



ALEXANDRA
GOLOVKO

The **HOMECOMING**

I-I somatic coaching program

The way out is actually the way in

You've built a life
that looks good on
paper.



But something is bugging you.

It can manifest itself in different forms.

It can be your body sending you signals - like anxiety bursts from nowhere, insomnia, or physical manifestations like eczema or frequently getting sick, even auto-immune diseases and other health issues.

It can show up in your mind - like hyper-vigilance to your environment, doubts about yourself such as imposter syndrome or perfectionism, the need to prove your worth at all times, leading you to work extra hours.

Or it can show up in your relationships, romantic or family ones. Maybe you've always showed up for others, but never receive in return. Or you're feeling that others' attachment to you is overwhelming and all you want to do is to escape.

You might have even examined the roots of it, gone to therapy, and understand the patterns. But it did not make them go away.

This is because this pattern lives in your nervous system - in your body. Awareness about the issue is an important step. But to process - the body is the entry point. This is what this coaching program is all about, but it goes beyond that.



Hi, I'm Alex Golovko

For 13 years, I worked inside international systems, advising governments on strategies. My world was structured and analytical. But inside, I was navigating the familiar patterns of high-achieving millennials: anxiety, excessive control, over-responsibility, and people-pleasing.

Yoga first entered my life as a refuge. What began as a side practice slowly became a reclamation of my body and my nervous system. Teaching yoga evolved into professional somatic coaching — a calling that fills my heart with joy and reinforces my trust in my intuition that led me here.

For years in corporate spaces, I was the person colleagues naturally came to for clarity and life decisions. Today, this is the space I want to hold for you.

Because I've learned first hand that change does not come from understanding or intellectualising the issue. It comes with nervous system safety and reconnection to the body - which is the portal to your inner most truth.

I believe your body already knows. The work is learning how to listen again.

It is an honour to walk beside you.

Alexandra Golovko
Alexandra Golovko

The coaching program at a glance

What Is “Homecoming”?

A 3-month private somatic coaching process for those who know change in your life can only come from deeper work - beyond talk-therapy. This program helps you move beyond the intellectualisation trap and reconnect to the deeper intelligence of your body, nervous system, and subconscious patterns so you can finally act with clarity and self-trust. This is for you if you...

- repeatedly struggle with relationships - even if you know why (people pleasing, avoidance, fear of losing them, etc.)
- struggle with reactivity - anger or anxiety
- can never fully relax, even when there's nothing to do
- have done therapy or read books, are highly self-aware, but still feel “stuck”

What's Included:

- A personalised roadmap - identifying where you want to be ideally in 3 months through archetypal work.
- 12 weekly 1:1 Somatic Coaching Calls (60 min)
- Follow up between sessions and access to Alex's WhatsApp messaging (highly praised by all clients - allows to apply practices in real time life situations)
- Using a broad toolkit of embodiment modalities: somatic tools, intuitive coaching, and subconscious rewiring.
- Curated weekly tools to support your integration: meditation, breathwork, movement, yoga nidra, nervous system support or other modalities based on your unique needs.
- Access to online courses and resources (nidra and meditations)
- No rigid system — we move at your pace and the time your nervous system needs to integrate and adapt.

In my sessions with Alex I learned how valuable it is to put your awareness to the physical sensations that come along certain thoughts and events. It showed me how quickly I try to analyze everything with the brain, and keep forgetting to look at how the body feels.

Apart from the fact that it made me open up to emotions and feelings that I was not aware of at that moment, my sessions with Alex also had a very grounding effect. The gentle way of guiding you through the meditations and creating such a safe space is what makes this therapy so effective and helpful.

To anyone who wants to get to know themselves on a deeper level, reconnect and find tools to improve the way of seeing life, I would absolutely recommend Alex!

Laure D., Belgium

I have gone through the Homecoming program over 3 months. While I understood some important things on an intellectual level that I wasn't aware of, like me taking too much responsibility for others, the real value was how I became more aware of my body's cues.

My confidence to speak up to express my needs has clearly increased. Before taking the program, I would just brush things off to avoid confrontation.

I am just more self-aware and able to speak up. I never answer before actually checking in with myself if the request is aligned with me.

Joanne I., Kenya

I have been through Alex's program the Homecoming and it has helped me with my general confidence to speak up my needs.

I have been on this journey prior starting the program and have gone through various modalities like therapy, coaching, self-exploration through yoga. But Alex's program was a very good complement and targeted my specific coping mechanism of people-pleasing, and went deeper into my body - something I realized I did not do that often.

Arnaud I., Belgium

Working with Alex made me feel like a different person. I came in feeling anxious, sleepless and had no real trust that this could be any different. By the end of our 3 months, I wasn't just more in flow in my life— I finally felt like myself again. I've started setting boundaries without panicking about how they land, spoken up at work, and started honoring what I truly need. I have made connections that are really meaningful and released those that weren't good for me anymore but where I was clinging. It's hard to put into words, but I finally feel like me.

Annabel, Switzerland

A 3-Month transformation



Month 1: Reconnect

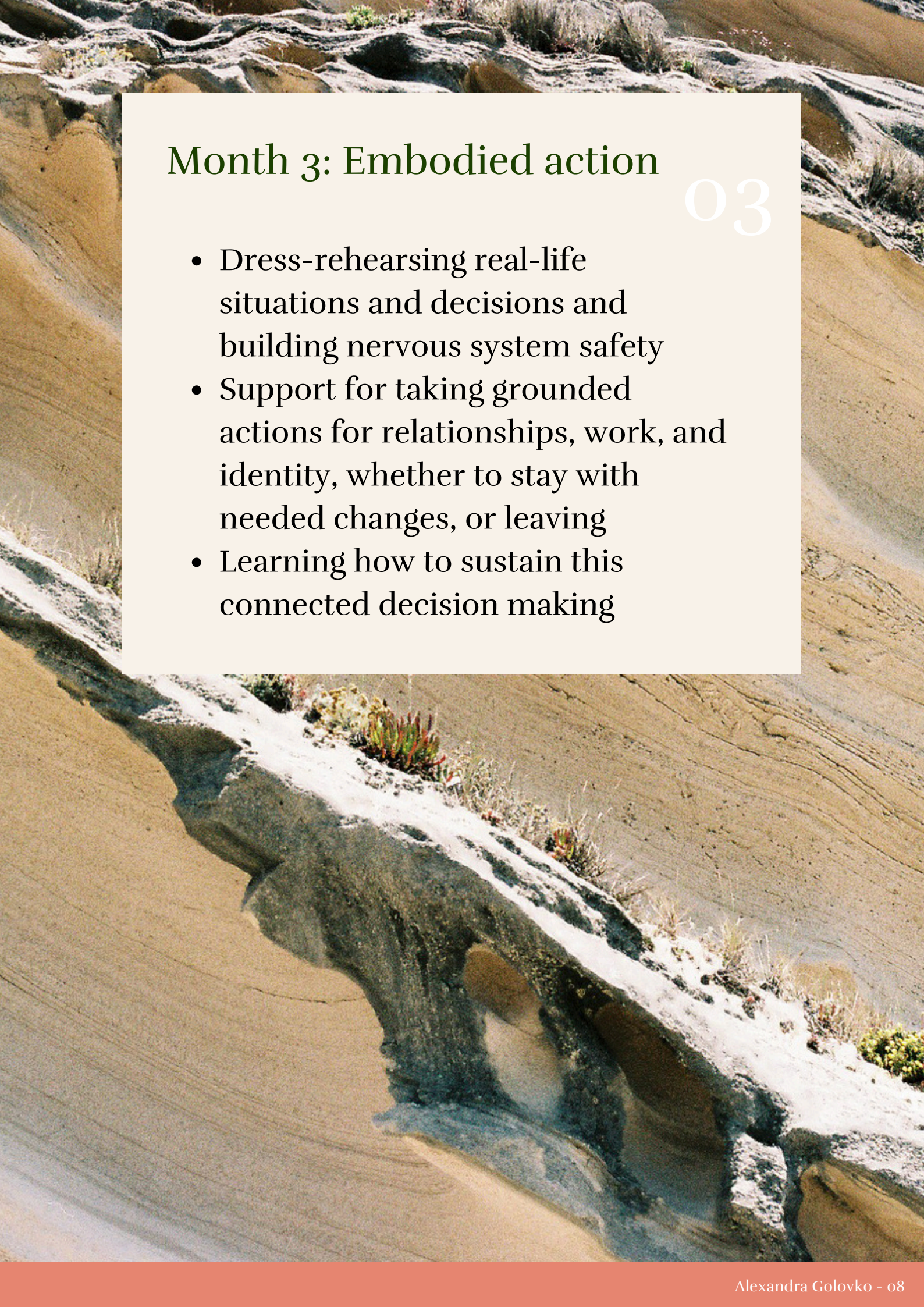
01

- Understanding the “stuckness”, how it shows up and its origins
- Reconnecting to your body and nervous system
- Uncovering unmet needs in the present situation
- Revealing your true self that is not fully expressed right now

Month 2: Release

02

- Composting the protective patterns keeping you stuck, including people-pleasing, perfectionism, or fear of loss
- Expanding your nervous system capacity for uncertainty and change
- Learning to distinguish fear and conditioning with true intuition

The background of the slide is a photograph of a geological rock formation. It features distinct horizontal layers of light-colored rock, possibly sandstone or limestone, which are weathered and eroded. Some darker, more jagged rock formations are visible at the top and bottom. Sparse, dry vegetation is growing in the crevices and on the surface of the rock. A large, white, semi-transparent rectangular box is overlaid on the right side of the image, containing the text for the slide.

Month 3: Embodied action

03

- Dress-rehearsing real-life situations and decisions and building nervous system safety
- Support for taking grounded actions for relationships, work, and identity, whether to stay with needed changes, or leaving
- Learning how to sustain this connected decision making



Investment

There are two payment options:

Option 1

PAY
IN FULL
~~USD 2100~~
USD 1600

Option 2

PAYMENT
PLAN
USD 700
a month for
3 months

A woman with blonde hair, wearing a white tank top and brown shorts, is sitting in a meditative lotus position on a sandy beach. She has several tattoos on her arms, including palm trees and a skull. She is wearing multiple colorful beaded bracelets on her right wrist and a thin silver chain on her left. The background features a large, dark, jagged rock formation in the ocean under a cloudy sky. The word "FAQs" is overlaid in white serif font in the center of the image.

FAQs

Is this for me?

It is for you if you recognize yourself in any of these statements:

- repeatedly struggle with romantic relationships, knowing your attachment style but not managing to change it
- get taken advantage of, for instance by family members, and seem stuck in that situation
- struggle with reactivity - anger or anxiety - and want to get rid of it
- can never fully relax - your mind is overthinking even when there's nothing to do
- have done therapy or read books, are highly self-aware, it helped momentarily but the issue came back
- Are on a spiritual path and struggle with strong emotions and reactivity that seem to obstruct presence.

Are the 1-1 sessions flexible?

Yes you can schedule at a different time every week. I use calendly.

I've done therapy and read all the books. How is this different?

Most my clients already understand their patterns intellectually. They are very self-aware. And yet, there is a missing piece. They know they keep abandoning themselves. But knowing is not the same as being able to act. Because change is not only cognitive — it is deeply nervous-system based. This work helps your body feel safe enough to:

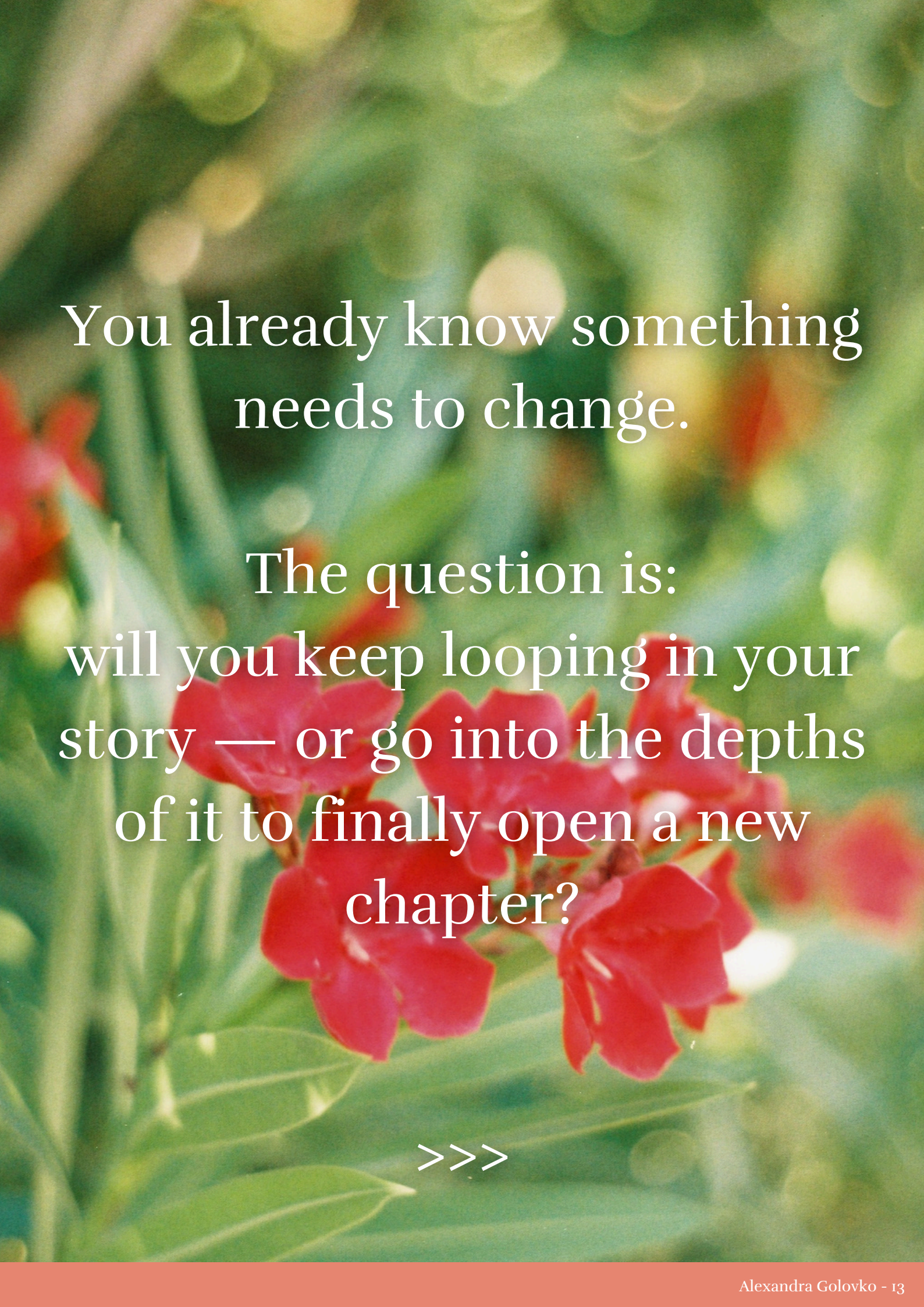
- accept uncertainty and uncomfortable situations to act with clarity
- process repressed emotions (such as grief, fear or anger)
- reconnect to your own truth - uncover your purpose
- and finally move forward without constant second-guessing

I'm not sure I have the time or energy for this... what if I can't keep up?

That's exactly why this offer is built around your nervous system, not a rigid curriculum.

Each week, we co-create realistic practices that meet you where you are — even if you're tired, overwhelmed, or juggling a lot.

This is not about doing more. It's about learning to honour your energy and finally level the importance of your needs with everything else in your life.



You already know something
needs to change.

The question is:
will you keep looping in your
story — or go into the depths
of it to finally open a new
chapter?

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THE INTAKE PROCESS

Here's how it works:

1. Fill out the [Intake form here](#). It's very straight-forward.
2. Upon receipt of your form, if it seems like the coaching is a good fit for your intention, I'll email you back with an invitation for a program co-creation call. The call is charged 35\$, but this will be deducted from the program cost if we start working together. This step usually takes less than 24 hours.
3. You'll have an opportunity ask questions, plus you'll have some time to really sit with your decision if you need to. No pressure tactics here, you can still decide to not go forward if the program does not feel aligned.
4. And when it feels like a yes, starting the program requires you to make your first payment, which will depend on your preferred payment plan.

Talk to you soon.

Love, Alex

[FILL OUT THE](#)
[INTAKE FORM HERE>>](#)