

EMBRYO AND COSMOS

A confluence

A weekend workshop at Emerson College to explore our spiritual embodiment



10th and 11th October 2026

With Elissa Dell and Sophia Smith

"Where do you come from, baby dear?"

"Out of the everywhere, into here."

Our early embryo metamorphoses are the inner primal landscape of each one of us. Observing our early embryology is one way to rediscover a lifelong knowing about our inherent and dynamic wholeness. It encourages the path to health.

In this two day workshop, we will explore feelingly the unfolding biological landscape with key questions emerging: when does a human being begin? When does an incoming soul commit to incarnation?

Unlike Near Death experiences (NDE's), Before Conception Experiences (BCE's) aren't generally known about, yet they are anecdotally on the rise, the world over: does this point to a collective awakening about a continuity of consciousness?

We will focus on archetypal and healthy processes, via images, short lectures, quiet times of stillness and reflection, creative exercises and discussions (and an extensive bibliography).

As a background metaphysical context, we will encompass an overview of life between death and rebirth as well as the various subtle bodies that make up a whole human being, mainly based on Rudolf Steiner's spiritual-scientific approach. This offers valuable indications in the research about the human journey of incarnation.

Therapists, birth companions, medical professionals and members of the public are welcome. Maximum number: 15 participants. NB: This is not a therapy-oriented workshop.

Saturday 10th October 10.30am to 5.30pm

Sunday 11th October 10am to 4pm

Venue: The Red Studio, Emerson College

Fee: £195 (early bird fee £175 until August 10th 2026)

For registration/more information, please contact:

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Accommodation: Either at Emerson College (book via emerson.org.uk/our-venue/stay-at-emerson), or in the village of Forest Row which has BnB's, hotels and other accommodation options.

Sophia Smith originally trained as a geologist, then moved on to holistic therapeutic methods (reflexology, oligotherapy and spiritual healing) with a niche in preconception preparation, fertility and pregnancy, birth and postnatal time. She is a birth doula, working in East Sussex and Hammersmith in London. Sophia is on the faculty of the Quietude Practitioner training course at Emerson College.
sophiasmiththerapies.co.uk

Elissa Dell is a craniosacral therapist and was a senior tutor at the College of Craniosacral Therapy (CCST) in London for over 15 years. She also trained with Hugh Milne in The Visionary Approach to Craniosacral Therapy and has assisted on his courses in Europe. She is an approved supervisor for the Craniosacral Therapy Association and for the Milne Institute. She is based in East Sussex, teaching a Foundation in Embryology, developing and collaborating in post-graduate courses. Her practice is in Hastings & Fairlight.
craniosacraltherapy-roots.com