



Intimately Embodied

Intimately Embodied is a journey of self-discovery and acceptance through somatic, body-based holistic healing practices. You will be guided to uncover your Unique Intimate Expression ~ the multi-dimensional aspects of your emotional, mental, physical, and spiritual bodies that define how you show up in intimate settings.

There are 5 chapters to completion, each include reading material, worksheets, and multi-media resources designed to support you daily in creating sustainable change and continued growth as you move beyond the 1:1 coaching space with Autumn Nichole.

Package Deal

- + **5** - 90 min Virtual Sessions with Intimately Embodied Course Material.
- + **3** - 1 hour virtual sessions to be used as needed.
- + **Weekly** - Email check-ins.

\$950

Practices Included

- ~ Guided Breathe Work & Meditations
- ~ Journaling Prompts
- ~ Somatic Movement
- ~ Embodied Play & Exploration
- ~ EFT Tapping

Focusing In

→ Energy and Body-Based Healing

- ~ Early Developmental
- ~ Sensual
- ~ Spiritual

→ Nervous System Regulation

→ 4Types of Intimacy

- ~ Experiential
- ~ Intellectual
- ~ Emotional
- ~ Physical



Chapter 1- Introduction

We begin to lay the groundwork for accepting your Unique Self and building an understanding of the 4 types of Intimacy, healing through Embodiment practices and creating a Whole Pie Approach to Intimacy and wellness.

Chapter 2-Programming

We take a loving and curious look at who you are, what you have been taught, and what you have experienced to understand your unique perspective better. We heal wounds around Intimacy by connecting to our Nervous and Energy systems, creating a mind-body connection.

Chapter 3- Shadow Qualities

Having explored your programming, we uncover pain points and blockages to Intimate fulfillment. This Chapter helps you Integrate the aspects of yourself that feel most painful, cut off, and rejected. We continue to strengthen our mind-body connection through EFT Tapping, meditation, and mindful breathing practices designed to connect you to your senses.

Chapter -4 Permission

Through intentional play and exploration, we relearn how to connect with ourselves, others, and the world. In This Chapter, We permit ourselves to delve into ~ Inner Child Play to heal unmet needs through wonder and childlike sensibilities & Sensual Exploration to reconnect with our Intimate being through our senses of touch, taste, smell, sound, and sight.

Chapter 5-Unique Intimate Expression & Celebration

We end by mapping your wants, beliefs, and boundaries through the 6 fundamental human needs (SPICES) creating opportunity for and awareness of, your true **UNIQUE** Intimate Expression! This final practice will leave you with a map, compass, and a toolbox complete for you to return to as you continue to build Intimate relationships with yourself and others!

