

ARIEL DAUNAY COUPLES INTENSIVE | SAMPLE PROPOSAL

Dear _____,

It was a pleasure to speak briefly with you, about the possibility of engaging in some deep and powerful work together for you as an individual and as a couple.

As you are now more aware of my skill, training level, and background, I'd like to list a few ways in which I work with couples.

Take your time to read through this email - I have sent your partner the exact email so you both are getting the same information.

In working together, my approach will be, that your partner is a reflection of your beliefs, your openness and growth and where you still would like to become free inside of, so your dynamics with your partner will both be about what you need more of from her and also what you need to grow into / out of, to allow yourself to have more of what you'd like in your intimate relationship and aim with your partner.

Ways in Which I Work with Couples

- Open discussions (not so open discussions) on what you would like more of/less of, in yourself, in your relationship to your partner.
- Naming, owning and working through your personal limiting beliefs and emotional patterns.
- Naming, owning and working through your reactions // these are what keeps most people from having more love, tenderness, intimacy, authenticity, joy and genuine flow in a relationship.
- Teaching each of you to become self responsible, and to be willing to grow through your limiting pattern, so that your relationship can become more of a reflection of your bond, trust, sensual, sexual, tactile and heart filled selves.

These can happen in any ways in which we decide works best for you in your learning curve. Some examples below.

One on One - Skype or phone call - 1.5hrs - 2hrs

I work with Byron Katie's, The Work, and have for 10 years, this is an excellent way of releasing your subconscious beliefs, and is a powerful tool to bring yourself back into understanding, ease and perspective, where you dissolve your core limiting beliefs.

One on One - In person - 2hrs

I come to your home, would be TWO, 2hr sessions, in person.

These will be an in depth conversation of your learning and undoing the patterns that keep you away from Love, Understanding, feeling connected to the Greater You, feeling - being connected to one another.

These sessions would most likely be on the table at some point, as your nervous system, brain waves and emotional patterns are quickly re-wired through working bodily. As mentioned above - this would be two sessions a day.

Couple Private Sessions - 3hrs

Couples Sessions, conversation - these are 3hrs, (time flies in these - it's not as grueling as it sounds)

These sessions will always open with the question:

'What are you learning' about yourself...." Always in relationship to one another, and other people or topics that influence who you are, especially in relationship to one another. I bring in distinctions of Masculine and Feminine tendencies, gifts, habits and patterns, also ways to learn through them to allow more fun, intimacy and genuine synchronicity of your life paths together.

Some other topics

- Intimacy, what does that mean to you as an individual
- Sex
- Sexuality
- Sensuality
- Emotional needs
- Emotional fears, limitations
- Reactions
- Home
- Money
- Trust
- Communication
- Aim / purpose of your togetherness, and how to make sure you are aligned with that
- What you would like more of ~ what you would like less of, in your relationship

Couple Private Session - 3hrs

Mixture of Conversation - Naming, learning from, where you have breakdowns together in understanding, listening, and being able to move forward in your relationship - distinctions of masculine and feminine tendencies, natural ways of perceiving 'reality'.

And guiding you through practices. These practices will require your full attention, they will be physical in nature, and if they are 'sexual in nature' - I will show you the parameters of the practice, and you will do the practice is a set time period without me in the room.

We will have a check in after the practice, to go over your experience, your learning and understanding and benefits.

These practices may include

- Learn to look one another in the eyes, without speaking - 'seeing' your partner as best as you can for what she is and for who she is
- Learn to perceive one another with your 5 senses
- Develop touch
- Learn to receive touch
- Learn to allow your partner's point of view through a greater part of yourself / your heart, understanding and acceptance
- Physical contact
- Emotional contact
- Intimate contact
- Sexual practices

These sessions can be blended in One Day - Two Day - Three Day in home intensives

One Day in home intensive - 10am - 10pm

- Start with a Check in as a couple, identifying where you are, what's happening within your self, and within the "couple" dynamics
- Personal 2hr session, most likely combination of speaking then 'Table work'
- Other person will be on an assignment
- Lunch break
- Second person 2hr session
- Other person will be on an assignment
- Ending the day with a 3hr session together, could be any number of things listed above.

Two/Three Day in home intensive - 10am - 10pm

The two day, three day in home intensive is where you go deeper into yourselves, into your fears, resistances, limitations, and has the higher learning curve taking place. Here you can genuinely transcend those above, while you grow new skills in relating to yourself, to one another, and any of the realms which are important to you. This is a personal and intimate workshop designed for you, with your stated wishes for an outcome.

The two day, three day, could be structured similarly as the One day, however it could also have other components or time frames in there as well.

For these two options, I will do my best to outline a timeline for the day, so you are aware of the 'schedule' for the day.

NOTE

For the One day, Two Day, Three Day In Home intensives ~ look at this way of working as your own private in home workshop. Learning in this way is experiential, embodied and will require your attention to be simple, focused and clear.

- I HIGHLY highly recommend NO social visitors, family visitors, NO CELL phone calls, TV, alcohol, or other substances to be used during that time. No leaving the property - and to
- To eat well, but lightly during this time.
- To rest deeply, possibly sleep in different beds or together, depending.
- To drink a lot of water...

If you decide to have more than One Day, I will stay with you, or off property - most likely not eat with you, so that we can detach and come back into ourselves during 'break' / meal times.

This way of working allows for you as an individual and you as a couple to learn at your own pace, to add time components outside of the in home intensive if need be, to design time frames based on your process and personal aim. I look at working in this way, as a living process where you decide each step of the way, what's needed and what your able to meet within yourself.

With that said, as we agree what structure you'd like, I will create individual contracts and fee structure according to each segment that works for you.

As I've worked with both you and your partner, I suggest a one day or two day in home intensive to start with. And then see from there, if there are other things you would be ready to learn and incorporate into your daily lives.

Again it was a pleasure to speak,
Let me know your thoughts ~ and I look forward to working with you,

Warmly,
Ariel