



Go beyond your dreams

Visiting Practitioner

Holistic Ceremonies · Somatic Experiences · Private Retreats

BEYOND THE EXPECTED

For individuals drawn to depth, discovery
and experiences beyond the expected.

*Only once experienced can these
journeys truly be understood.*



I create deeply personal experiences for individuals with a sensitivity for what lies beyond the surface — those curious to explore themselves beyond the familiar, or those who have reached significant moments or turning points in life where conventional answers are no longer enough.

For more than 25 years, I have cultivated an intuitive ability to connect with people and establish a profound sense of trust — often within a very short time.

TRUST IS THE GATEWAY.

It allows me to perceive and accompany what is happening beyond the visible — within the body, the emotional world and the mind — while drawing on the intelligence of nature as an integral part of the experience.

My approach is rooted in somatic practice, Paracelsian traditions and knowledge passed on to me by traditional healers. This foundation is complemented by extensive training in bodywork, mental training, NLP, energetic healing practices and holistic somatic coaching.

This allows me to perceive an individual on several levels at once — through physical responses, emotional shifts, mental patterns, somatic movement and the subtle signals that emerge throughout an experience.

THE APPROACH

Beyond words, another language begins.

From there, each journey takes its own direction.

What begins as a ceremony, a breath experience or an encounter through the body opens into something far more individual — with personal insights, impulses and guidance that continue beyond the experience itself.

Somatic Practices - Nature Intelligence

Body Perception – Intuitive Guidance

*Signature
Experiences*



SILVERQUARTZITE® RITUAL

Private 1:1

A Unique Journey Through Your Own Story

My signature creation and the origin of SilverQuartzite® Experience.

A multi-sensory ceremony unfolding as a carefully composed journey through past, present and future – releasing what no longer belongs, reconnecting with the strength of the present and opening space for what wants to emerge next.

A story written and experienced through the body.

Natural smoke and scent. A composition of sound created for the journey. Warm oil moving across the body in almost imperceptible slow motion. Warm, dark raw SilverQuartzite® stones. White SilverQuartzite® granulate and mineral powder slowly worked into the skin. Rare flower and plant essences. And, to close the experience, a wild-foraged herbal infusion.

Every element enters at a particular moment.

Every touch has a reason.

Every transition reveals another part of the story.

It is not one element that creates the experience.

It is their precise sequence, their timing, their sensory contrasts – and my intuitive response to the individual.

BODYWORK OIL MASSAGE

Private 1:1

Slow. Deep. Intuitive.

My own bodywork creation, performed on the massage table, combining warm oil, deep-tissue techniques, powerful, slow somatic touch and guided body movement.

Elements of my SOMA approach flow into the massage, while I continuously respond to what I perceive through the individual body.

The body leads.

My hands listen.



SACRED INCENSE MEDITATION

Private 1:1 · Group

Scent. Stone. Voice. Deep Within.

A clothed sensory meditation in which natural larch resin, mountain juniper, my voice and SilverQuartzite® stones create an intimate space for stillness and heightened perception.

A journey into radical honesty with oneself.

Away from distraction, participants are guided to look at their own lives with greater clarity — to recognize what feels heavy, unresolved or no longer belongs, and to consciously begin letting it go.

As inner space opens, a deep sense of trust, love and abundance can emerge — the feeling of being held and guided.

BLIND SOMATIC EXPERIENCE

Private 1:1 · Group

Body. Voice. Emotion. Movement.

My own somatic creation — an immersive, clothed experience somewhere between embodied exploration and contemporary movement.

Without visual orientation, I guide participants through three distinct emotional landscapes: sadness, anger and joy.

Through my voice, my own movement and carefully selected music, I guide the journey within a highly protected space, allowing emotions to be experienced, moved and expressed through both body and voice.

Rather than speaking about emotion, we allow it to become movement, sound and embodied expression.

*Breath
Experiences*





PSYCHEDELIC BREATH®

Private 1:1 · Group

Breath beyond control.

For me, Psychedelic Breath® is one of the most sophisticated contemporary breathwork approaches I have encountered.

Dynamic rhythmic breathing alternates with intentional breath-out holds, creating a powerful contrast between activation and profound stillness. The breathing phases build energy; the pauses open space - moments of emptiness in which the mind can soften, perception can shift and an inner journey can begin.

Immersive electronic music and SilverQuartzite® stones deepen the sensory experience, creating a journey beyond habitual thinking - into altered states of awareness, emotional release and surrender.

CONNECTED BREATHING SESSION

Private 1:1 · Group

One continuous breath. A deeper process within.

Continuous dynamic connected breathing creates a sustained journey into the body and emotional world.

Unlike the more activating arc of Psychedelic Breath®, the uninterrupted breathing rhythm allows more time to stay with what emerges - creating space for deeper emotional processes, embodied patterns and physical responses to unfold and be consciously experienced.

SilverQuartzite® stones accompany the journey as an additional sensory and grounding element.



Retreats





FROM A SINGLE ENCOUNTER TO A PRIVATE RETREAT

Sometimes one encounter opens the door. What follows can become an entirely individual journey.

For private clients seeking exceptional depth, I curate highly individual experiences that can unfold from a single private session into a full-day immersion or a multi-day retreat.

Different modalities, nature, movement, breath, bodywork and unexpected elements can come together intuitively.

**The deeper the journey,
the less it follows a predefined format.**

These seven Signature Experiences are starting points.

Beyond them lies an extensive repertoire of individual creations developed throughout more than 25 years. Depending on the person, the place, the season and what emerges, I intuitively bring together elements of nature, somatic practice, movement, breath, sensory perception and ritual in ways that may never be repeated in exactly the same form.



A TRULY PERSONAL EXPERIENCE CANNOT BE STANDARDISED

Each journey responds to the individual-their story, their questions, their physical and emotional responses, and what reveals itself along the way.

My private experiences are created for individuals who carry significant responsibility or find themselves at an important personal or professional turning point: entrepreneurs, executives, family-business successors and those accustomed to performing at the highest level.

They often function exceptionally well. Yet they sense that functioning alone is no longer how they want to measure their lives.

The mind may understand a situation clearly, while something deeper continues to hold them back. The reason is rarely found in thinking alone. It may lie in patterns held within the body, unresolved emotions or a nervous system that has adapted to years of pressure and responsibility.



THIS IS WHERE MY WORK BEGINS

Drawing on more than 25 years of experience in somatic practice, bodywork, breathwork, mental training, NLP, energetic healing practices and holistic somatic coaching, I work across body, emotion and mind.

What emerges through the body can be felt, understood and transformed. What becomes clear during the experience can then be translated into new perspectives, conscious decisions and meaningful change.

A private retreat therefore extends far beyond a sequence of treatments or sessions. It becomes a carefully held process in which each experience builds upon the previous one and the journey evolves with the individual.

I am particularly experienced in accompanying private clients accustomed to the highest levels of discretion, personal attention and privacy.

PRIVACY IS PART OF THE EXPERIENCE.

Depth needs a protected space.

For my private experiences and retreats, the environment is essential: quiet, uninterrupted and entirely confidential.

That space does not need to be defined by conventional luxury. It may be an exceptional hotel, a private residence, a remote retreat or a place of profound simplicity.

For me, true luxury is the quality of the space we create within it.

I collaborate with selected places that understand the value of protecting this depth for their guests.

Beyond wellness.

For those seeking an experience that reaches beyond the moment - into how they feel, perceive and move forward in life.





SILBERQUARZIT[®]

experience

KORNELIA SCHWITZER

Visiting Practitioner · Founder of SilverQuartzite[®] Experience

Private Sessions · Full-Day Immersions · Multi-Day Private Retreats
Selected Group Experiences

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