association, and the Healer Foundation.



## Q and As

**Q: Is this a course, a coaching programme, or something else?**

A: Neither. It's a process, and an individual journey. I'm here to walk alongside you as you discover and blossom into your own unique creative potential.

**Q: With so many books on creativity, self-discovery, and potential, what's different about this course?**

A: Whoever we are, and wherever we come from, we are always asked to somehow fit in. This course encourages you to find your source of creative life force, to connect with it, and express it in your own unique way.

**Q: Do I have to join a group or another participant?**

A: No. You can also go through the entire process 1:1 with me. We'll review your situation on the initial Private Call, so you can choose what's best for you.

**Q: How much time will it take each week, extra to the pod calls?**

A: Expect around 20min/ day journaling, plus as much additional creative challenge as you wish to stretch for. We'll agree on this on our Private Call and will review weekly.

**Q: What will I actually produce?**

A: Whether you're an established artist or writer, or haven't drawn since your hands were small, you'll be producing different "pieces", each one an integral part of your own journey of self discovery, and a witness to your creative transformation.

The main piece will be a life-size Body Tracing Map

**If you have a compelling question that makes or breaks it for you,  
or to to book your place  
you can reach out on my WhatsApp +39 3331624218 /+44 7969347351**



# ANGEL STUDIOS

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