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THE SOMATIC ARC

Your Tailored Journey



Three distinct journeys of erotic embodiment
- Awakening, Reclaiming, and Rebuilding -
a new relationship with pleasure, intimacy,
and your own body.

with Rahi Chun

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Why These Are Journeys

Although profound transformations are experienced on the table, it's what happens in the days, weeks and months in between and after - as your nervous system, your body, and your brain re-pattern how they hold intimacy, pleasure, and erotic agency - that creates real, life-long change.

That's why each of these is a **sustained container**, held over one-to-two, two-to-four, or four-to-six months, with my Zoom and email support between every session, and, for those traveling to Los Angeles for an immersion, before and after your visit as well. This support is where the reconditioning integrates and deepens - the tender in-between where new imprints are still forming, and where being accompanied makes all the difference.

Each journey is also accompanied by an online course with one-way-touch somatic video demonstrations, so you can expand and build on what you experience on the table into your own life - at home, on your own, and, if you wish, with a loved one.

The held time, and the support within it, is what allows the new to take root and become lasting. That sustained container is the heart of what each journey offers - the spaciousness for your body to re-write its understanding of what's possible, both within our sessions and in the life you live around them.

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Traveling to Los Angeles for Your Sessions

More than half of the people I work with travel to Los Angeles from another state or country, receiving their sessions in a concentrated immersion of several days to two weeks, rather than spread weekly over months. If that's you, this journey and its container may matter even more.

In an immersion, the hands-on work unfolds close together, and the body can open quickly. What lets those openings become lasting, once you return home, is the container held around them: the online course with its video demonstrations, the ways in which you shift intimacy patterns to meet your newfound embodiment, and our Zoom and email tailored guidance to support this landing - in your body and in your life.

Before your visit, they prepare your body and nervous system to arrive open and ready, so our days together go deeper. And afterward - they travel home with you, guiding you to re-create and integrate your new patterns where you actually live.

So the container's span isn't about how far apart your sessions fall - it's about the season your body takes to make a new way of being its own. For those who travel to me, the course and their applications, in addition to the remote support - are the very heart of what carries the transformation home.



HOMECOMING

1 – 2 Month Journey

*Coming home to the agency,
sovereignty, and full erotic potential
of your own body.*



Homecoming is awakening work, for the body wanting to inhabit its life force with agency and sovereignty - to come home, not only to its wholeness, but to its full erogenous capacity and pleasure potential. Together, we cultivate four living capacities:

- **Attunement** — learning to feel what your body desires, wants to receive, and is capable of experiencing, as well as what it needs to feel safe, open, and receptive.
- **Voice** — the practice of giving voice to those desires, and receiving what you ask for.
- **Erotic awareness** — a felt-sense knowing of the distinct kinds and quality of pleasure that each of your erogenous zones, and the erogenous areas of your genitals - desire, feel, and are capable of.
- **Composition** — weaving these into multidimensional experiences of embodied eroticism and pleasure.

You leave knowing your own erotic landscape intimately - its geography, its voice, its orchestra - and how to play it.

»Homecoming« includes:

- 3 hands-on sessions across a 1–2 month container
- the online course »Reclaiming Your Pleasure«
- Zoom + email integration support between sessions
- a somatic understanding and expansion of your erogenous pleasure capacities.

RECLAMATION

2 – 4 Month Journey

*Re-inhabiting the erotic life force
that past trauma made unavailable.*



Where Homecoming awakens what is present, Reclamation re-inhabits what became distant. This journey is for reclaiming the parts of the body, the genitals, and the erotic life force that past trauma pushed out of reach.

Through de-arming the unconscious guarding and holding patterns within the tissues and fascia of the genitalia and pelvis, we invite the metabolization and integration of emotions related to past events. We also rewire arousal and pleasure so they can replace the previous armor - this time paired with safety and agency, so the aliveness that returns is one your body can trust and deepen.

This is the work of coming back into full residence in your own erotic body.

»Reclamation« includes:

- 5 hands-on sessions across a 2–4 month container
- the online course »The 3 Keys to Genital De-Armoring«
- Zoom + email integration support between sessions
- monthly office hours for one year

EMBODIED WHOLENESS

4 – 6 Month Journey

Rebuilding the imprints of pleasure, attachment, and intimacy from the ground up.

Embodied Wholeness is the deepest and most foundational journey - a different order of work. Here we rewire and recondition the somatic imprints of pleasure, attachment, and intimacy from the ground up: from childhood on. Together we explore how your earliest touch and relational imprints have shaped the way your body holds - or braces against - intimacy, and we tend to the childhood and adolescent ruptures that were never resolved.

This is a wholeness that reaches beneath the erotic into the relational and developmental roots of how you attach, receive, and trust - building, in your body, a genuinely new framework for touch, closeness, and pleasure.



»Embodied Wholeness« includes:

- 7 hands-on sessions across a 4–6 month container
- both online courses —
»Reclaiming Your Pleasure«
and »The 3 Keys to Genital De-Armoring«
- priority Zoom + email integration support between sessions
- monthly office hours for one year
- first access to retreats and workshops

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A Gentle Note on Time

These spans are rhythms, not deadlines - your body sets the pace. The tier of your journey sets the size of your container and its investment; the work within it is shaped entirely around you. And the investment itself is discussed in your consultation, where we co-create a container to meet the needs and parameters of your deepest healing and greatest expansion. And if you're coming for an immersion, that container prepares your body before your visit, and, most essentially, integrates the work into your life after you return home.

Prefer to feel the work first?

You're welcome to begin with a single session which includes a zoom intake exploring your developmental influences, history of intimacy patterns, and current sexual embodiment, as well as after-care (from \$2,500). A way to feel this work in your own body, and to understand, somatically, what is possible for you.

An Honest Word About Investment

Each journey is a meaningful investment in your body, your healing, and your capacity for intimacy for the rest of your life. Payment plans are available across the span of your journey, and I hold a small number of reduced-fee places each year for those for whom this work is deeply right, and the full investment is out of reach. If that's you, simply let me know in your consultation - you will be met with respect and care.