



# THE ESSENCE JOURNEY

| COUPLES IMMERSION |

A Private Space for Couples to  
Rebuild Trust, Depth, and Intimacy

# A RECALIBRATION FOR COUPLES

This immersion is for couples who have built full lives, yet sense that something essential in their relationship is missing. Pressure, responsibility, and pace have left little room for what matters most.

Many arrive having already talked extensively. They understand their patterns, their history, their dynamics. Yet insight alone hasn't shifted the deeper responses that shape intimacy, trust, and attraction.

Each immersion is bespoke, confidential, and shaped around the couple. It's designed to support real change beneath conversation, where emotional safety, polarity, and closeness can return.

Experiences are offered in multi-day formats, created to meet the relationship where it is now.

# THE CONTAINER

Each immersion takes place in a private residence, private villa, or discreet retreat setting, chosen to best support the relationship at this stage.

The environment is arranged to reduce external pressure and distraction, with attention given to privacy, comfort, pacing, and nourishment so the focus can remain on what's happening between you.

This container allows the relationship to be met fully, without interruption.

# DISCRETION

Every journey is held in complete confidentiality.  
The space is one of trust. Nothing leaves it.

# A SPACE HELD BY BOTH

## Bianca Rivai

Mentor, mother, relationship & intimacy facilitator, Bianca guides individuals and couples into lasting love through a realm where feminine and masculine energy return to balance and deep healing unfolds.



## Nathan Marcuzzi

Founder of Somagetic, Nathan brings the clarity, steadiness, and masculine orientation toward truth that helps men feel safe to unwind the internal pressure they carry. His work meets the nervous system at its root, supporting the shift of deep patterns.

## THE EXPERIENCE

This immersion gives couples time and space to meet each other again. Not to talk things through endlessly, but to slow down and experience what's happening between them in real time.

Much of the work happens together, through guided practices that support honest expression and real listening. Each partner has space to be heard, seen, and felt without interruption, collapse, or escalation.

There are also intimacy-building practices designed to rebuild trust, safety, and polarity. These experiences help reduce reactivity and create conditions where closeness and desire can return.

Alongside the shared work, each partner is also met individually. This allows personal reactions, histories, or inner conflicts to be worked with without placing them onto the relationship.

# AT THE HEART OF THE IMMERSION

## **Energetic De-armouring™**

A unique modality that meets the protective layers interrupting inner coherence. It touches the energetic and somatic armour that formed around safety and survival. As these layers are met, the system no longer needs to stay defended.

## **Polarity Integration**

Guided relational experiences that restore masculine–feminine dynamics between partners. This work helps bring back attraction, intimacy, and the spark that has been missing for many couples, often for years.

## **Constellation Work**

Reveals inherited family and relational patterns that often play out unconsciously between partners, influencing closeness, conflict, and distance.

## **Individual & Couples Work**

Each partner is met both individually and together. One-to-one sessions create space to explore personal responses and experiences that influence the relationship, strengthening the work you do as a couple.

## BEYOND THE IMMERSION

What unfolds during a couples immersion continues well beyond the time spent together.

Following their time with us, couples often notice that the way they interact begins to change. Conversations feel slower and less charged. Reactivity decreases. Listening becomes easier, presence more available, and the impulse to defend or pull away softens.

Partners often describe a renewed sense of emotional safety, a clearer felt understanding of each other's inner world, and a return of polarity and attraction. Conflict becomes something that can be met with more steadiness, rather than avoided or escalated.

# AVAILABILITY & ENQUIRY

Private Couples Immersions are offered by arrangement worldwide.

The process begins with a private conversation. This is a space to understand what you've already tried, what hasn't shifted, and what feels most alive or strained in the relationship now. It's also where we assess whether this work is the right fit, for you and for us.

If it feels aligned, the immersion is then shaped collaboratively, based on location, timing, and the nature of what is being met in the relationship. Planning may take place directly with the couple, or through a trusted representative such as a personal assistant, chief of staff, or family office.

To enquire about availability or begin a confidential conversation, please contact:  
**[nathan@somagetic.com](mailto:nathan@somagetic.com)**

All communication is handled personally and with complete discretion.

# The Essence Journey | Couples Immersion

Private | Bespoke | Discreet  
Curated | Relational | Worldwide  
[www.essencejourney.com/private-couples-immersion](http://www.essencejourney.com/private-couples-immersion)

## Testimonial

My husband and I had built a beautiful life together. We had raised our two children and navigated big business decisions. But somewhere along the way, we stopped actually meeting each other. And eventually, that distance became something we couldn't ignore anymore.

What surprised me most was how quickly things shifted once we stopped trying to talk it through and actually *felt* what was happening between us. There was one exercise Nathan and Bianca guided us through, simply naming what we saw and what we felt in real time, without fixing, defending, or explaining. And wow. It sounds simple, almost too simple, but it landed in a way nothing else ever had. For the first time in a long time, I felt him truly there with me. And I also saw how guarded I had been, without even realising it.

What I appreciated most was the balance they Nathan and Bianca bring together. Bianca helped me soften and trust my own experience again, without collapsing. Nathan held a steadiness that allowed my husband to drop his armour in a way I honestly hadn't seen before.

Thank you, truly, to you both in helping us remember why we chose each other in the first place.