

# V137

## *The Protocol*

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*A guide to 1:1 sessions with Veronik*

*There is a truth.*

*And there are methods to deliver that truth.*

*Each of the three offerings below maps to a different depth of work — from a single session of somatic recalibration to a multi-day private immersion that restructures the architecture of your reality. All sessions are held 1:1, in person or online, and tailored entirely to you.*

# 1:1 Calibration Session

*One hour · In person or online*

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A precise, embodied hour designed to bring the nervous system back into coherence. We begin where the body is — not where the mind thinks it should be.

Through a tailored combination of somatic Yoga, nervous system regulation practices, and Psycho-Somatic Touch, we locate what the body is holding and begin to shift it. This is not a talking session. It is a direct, felt experience of recalibration.

A single session can interrupt a pattern, create a moment of genuine stillness, or open a doorway that has been closed for years. It is also the natural starting point for deeper ongoing work.

**€100**

*Per session · Payment confirmed at booking*

**This session includes:**

- Full somatic intake — where you are, what the body is communicating
  - Targeted Yoga and nervous system regulation practices
  - Psycho-Somatic Touch (in person) or guided somatic inquiry (online)
  - Closing integration — what to carry forward
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# 3-Session Intensive

*Three sessions · A journey of self-embodiment*

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Three sessions designed as a single, progressive arc. Each one builds on what the last uncovered — moving from identification to extraction to integration.

We begin with the anatomy of thought: where does this pattern live in the body? What does it feel like in the tissue, the breath, the posture? Through IFS-informed inquiry and Psycho-Somatic Touch, we locate, identify, and begin to individuate the parts that have been running the system.

The second session moves deeper into extraction — dissolving the held charge in the connective tissue and nervous system. The third session is devoted to integration: conscious eating, language, clothing, environment —

how sovereignty is practised in the ordinary details of daily life.

**€280**

*3 sessions · A deposit of €100 secures your sequence*

**This session includes:**

- Three 1:1 sessions (in person or online)
- Anatomy of thought — locating patterns in the body
- IFS-informed identification, extraction, and individuation
- Psycho-Somatic Touch and nervous system work
- Lifestyle integration: conscious eating, language, and environment
- Between-session journal prompts and practices

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03 · The Sovereign Immersion

## Private Retreat

*Minimum 5 days · Delivered globally · Fully bespoke*

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The most complete expression of the V137 Protocol. A private, multi-day residency where every element of your environment is architected around your biology, your nervous system, and your life.

We begin with a full clinical picture — hormonal panels, inflammation markers, spinal and structural assessment. A sovereign team is assembled: regenerative medicine physicians, somatic therapists, a biological private chef, and Veronik as the Integrative Case Manager holding the entire arc.

The work moves through the fascia, the liver, the gut, the nervous system, and the psyche — always in sequence, always in response to what the body reveals. Meals are eaten in silence. Days follow the solar and lunar rhythm. The result is not a list of improvements — it is a new internal baseline: steady, inhabited, sovereign.

*Investment is discussed during an initial consultation and confirmed based on location, specialist availability, and the specific needs of the retreat. A deposit of €500 secures your place once the proposal is agreed.*

**The immersion includes:**

- Full biological assessment — hormonal panels, inflammation, spinal and structural mapping
- Curated sovereign team: Regenerative Medicine Physician, Biohacking & Nutrigenomics Specialist, Diagnostic Specialist

- Somatic sequence: Craniosacral, Neurological Alignment, Myofascial Release, Lymphatic Drainage, Reiki, Ayurvedic Oil Massage
- Biological Private Chef — the 137 Diet, tailored to your genetic and hormonal profile
- IFS-informed inner work, Breathwork, and nervous system recalibration with Veronik
- Journal architecture, lifestyle integration, and home-integration blueprint

*A detailed PDF of the full Sovereign Immersion Protocol is available upon request.*

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*To book a session, begin a conversation, or request the full Immersion Protocol — reach out directly.*

*Every journey begins with a single step.*

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