

REWIRE

Why a six-month programme?

Recovery is not a single therapeutic event.

The nervous system learns through repetition, experience and adaptation. Changes that happen during a session need time to be reinforced, integrated into everyday life and tested against the demands of the real world.

For that reason, Bio Coding™ is delivered as a structured six-month recovery programme rather than a series of disconnected treatments.

During those six months we work progressively: identifying what is placing load on your system, increasing the resources available to it, introducing new patterns and responses, and allowing those changes to become increasingly self-sustaining.

THE BIO CODING™ RECOVERY PROGRAMME

A SIX-MONTH, INDIVIDUALISED
PROGRAMME DESIGNED TO CREATE
THE CONDITIONS FOR LASTING
RECOVERY

If you have been living with chronic pain, fatigue, persistent physical symptoms, stress-related illness or nervous-system dysregulation, you may already have spent years trying to find the thing that will finally make a difference.

You may have changed your diet, exercised, rested, meditated, had therapy, taken medication, seen specialists, tried complementary treatments...

And perhaps some of those things helped – but you still don't feel as though your system has truly recovered.

Bio Coding™ approaches the problem differently.

HOLISTIC APPROACH

Rather than treating each symptom as an isolated problem, we look at the whole system: the nervous system, body, movement, environment, behaviour, beliefs, resources and the cumulative demands being placed upon you.

The aim isn't simply to make you feel better for an hour after a treatment.

The aim is to change the conditions that keep bringing you back to the same place.



www.hollyannavellichor.com

CLIENT EXPERIENCE:

From the very first session my body and mind felt lighter and I was more able to see what was happening to create the dysregulation and better poised to support my body in coming back into coherence.

I was able to observe my body as it made spontaneous movements, as if it was speaking its own language, this helped shift stored emotional baggage and after each session although feeling tired I also felt lighter and more at peace.

Over the days that followed I noticed shifts in my ability to deal with the situations differently, more from a place of calm rather than heightened emotion.

From working with Holly I have been able to change the way that I interact and react to situations that would have previously triggered me and pulled me out of my equilibrium.

What I found so astonishing about this method of work is that I was able to feel and make changes very quickly. I have had talking therapy in the past and although I found it incredibly beneficial it took a while for me to integrate and process what I was doing within session.

With Holly ,however, it was a lot faster. I now feel like I have a set of tools that I can come back to time and time again whenever I need. It really was an eye-opening and life changing experience."

Jess

www.hollyannavellichor.com

WORKING WITH HOLLYANNA

Bio Coding™ was developed by Hollyanna Vellichor, working with the body and studying the interaction between pain, stress, trauma, movement and recovery.

Her work combines extensive hands-on therapeutic experience with training across bodywork, movement, somatic practice, lifestyle medicine principles and hypnotherapy.

It is also informed by lived experience of recovering from significant chronic physical and psychological illness.

Bio Coding™ grew from the observation that, when sufficient safety and permission were created, the body frequently began producing organised spontaneous movements without conscious instruction.

Those observations became the basis of an ongoing programme of systematic documentation, theoretical development and research.

YOUR PROGRAMME IS INDIVIDUAL

There isn't a standard Bio Coding™ protocol that every client works through in exactly the same order.

Your programme is built around your own state and what we discover together.

We continually observe what changes, what doesn't, what your body responds to and what appears to be limiting progress.

Your response becomes information that guides the next stage of the work.

THE FOUR PILLARS OF RECOVERY

Recovery rarely depends on changing one thing.

Chronic symptoms emerge within a whole biological system — continually responding to the body, mind, behaviour and environment.

The Bio Coding™ Recovery Programme therefore works across four interconnected areas.

01 — BIO CODING™ BODY-LED REPAIR

Bio Coding™ is the somatic foundation of the programme.

Rather than imposing movement on the body, we create the conditions for spontaneous, self-directed movement to emerge. These responses may be subtle or complex and are followed rather than prescribed.

We use what emerges as information — observing patterns of tension, guarding, movement and regulation while giving the system space to explore different responses.

The body doesn't simply receive the therapy. It participates in directing it.

02 — SOMATIC & SUBCONSCIOUS CHANGING PATTERNS BENEATH CONSCIOUS THOUGHT

Somatic techniques and therapeutic hypnosis allow us to work with learned associations, protective responses, beliefs and expectations that may continue to influence the nervous system.

Rather than repeatedly revisiting difficult experiences, we help the system develop new responses to information it has learned to treat as threatening.

We don't just change what you think. We work with what your system has learned.

03 — RECOVERY ENVIRONMENT CREATING THE CONDITIONS FOR CHANGE

Your biology lives in your everyday environment.

Together we examine the factors continually influencing your system: sleep, nutrition, movement, activity, recovery, stress, routines, relationships, boundaries and environmental demands.

Rather than pursuing a perfect lifestyle, we identify where relatively achievable changes can reduce unnecessary load or increase the resources available for recovery.

04 — BIO-INTELLIGENCE REBUILDING THE RELATIONSHIP WITH YOUR BODY

Long-term symptoms can make the body feel unpredictable, unreliable or even adversarial.

Throughout the programme, you'll learn to recognise your body's signals, notice patterns and understand how it responds to different forms of load, safety, movement and recovery.

The goal is progressively greater autonomy: developing the ability to recognise what your system needs and respond appropriately without becoming dependent upon a therapist to interpret it for you.

WHAT HAPPENS IN A BIO CODING™ SESSION?

THE BODY SETS THE PACE

Every Bio Coding™ session is different. Rather than following a predetermined sequence of exercises or techniques, we respond to what your body is communicating in real time. Sessions can take place in person or online via Zoom.

WE START WITH WHAT'S HAPPENING NOW

We begin with what you've noticed recently — changes in symptoms, energy, movement or anything else your body has been drawing your attention to. We don't assume this tells us what needs working on; it simply gives us information.

THEN WE LET THE BODY LEAD

You'll get comfortable and bring your attention towards your internal physical experience. Instead of being given movements to perform, you're encouraged to notice what your body feels drawn to do.

An impulse might appear to turn your head, move a hand, stretch, yawn, sigh or change position. We allow it to happen and observe what comes next. A tiny movement may develop into a larger sequence or remain extremely subtle.

There is no movement we're trying to achieve. We follow what your system produces.

MY ROLE IS TO RESPOND, NOT PRESCRIBE

I observe how your system responds and use questions, attention, movement and, where appropriate, touch or bodywork to support what emerges. Online, you perform the movements yourself while I observe and guide verbally. In person, I can work more directly with the body.

A session may remain entirely physical or lead naturally into emotions, memories, beliefs or protective patterns, where somatic work or therapeutic hypnosis may be useful.

We don't search for an explanation. We follow the information that emerges.

INTEGRATION

We finish by allowing the process to settle and exploring what changed. There may be something to practise or notice between sessions, and your response afterwards becomes useful information for our next session.

YOU DON'T NEED TO KNOW WHAT YOUR BODY IS TRYING TO DO

You don't need to diagnose yourself, choose the right movement or work out what needs fixing.

You bring the body. I bring the framework. We discover the session as it happens.

COACHING & SUPPORT

Recovery often involves changing more than symptoms.

Our coaching may explore the patterns, behaviours, relationships, environments and demands affecting your wellbeing — from recovering after difficult relationships or burnout to understanding your individual needs and neurodivergence.

Different programme levels provide different amounts of coaching, therapeutic support and access across the six months.

You can choose the level of support that best fits the depth of work you want to undertake.

YOUR SIX-MONTH RECOVERY PROGRAMME

MORE THAN A SERIES OF SESSIONS

The Recovery Programme gives us six months to understand your individual patterns, make meaningful changes and discover how those changes hold in everyday life.

Depending on what you need, our work may also include therapeutic hypnosis, somatic work, recovery coaching and practical changes to the way you live and work.

DEEP WORK

Bio Coding™ sessions are intentionally in-depth, with adequate integration time between them.

The aim isn't to fill your diary with appointments. We use sessions purposefully, then allow time to observe how your body and nervous system respond.

Integration is part of the work.

LIFE BECOMES THE TESTING GROUND

What happens between sessions matters.

This is where you discover what has actually changed: how you respond under pressure, whether your capacity is increasing, what your body is communicating and where you still become stuck.

We use that information to continually adapt the programme.

The goal is not dependence on therapy. It is increasing autonomy.



www.hollyannavellichor.com

MAKING YOUR RECOVERY YOUR OWN

Bio Coding™ is available as a standalone session or as part of a six-month recovery programme.

Each programme provides a different level of coaching, therapeutic support and access, allowing you to choose the depth of support that best fits you.

01 — DISCOVERY

EXPERIENCE BIO CODING™

One 2-hour Bio Coding™ session
An opportunity to experience the work without committing to a longer programme.

We explore what is happening in your system, follow what emerges and identify areas that may benefit from further work.

£250

02 — RESET

FOUNDATIONS FOR RECOVERY

A six-month programme for those who want structured therapeutic work with plenty of space for independent integration.

Includes an initial in-depth assessment, Bio Coding™ sessions across the six months and guidance to help you understand and support your own recovery.

£1,500

03 — RECODE

DEEPER COACHING & SUPPORT

For those who want to work more extensively across the different areas affecting their recovery.

Alongside Bio Coding™, Recode provides greater access to coaching, somatic work and therapeutic support, allowing us to explore patterns in greater depth as they emerge across the six months.

£4,500

04 — RENAISSANCE

IMMERSIVE RECOVERY

The highest level of individual support for those wanting to make recovery a significant focus over the six months.

Renaissance provides the greatest level of access, coaching and therapeutic input, with additional time for deeper and more immersive work tailored around your individual needs.

£6,000