

# Services:

## Page 1

### Guided Forest Pilgrimages

Inner peace, sense of our life, relief from difficult life situations – all that can be found in the wisdom of nature.

Free consultation

Play video

### Guided Forest Pilgrimages

Do you wonder where are the answers to your questions stored? Discover distinctive insights amid nature, in a deep conversation, and with the help of various therapeutic techniques.

Free consultation

Play video

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## Our soul has always been craving for an appropriate attention

Ever since in human history, the pilgrimage had its own special place in life. We pilgrim always when we are in search of something essentially important. We undergo long and risky journeys when we thrive for adventure, fulfilment, healing, love, or anything we desperately need.

## Every time we look for something in life, we set out on a journey.

That's why I chose the format of the pilgrimage for my work. In fairy tales, the Honza go out into the world to eventually bring all the knowledge and princesses home. We go to schools, build careers, look for men or women to fulfill our work and family missions. One day our souls will also begin to call for a similar journey.

Elena Shubik

Soul Guide

## Our soul has always been craving for appropriate attention

Since human history, pilgrimages have had their unique place in life. We always pilgrim when we are in search of something essentially important. We undergo long and risky journeys when we thrive for adventure, fulfillment, healing, love, or anything we desperately need.

## Every time we look for something in life, we embark on a journey.

That's why I chose the format of the pilgrimage for my work. In fairy tales, the Honza went out into the world to eventually bring all the knowledge and princesses home. We go to schools, build careers, look for men or women to fulfill our work and family missions. One day our souls will also begin to call for a similar journey.

Elena Shubik

Soul guide

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## And you can learn to hear her voice

There is a time in life when our soul starts to call us for a similar journey. Only instead of embracing the outer world, it is necessary to descend into our inner world.

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## Do you hear similar calls as well?

Do not hesitate to open up to him and examine him in an embrace with nature, in deep dialogue, through working with dreams or using various therapeutic techniques.

## And you can learn to hear the inner voice

There is a time in life when our soul starts to call us for a similar journey. Instead of embracing the outer world, it is necessary to descend into our inner world.

[Play Video](#)

[Free Consultation](#)

## Do you hear similar calls as well?

Do not hesitate to open up to it and examine it in nature's embrace with a profound dialogue, working with dreams, or using various therapeutic techniques.

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## Nature provides us with its supportive arms

In the middle of nature, we can hear the voice of our soul much more clearly than in the noise of our daily lives. That is why I decided to guide people on their soul journeys in the environment of our beautiful forests. We do one or more days lasting pilgrimages where we ponder into the listening of our soul, we look into its depths, and work with all signs it is giving us.

[Free Consultation](#)

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## Nature provides us with its supportive arms

In the middle of nature, we can hear the voice of our soul much more clearly than in the noise of our daily lives. That is why I decided to guide people on their soul journeys in the environment of our beautiful forests. My pilgrimages last for one or more days where we ponder into the listening of our soul, we look into its depths, and work with all signs it is giving us.

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## How it works?

Pilgrimages are for all who are yearning to discover their inner lands, examine them, bring them up to daylight, and eventually integrate them into their lives. They allow us to give special care to our soul, get relaxed in nature, and see our routine from new angles.

I use many different techniques, starting with deep dialogue, going through work with dreams and imagination, ending up with exercises that involve the body, and mind. All this can help to hear the voice of your soul, and teach you how to never lose it again.

[Free Consultation](#)

[Play Video](#)

## How does it work?

Pilgrimages are for all who are yearning to discover their inner lands, examine them, bring them up to daylight, and eventually integrate them into their lives. They allow us to give special care to our soul, get relaxed in nature, and see our routine from new angles.

I use many different techniques, starting with deep dialogue, going through work with dreams and imagination, ending up with exercises that involve the body and mind. All this can help to hear the voice of your soul and teach you how never to lose it again.

[Free Consultation](#)

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## Full attention to your soul

This fascinating adventure requires some time and a lot of attention. That is why I work with clients only individually or in small groups (upon their request). So unless you decide differently, it will be only me, you, and your topic for one full day.

[Free Consultation](#)

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## Full attention to your soul

This fascinating adventure requires some time and a lot of attention. That is why I work with clients individually or in small groups (upon their request). So unless you decide differently, it will be only me, you, and your topic for one whole day.

[Free Consultation](#)

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## What will happen then

After the pilgrimage, I am preparing a summary of what I have observed and what I feel might work for you further. I have a dream in which everyone can hear the voice of his soul, and can cultivate it further alone or with his close or beloved ones.

There are many ways how to do it, and I will be more than happy to guide you through them. Afterwards, I am there for you for any further questions or short consulting of things related to the pilgrimage.

[Free Consultation](#)

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## What will happen then

After the pilgrimage, I prepare a summary of what I have observed and what I feel might work for you further. I have a dream in which everyone can hear the voice of their soul and cultivate it further alone or with their close or beloved ones.

There are many ways to do it, and I will be more than happy to guide you through them. Afterward, I am there for you for any further questions or short consultations about the pilgrimage.

[Free Consultation](#)

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## Practical information

We start around 9 am and end around 6 pm, but it can last longer – depending on the situation. Transportation is upon agreement, depending also on the place where we decide to go. Each of

us takes our own food & drinks, but there is also an option to do pilgrimage when fasting. Fasting can help our soul to speak up! I will be happy to pilgrim with you on fast in all seasons except the winter. That would be too challenging for me 😊

The price of one day pilgrimage is 6.500 CZK

Free Consultation

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## Practical information

We start at around 9 am and end around 6 pm, but it can last longer – depending on the situation. Transportation is upon agreement, also depending on where we decide to go. Each of us takes our own food & drinks, but there is also an option to do pilgrimage when fasting. Fasting can help our soul to speak up! I will be happy to pilgrim with you while fasting in all seasons except the winter. That would be too challenging for me 😊

The price of one day pilgrimage is 6.500 CZK.

Free Consultation

Play Video

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## Other Services

Apart of pilgrimages, we can work together in form of shorter individual sessions. Either online, either in the nature or in heart of Prague where I have a beautiful space for therapies.

I am also experienced Massage Therapist. Massage is a great way how to release tension and pain from the body, but also from the soul.

## Other Services

Apart from pilgrimages, we can work together in shorter individual sessions. It can be done online, in nature, or in the heart of Prague, where I have a beautiful space for therapies.

I am also an experienced massage therapist. Massage is a great way to release tension and pain from the body and the soul.

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## Consultations

I went through the dreadful addiction on alcohol and cocaine. Hand in hand with it I have experienced endless ups and downs that give me deep insights into human suffering as such.

I believe every problem has a solution and every fall can reveal special gifts to us. Don't hesitate to speak about your issue, no matter what it is – we will find the way out.

I want to know more

## Consultations

I went through a severe addiction to alcohol and cocaine. While in the grip of addiction, I experienced a never-ending process of ups and downs that provided me with deep insight into human suffering and recovery.

I now know that every problem has a solution, and every fall can reveal unique gifts to us. We can use these gifts to rebuild. Don't hesitate to speak about your issues, no matter what it is - we will find the way out.

I want to know more

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## Massage Therapies

I am experienced massage therapist who simply loves to do it. Releasing tension and pain in human body & soul is my true mission.

I master many different techniques how to approach it. From classical to deep tissue, and from head to your toes.

I want to know more

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I want to know more

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## Order free consultation

In order to prepare for the pilgrimage we need to meet r at least have a longer phone call. We need to clarify your expectations and my abilities to help you.

Price for one day pilgrimage is 6.500 CZK

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## Page 2

## Finding a balance

There is no suffering in this world that wouldn't have a way out. On the contrary, our soul is growing through every fall and it always can rise like a phoenix from the ashes.

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[Pricelist](#)



# Finding a balance

There is no suffering in this world that wouldn't have a way out. On the contrary, our soul grows with every fall and can always rise like a phoenix from the ashes.

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Pricelist

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## Addiction is a powerful, but manageable demon

Addiction is in its substance great passion. It is vast energy, that can command us to total destruction. It can be so strong that we lose any hope for the way back. And there really is no way back. Likewise, there is no return from other life experiences. There is only one way further, and learning how to live with this experience, first normally, later happily and fruitfully. Life with her will never be the same as before, and that's OK.

Elena Shubik

## Addiction is powerful, but a manageable demon

Addiction is, in essence, great passion. It is vast energy that can command us to total destruction. It can be so strong that we lose any hope for the way back. And there truly is no way back. Likewise, there is no return from other life experiences. There is only one way to move ahead, and that is learning how to live with this experience, first normally, later happily, and then fruitfully. Life with addiction will never be the same as before, and that's OK.

Elena Shubik

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## How it used to be

I have been through devastating years of addiction to alcohol, psychotropic drugs, and cocaine. I know a lot about addiction to cigarettes, gaming, porn, sex, food, sports, communication, books, screens, and relationships.

Order Consultation

Pricelist

## How it used to be

I have been through devastating years of addiction to alcohol, psychotropic drugs, and cocaine. Additionally, I am knowledgeable about addiction to cigarettes, gaming, porn, sex, food, sports, communication, books, screens, and relationships.

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## How is it now

Today I very exceptionally consume small doses of alcohol or other substances for therapeutical reasons, or out of curiosity, or for pleasure.

I am addicted to food and my mobile phone approximately the same way as the majority of our society – sometimes more, sometimes less, sometimes not at all.

On top of that, I have my own dopamine resources that I consciously rein. The fact that I don't relapse shows me that addiction is not only a MANAGEABLE issue, but one can enjoy life with it even after all that dreadful experience. And even more – one can have it as a source of a deep knowledge and inspiration.

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## How is it now

Today, I occasionally consume small amounts of alcohol or other substances for therapeutic reasons, out of curiosity, or for pleasure.

I am addicted to food and my mobile phone in the same way as the majority of our society - sometimes more, sometimes less, sometimes not at all.

On top of that, I have the dopamine resources that I consciously control and release. The fact that I don't relapse shows me that addiction is not only a MANAGEABLE issue, but one can

enjoy life with it even after all those previously dreadful experiences. And further, one can utilize it as a source of deep knowledge and inspiration.

Order Consultation  
Pricelist

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## Intrinsic freedom as a direction to follow

I work with addiction as with an inner element, that we can tame. And not only to tame, but also to use it for creation, and many other useful things.

I am not undergoing the journey of pure asceticism. I dance towards the ideal of intrinsic freedom that is unattainable, exactly because it is an ideal. But it is a good and inspiring direction for me.

Order Consultation  
Pricelist

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I work with addiction as an inner element that we can tame. And not only to tame but also to use it for creation and other valuable things.

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Order Consultation  
Pricelist

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## Pricelist of Consultations

In my experience good consultation needs ideally two hours.

I will be happy to meet you in my therapy room, Salon BeLovely, Na Příkopě 17, Prague 1. We can also meet in the forest or park, or catch up on video call.

Online consultation

120 minutes: 2.000 CZK

Personal consultation

120 minutes: 2.500 CZK

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Online consultation

120 minutes: 2.000 CZK

Personal consultation

120 minutes: 2.500 CZK

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## Other services

Apart of consultations, we can dive much deeper into your issue. On one or couple days lasting forest pilgrimages we can properly explore the voice of your soul.

I am also experienced Massage Therapist. Massage is a great way how to release tension and pain from the body, but also from the soul.

## Other services

In addition to consultations, we can dive much deeper into your issues. In one day, or with the luxury of a couple of days basking in the forest pilgrimage, we can channel the voice of your soul.

I am also an experienced massage therapist. Massage is a great way to release tension and pain from the body and the soul.

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## Guided Forest Pilgrimages

We pilgrim always when we are in search of something essentially important. There is a moment in life when our soul starts to call us for a journey.

In the middle of nature, we can hear the voice of our soul much more clearly. I do one or couple days lasting pilgrimages where we ponder into the listening of our soul, and try to understand the meaning of its message.

I want to know more

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## Order consultation

In my experience good consultation needs at least one and a half hour, ideally two hours.

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## Page 3

## Release the tension and pain

When I started to work as a massage therapist some time ago, I couldn't believe how closely interconnected is everything within our being.

Massage in Prague  
Massage in Chateau Mcely

## Release the tension and pain

When I started to work as a massage therapist some time ago, I couldn't believe how closely interconnected everything within our being is.

Massage in Prague  
Massage in Chateau Mcely

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## Moje cesta od dotyku s tělem k dotyku s duší

Když jsem se před rokem a půl začala profesionálně věnovat masírování, mohla jsem si poprvé "sáhnout" na to, jak v našem bytí vše se vším souvisí. To moji zvědavost a touhu jít do hloubky nemohlo nechat chladnou, a tak jsem se rozhodla, že kromě péče tělesné, se budu věnovat i péči duševní.

Translation through Deepl:

## My journey from touching the body to touching the soul

When I started to massage professionally a year and a half ago, I was able to "touch" for the first time how everything is connected in our being. This couldn't leave my curiosity and desire to go deeper cold, so I decided that in addition to physical care, I would also focus on mental care.

Elena Shubik

## My journey from touching the body to touching the soul

When I started to massage professionally a year and a half ago, I understood how the "touch" connected to our being for the first time. It roused my curiosity and desire to go deeper, so I decided that in addition to physical care, I would also focus on mental care.

Elena Shubik

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## Massage in Chateau Mcely

You can find me in the gorgeous environment of Chateau Mcely, where you can order through the reception.

Chateau is an oasis of peace and silence with a very interesting history and an extraordinary atmosphere. Apart from well-known Marian apparitions, this place was a favourite stop of Mark Twain or Rainer Maria Rilke – one of my most beloved writers.

Your body can be cherished here also in other ways. For example in one of the best Czech restaurants, Piano Nobile, or just by having a quiet walk in our breathtaking park, going to the sauna, or enjoying the whirlpool.

Reservations

+420 325 600 000

[Reception@ChateauMcely.com](mailto:Reception@ChateauMcely.com)

## Massage in Chateau Mcely

You can find me in the gorgeous environment of Chateau Mcely. There, you can book the services through reception.

The Chateau is a silent oasis of peace and respite, with a fascinating history and an extraordinary atmosphere. Apart from well-known Marian apparitions, this location was a favorite stop of Mark Twain and Rainer Maria Rilke, my most beloved writers.

Your body can be nourished and rejuvenated here in several ways. For example, replenish yourself in one of the best Czech restaurants, Piano Nobile, or just by having a quiet walk in our breathtaking park, going to the sauna, or enjoying the whirlpool.

For reservations

+420 325 600 000

[Reception@ChateauMcely.com](mailto:Reception@ChateauMcely.com)



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## Massage in Prague

V Praze jsem se rozhodla usídlit v jejím samotném srdci – na Příkopech, v překrásných prostorách Salonu BeLovely. Soustředím se zde na dlouhé hloubkové masáže, které přinášejí mnoho blahodárných účinků pro tělo i duši.

Ozdravná a hluboce uvolňující masáž trvá minimálně hodinu a půl, ideálně dvě. Vždy jí předchází krátká konzultace, aby mohla být co nejlépe přizpůsobená vašim potřebám. Budu vás hýčkat se 100% přírodní kosmetikou, kterou si sama míchám.

Pracuji s kvalitními BIO rostlinnými tuky, kterým dodávám jedinečné vůně pomocí esenciálních olejů dōTERRA a Nobilis Tilia.

Reservation

+420 776 263 360

[elen@senvlese.com](mailto:elen@senvlese.com)

Translation:

In Prague, I decided to settle in the very heart of Prague - in Příkopy, in the beautiful premises of Salon BeLovely. Here I concentrate on long deep massage sessions, which bring many beneficial effects for body and soul.

A healing and deeply relaxing massage takes at least an hour and a half, ideally two. It is always preceded by a short consultation so that it can be best tailored to your needs. I will pamper you with 100% natural cosmetics that I mix myself.

I work with high quality ORGANIC vegetable fats, which I give unique scents using dōTERRA and Nobilis Tilia essential oils.

## Massage in Prague

In Prague, I decided to settle in the very heart of Prague - in Příkopy, on the beautiful premises of Salon BeLovely. Here I concentrate on long deep massage sessions, which bring many beneficial effects for the body and soul.

Healing and deeply relaxing massage takes at least an hour and a half, ideally two. I start with a short consultation to best tailor to your needs. I will pamper you with 100% natural cosmetics that I mix myself.

I work with high-quality ORGANIC vegetable fats, which I give unique scents using dōTERRA and Nobilis Tilia essential oils.

For reservations

+420 776 263 360  
elen@selenvlese.com

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## Galerie

K dotyku s duší mě kromě literatury, poezie, přírody a vlastního volání, přivedl také dotyk s tělem. Když jsem se před rokem a půl začala profesionálně věnovat masírování, byla jsem ohromená z toho jak v našem bytí vše se vším souvisí. Ve zkoumání a osvětlování těchto souvislostí spatřuji hluboký smysl.

## Translation:

## Gallery

In addition to literature, poetry, nature and my own calling, I was also led to touch with my body. When I began to massage professionally a year and a half ago, I was amazed at how everything in our being is connected. I find deep meaning in exploring and illuminating these connections.

## Gallery

In addition to literature, poetry, nature, and my calling, I was also led to touch with my body. When I began to massage professionally a year and a half ago, I was amazed at how connected everything in our being is. I find deep meaning in exploring and illuminating these connections.

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## Other services

Apart of massages, we can dive much deeper into your (t)issue. On one or couple days lasting forest pilgrimages we can listen to the voice of your soul.

We can also work together in form of shorter individual sessions. Either online, either in the nature or in heart of Prague where I have a beautiful space for therapies.

## Other services

In addition to massages, we can dive much deeper into your (t)issue. In one day, or with the luxury of a couple of days basking in the forest pilgrimage, we can channel the voice of your soul.

Apart from pilgrimages, we can work together in shorter individual sessions. It can be done online, in nature, or in the heart of Prague, where I have a beautiful space for therapies.

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## Guided Forest Pilgrimages

We pilgrim always when we are in search of something essentially important. There is a moment in life when our soul starts to call us for a journey.

In the middle of nature, we can hear the voice of our soul much more clearly. I do one or couple days lasting pilgrimages where we ponder into the listening of our soul, and try to understand the meaning of its message.

I want to know more

## Guided Forest Pilgrimages

We choose to journey when we are in search of something essential to our body and soul. There is a moment in life when our spirit becomes restless and we must move our body and soul.

In the midst of nature, we can hear the voice of our soul with clarity. I facilitate one or multi-day pilgrimages where we ponder our minds and explore the space of our soul, all while listening and understanding the meaning of its messages

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## Consultations

I went through the dreadful addiction on alcohol and cocaine. Hand in hand with it I have experienced endless ups and downs that give me deep insights into human suffering as such.

I believe every problem has a solution and every fall can reveal special gifts to us. Don't hesitate to speak about your issue, no matter what it is – we will find the way out.

I want to know more

## Consultations

I went through a harrowing addiction to alcohol and cocaine. While in the grip of addiction, I experienced a never-ending process of ups and downs that provided me with deep insight into human suffering and recovery.

I now know that every problem has a solution, and every fall can reveal special gifts to us. We can use these gifts to rebuild. Don't hesitate to speak about your issues, no matter what it is - we will find the way out.

I want to know more

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## Page 4

### Loves of my life

Who am I, how do I perceive the world, and which experiences I consider as my game changers. How did I rediscovered what I always loved and knew.

My services  
Play Video

## I love life

Who am I, how do I perceive the world, and which experiences do I consider game-changers?  
How did I rediscover what I have always loved and knew?

My services  
Play video

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## Nature and introspection were my passions since I was a little girl

### How I rediscovered myself

Already as a small girl, I was aware of the broad range of my emotions, and their high intensity. A big game-changer in this was the moment when I started to read the World Classics. Suddenly I felt much less alone with my vibrant soul. I loved especially Dostoyevski and Stefa Zweig, whose books were psychological probes in their substance. Together with long forest walks, it all gave me miraculous youth time.

Deep and fruitful were my studies of humanities at Charle's University. Although back then I thought how dreadfully tough it was, now I would simply choose the same school again. If I could. And since I cannot, I love to go back in my thoughts, readings, and writings. Afterward, I anchored myself for 10 years in business and technologies, but human sciences never stopped being my close friends. Especially philosophy and psychology were very close to me, and this time rather from the perspective of everyday life.

What my everyday life brought to this discovery, were quite extreme positions of the human mind, body, and soul. When I was about 30 years old, I slowly started to be familiar with addiction in a much harsher form than we all know it with our mobile phone, food, or in relationships. During the incoming 5 years, I had drunk thousands of liters of wine, hundreds of liters of booze, eaten many pills, and sniffed many grams of cocaine. No, I did not count it, but it is countable retrospectively.

My addiction was accompanied by endless tries to STOP. It was a game of never ending takeoffs and downfalls, pride and humiliation, over and over and over again. This ferocious ring of delight and suffering ended only in the rehab Sanatorium where I spent 5 weeks. Branik Sanatorium of Monika Plocova has apart its special atmosphere also a great team of therapists

from whom I learned a lot also about other topics than the addiction itself. It helped me to get stable, stay clean, and start my life from the scratch again.

But how to start from scratch with such a damaged personality that misses any solid values and has no single bit of basic self-confidence? This and many other questions were making my new start an extremely bitter experience. That was one of the reasons why I decided to come back to my beloved nature and wise literature. I perceive these two entities as my life teachers with limitless competence. Together with top therapeutical support of Nora Vlášková, and cooperation with Souladventure and Univerzita Hvězdy, I had managed to recreate my being to its new stronger version. I continue to learn from those who are the best in field, as well as from my daily life.

I observe life as such with relentless passion, and I cannot stop wondering what all does it bring to me. Parallely with that, I spend my time writing, working as a massage therapist, guiding people on their journeys to their souls, and pass my experience with addiction or other topics to all who need them.

## Nature and introspection have been my passions since I was a little girl

### How I rediscovered myself

As a small girl, I was already aware of my broad range of intense emotions. A big game-changer was when I began to read the world classics of literature. Suddenly, I felt much less alone with my vibrant soul. I especially loved Dostoyevski and Stefa Zweig, whose books were psychological probes in their inquisitive substance. Together with long forest walks, my passions provided me with a miraculous and idyllic youth.

So deep and fruitful were my studies of humanities at Charles University. Although back then I thought how dreadfully intense and challenging it was, now I would choose the same school again without hesitation. Since I cannot, I love to go back into my thoughts, readings, and writings from that period. Afterward, I anchored myself for ten years in business and technologies, but human sciences never stopped being the interest nearest to my heart. Mainly, philosophy and psychology were very close to me.

My everyday life brought to my discovery were extreme perspectives of the human mind, body, and soul. When I was around 30 years old, I slowly became familiar with addiction in a much harsher form than we all know it. Mine was not through a mobile phone, food, or in relationships. During the resulting five years, I had drunk thousands of liters of wine, hundreds of liters of booze, consumed many pills and sniffed many grams of cocaine. I did not count the amounts, but it is surmountable in retrospect.

Accompanying my addiction were the endless attempts to STOP. It was a game of neverending takeoffs and downfalls, pride and humiliation, over and over and over again. This ferocious ring of delight and suffering ended only in Sanatorium's rehab center, where I spent five weeks. The Branik Sanatorium of Monika Plocova has built a unique atmosphere and a great team of therapists from whom I learned so much about topics other than the addiction itself. It helped me get stable, stay clean, and start my life from scratch once again.

But how can one start from scratch with such a damaged personality that lacks solid values and has no single bit of essential self-confidence? These questions were making my new start an extremely bitter experience. That was one of the reasons why I decided to come back to my beloved nature and stimulate literature. I perceive these two entities as my life teachers with limitless boundaries. Together with the top therapeutic support of Nora Vlášková, and in cooperation with SoulAdventure and Univerzita Hvězdy, I had managed to recreate my being to its newer and stronger version. I continue to learn from professionals in the field and from those in my daily life.

I observe life with relentless passion, and I cannot stop pondering the scope of all the things it brings to me. Parallel with philosophy, I spend my time writing, working as a massage therapist, guiding people on their journeys to their souls, and communicating my experiences with addiction and other topics to all who need them.

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## My services

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## Guided Forest Pilgrimages

We pilgrim always when we are in search of something essentially important. There is a moment in life when our soul starts to call us for a journey.

In the middle of nature, we can hear the voice of our soul much more clearly. I do one or couple days lasting pilgrimages where we ponder into the listening of our soul, and try to understand the meaning of its message.

I want to know more

## Guided Forest Pilgrimages

We choose to journey when we are in search of something essential to our body and soul. There is a moment in life when our spirit becomes restless and we must move our body and soul.

In the midst of nature, we can hear the voice of our soul with clarity. I facilitate one or multi-day pilgrimages where we ponder our minds and explore the space of our soul, all while listening and understanding the meaning of its messages.

I want to know more

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## Consultations

I went through the dreadful addiction on alcohol and cocaine. Hand in hand with it I have experienced endless ups and downs that give me deep insights into human suffering as such.

I believe every problem has a solution and every fall can reveal special gifts to us. Don't hesitate to speak about your issue, no matter what it is – we will find the way out.

I want to know more

## Consultations



I went through a harrowing addiction to alcohol and cocaine. While in the grip of addiction, I experienced a never-ending process of ups and downs that provided me with deep insight into human suffering and recovery.

I now know that every problem has a solution, and every fall can reveal special gifts to us. We can use these gifts to rebuild. Don't hesitate to speak about your issues, no matter what it is - we will find the way out.

I want to know more

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## Massage Therapies

I am an experienced massage therapist who simply loves to do it. Releasing tension and pain in human body & soul is my true mission.

I master many different techniques how to approach it. From classical to deep tissue, and from head to your toes.

I want to know more

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From Where is My Inspiration?

Everyone I guide is moving along a particular journey. I apply my experience and knowledge along the way.

## Who is guiding and teaching me? Who inspires me the most?

I am most influenced by ancient philosophy and classic literature. In addition, I am further inspired by contemporary authors.

Most recently, my attention has been captivated by the following writers:

I.D.Yalom, Julien Barnes, Joseph Campbell, Bill Plotkin, James Hillman, Thomas Moore, Stanislav Grof, and Gabor Maté. Nature and the human body are two of my additional fascinations.

I believe that we can find great wisdom in various stories and spiritual traditions. We can also benefit by applying that wisdom and discovering knowledge within ourselves. Sometimes, we need more theory, and on other occasions what we really need is practice. Often, we need to synthesize both at the same time!

Each pathway is your choice, and I am enthusiastic to be your guide and show you around 😊

## Where do I get my inspiration from?

Everyone I guide is moving along a particular journey. I apply my experience and knowledge along the way.

## Who is guiding and teaching me? Who inspires me the most?

Ancient philosophy and classic literature influence me majorly. In addition, I get further inspiration from contemporary authors.

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more theory, and on other occasions, what we need is practice. Often, we need to synthesize both at the same time!

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## Heroes and muses on my journey

In addition to literature and philosophy, I ponder into the world and my heal my soul by various methods.

I have been, and I am being, guided by the following entities.

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## SoulAdventure

SoulAdventure is a group of experienced soul pilots who together are eager to conquer any challenge ahead. Every guide with SoulAdventure is a unique, remarkable personality, and they treat each possibility with unprecedented tenderness, but with command and fearlessness at the same time.

I have been to four Soul Quests in the Sahara desert with SoulAdventure. Each experience has changed my life in every aspect. I have greatly benefitted from their weekend workshops on various topics of interest. These events take place in beautiful nature of the Krkonoše mountains. Last, but not least, I have been forever changed by their comprehensive program titled Confident Woman.

Essential to me has been the careful supervision of my pilgrimages by Tereza Černohorská: my teacher, my friend, and my muse, all in one.

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## Stars University

Stars University guided me through the worst period of darkness yet. I was eager to manage my life sober for the first time. After my rehab, Stars provided me with crucial help to become a stable and happy person again. Not only did I manage to achieve this, but I now cherish my life and utilize my talents more than ever before.

These days, I am attending their program on alternative healing methods for the human body and soul. I find people here very adept at all levels. I have benefitted from their multidisciplinary approach in body, mind, and spirit.

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## Sanatorium of Monika Plocová

Monika Plocová and her team literally saved my life. I began my rehab here when I needed it most. My mental and physical health were in ruins at the time. I turned to the right place.

I managed to accept and explore the complexity and vastness of my addiction here. I finally accepted myself and my scenario. I came to a realization that I was at the brink of disaster had I not made changes to become healthy.

In addition to abstinence, I gained deep and comprehensive knowledge about the entirety of the issue. I still love to come back for an after-rehab group therapy from time to time.

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## Nora Vlášková

Nora Vlášková was the first person with whom I dared to share my inner world. She held me firmly so that I could handle that first immersion into prosperity. She taught me not to collapse from the weight of my problems, but rather be resilient and conquer them.

Ms. Vlášková also directed me towards the inspirational literature that still influences my life and work. Nora is one of the smartest women I have had the honor of knowing, and a mere reminiscence about our therapy gives me great insights to this day.

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## Family, Friends & Clients

Of course, my family, friends, and clients are an integral part of my life experience. A human being is a social creature that mirrors his or her inner world in all relationships surrounding. If we become irritated by someone, it will likely be our suppressed, or “shadow” quality. On the contrary adoration of someone shows us unrevealed qualities we desire.

Relationships are the best education for the human soul. We attract and nurture exactly what is necessary for our journey at that certain moment or period. Although in the most difficult relationships it might seem absurd, these are particularly the challenging and inspirational ones that can have a transformational value.

## Family, Friends & Clients

My family, friends, and clients are integral to my life experience. The human being is a social creature that mirrors their inner world in all relationships. If we get very irritated by someone, it will probably be our suppressed or shadow quality. And on the contrary, the adoration of someone shows us our unrevealed wanted qualities.

Relationships are the best university for the human soul. Sometimes I feel that we attract exactly what is necessary for our journey at that particular moment. And although dealing with a very tough relationship might seem absurd, they are mainly the ones that can have a transformational value for us.

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## Chci dostávat emaily od Elen

O všem novém, co dělá nebo chystá

Email  
Zadejte svůj e-mail

I want to receive emails from Elen

About everything new she does or is going to do

Email  
Enter your email

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Souhlasím se zpracováním osobních údajů  
Souhlasím se zpracováním osobních údajů pro zasílání newsletteru

I agree to the processing of personal data  
I agree to the processing of personal data for sending the newsletter

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