

SELFSTUDYLAB.COM

@SELFSTUDYLAB

selfstudy

MEDIA KIT + OFFERINGS PLAYBOOK

2024

Based in San Diego, CA; Available worldwide

**GUIDED BODY CENTERED EXPERIENCING
FOR INDIVIDUALS, PARTNERS + GROUPS**

OFFERINGS TOPICS:

**KINK EDUCATION +
ETHICAL APPLICATION**

**INTIMACY
MENTORING**

VISUAL + PERFORMANCE ARTS

**HEALING +
PLEASURE**

INITIATIVES

- Lead in developing programming that merges and destigmatizes sexual wellness within eastern, western, and indigenous practices and systems that creates pathways for normalizing our sexuality as a foundational pillar to wellbeing, health, and enlightenment.
 - Utilize formats that have been well established throughout the wellness communities and mirrors foundational principles to design accessible entry level experiences that can empower, inform, and develop new connections for individuals that empower healing, agency, and liberation with body-centered experiences.
 - Bridge the gaps that exist between standardized wellness with shame-free, accessible, diverse, inclusive, malleable, and comprehensive sexual health and healing as a priority in personalized wellness practices.
 - Expand visibility and opportunities for exploration of the ways we feel mentally, emotionally, spiritually and relationally through body-centered practices, information + integrative experiences.
 - Amplify the ways in which healing is identified and accessible while centering pleasures, play, agency, intersectional experiences and the complexities that are to be considered.
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about
EUNI

euni's work supports guiding people into deeper feeling, releasing shame in desires, expanding pleasure, play, and joy, co-creating art + expression, and finding safety and liberation in feeling the full expressions of life through the body. Inside the Self Study Lab, you'll find private sessions and group gatherings that provoke deeper presence, education, and a space to connect, feel, and experience through the body. Offerings center education and integration for kink, intimacy, embodied healing, tantric principles, BDSM, relationship + non-monogamy, healing in sexual identity, cultural reverence, ecopsychology, herbal medicine, spiritual ideologies, and socioeconomic intersectionality to inform and inspire collaborative creative expression.

CREDENTIALS, TRAINING, MENTORSHIPS + EDUCATION

- Center for Sacred Window Studies - Ayurvedic Postpartum Caretaker (200 hour)
- National Black Doula Association Sex Doula Training
- Birthing Advocacy - Full Spectrum Doula
- Birthing Advocacy Crisis Response for Birthworkers with Project LETS
- Birthing Advocacy Abortion Support CE with Raven Freeborn + Olivia Martinez
- Birth Bruja BIPOC Mentorship
- School of Radical Healing Trauma Informed Teacher Training
- Reiki I, Reiki II and Reiki for Pregnancy, Birth + Labor, and Postpartum with Usui System of Natural Healing
- Bachelors of Exercise Science, Health and Fitness from the University of Texas, Arlington
- Dinner Confidential - Confident and Compassionate Conversations Facilitator
- American Heart Association Basic Life Support CPR & AED training
- Dominance Course with Ms Mackenzie
- Foundations of Rope Bondage with Toni Wendel of The Rope Collective
- Fire Safety Training with Flow Arts Institute + Kalem at Coven (2023)

CORE FOCUS

work w/ eumi

ARTIST, FACILITATOR,
EDUCATOR, PERFORMER
+ MENTOR OF BODY
CENTERED HEALING,
INTIMACY, KINK + PLEASURE

Core offerings include:

Body Centered Intimacy + Sexual Wellness
Program Design + Development Consulting
Group Classes + Workshops
Private Sessions for Individuals + Couples
Mentorship Containers
Retreat Facilitation
Educational Content Creation
Erotic Content Creation for Marketing, Art +
Storytelling

SELFSTUDYLAB.COM



GROUP OFFERINGS

Self Study hosts integrative, community, and educational experiences for deepening connection + exploration for embodied healing + intentional intimacy. It's our belief that access to connection and community is vital for healing and liberation and our events center education, integration, and connection with self. Each experience is designed to deepen our connections with others through healing, wellness, intimacy, expanding relationship dynamics, rope + kink and centers pleasure, play + non-sexual intimacy.

Events are facilitated from a trauma-informed foundation, and strive to begin promptly at the event start time and end on time. This allows us to co-creating a closed container that each guest can find and determine their own sense of vulnerability, safety, comfort, and opening within. Many event holds space for self selected pay-what-you-can ticket pricing and we offer payment plans and relational equity pricing for most of our higher priced offerings upon request.

CORE GROUP EXPERIENCES

Available for booking as a one time offering, a series, residency, seminar, retreat, or as reoccurring classes + programming at your space or a chosen location.

breath body+

guided somatic experiencing
for deeper connection with self
+ others

body </> play

guided connection, movement +
intimacy designed for partnered
exploration + play.

adult play 101

education centered classes for
kink, BDSM, lifestyle, and ENM
ethics, culture + community

learn + lab

topic-based workshops designed for
information, demo, and integration of
kink + BDSM hard skills.

All offerings include:

information + integration

group experiencing
designed for hands on learning that allows
you to absorb + apply quickly

guided exploration

designed for pleasure + intimacy
with solo and/or partnered
connection through hard skills +
interactive activities

breath body+

a 70-90 minute guided somatic experience that centers breathwork, guided practices for connection + exploration of non-sexual intimacy through the body + the intersections of kink inspired modalities.

BREAKDOWN:

Skill level: All levels, these classes are designed to provide informed guidance, safety, risks + modifications of practices + modalities so they can be applied + experienced by many bodies.

Trauma Informed Facilitation: breath + body is facilitated through trauma informed lens + strives to center supporting entry level + marginalized experiences to create space that allows individuals from many walks of life to come together + find safety in sharing space. Advanced offerings will come with self-paced prep work designed to help any guest arrive with knowledge for the class.

Flow: Most classes are broken down into a 30.30.30 format. 30 mins of grounding in + information. 30 mins of integration. 30 mins of return, reflection + prep for transition. This may vary slightly, but the flow format is designed to support familiarity, confidence of the attendees, and create a trauma-informed container.

Intention: To provide guided tools for empowering individuals + people in partnerships to find a variety of avenues for healing, connection, intimacy, pleasure, and self expression in, through + for their bodies.

body </> play

A interactive experience for guided connection, movement, intimacy + play. body </> play classes are designed to showcase + give hands on demonstrations that teach guests how to use their body and interact with a partners body in intimate, playful, and assertive ways. This class has (4) sub-categories: Creative Fluidity, Sensual + Seductive, Some Like it Rough, and Flirt + Flow. Skills can be applied to platonic connections, the bedroom, performances, or for designing scenes connection + play. Each class covers integration and translation of intimate connection with one's body, sharing space + touch with another, and external modalities that center creative + artistic expression.

BREAKDOWN:

Skill level: All levels to Advanced level, these classes are designed to provide informed guidance, safety, risks + modifications of practices + modalities so they can be applied + experienced by many bodies. Advanced levels classes will come with options to progress into learning with previous classes, suggested learnings, or pre-recorded self paced labs to explore before the class.

Trauma Informed Facilitation: body </> play is facilitated through trauma informed lens + strives to center supporting entry level + marginalized experiences to create space that allows individuals from many walks of life to come together + find safety in sharing space. Advanced offerings will come with self-paced prep work designed to help any guest arrive with knowledge for the class.

Flow: Most classes are broken down into a multi-part format that allows for grounding in, information share + review, demonstrations, and hands on learning that takes guests through a designed flow for play.

Intention: To provide guided tools for empowering individuals + people in partnerships to find a variety of avenues for healing, connection, intimacy, pleasure, play, and self expression in, through + for their bodies with movement

adult play 101

a 70-90 minute education centered class. This class will cover basics of kink, BDSM, Lifestyle + Swinger culture, safe play + sex, and community building.

BREAKDOWN:

Skill level: All levels, these classes are designed to provide informed guidance, safety, risks + modifications of practices + modalities so they can be applied + experienced by many bodies.

Trauma Informed Facilitation: adult play 101 is facilitated through trauma informed lens + strives to center supporting entry level + marginalized experiences to create space that allows individuals from many walks of life to come together + find safety in sharing space. This is an entry level class that can be used as a vetting process for the club and can help people navigate into the community with ethics, consent, safety centered so they can confidently connect + play.

Flow: This class will be presented in a lecture style and will allow space for questions, conversations, and community contributions.

Intention: To provide guided tools for empowering individuals + people in partnerships to find a variety of avenues for healing, connection, intimacy, pleasure, and self expression in, through + for their bodies and to become a safe and beneficial member of the community.

learn + lab

learn + lab is a 3-4 hour gathering designed to be a hybrid of informational + integrative experiences. class begins with ethics + consent follow by a 30-45 minute educational centered talk + demo. The remaining time will be space for open practice, play, and guided peer to peer mentoring on the activities or other forms of play centering the topic of the lab + learn.

BREAKDOWN:

Skill level: All levels to Advanced level, these classes are designed to provide informed guidance, safety, risks + modifications of practices + modalities so they can be applied + experienced by many bodies. Advanced levels classes will come with options to progress into learning with previous classes, suggested learnings, or pre-recorded self paced labs to explore before the class.

Trauma Informed Facilitation: kink ed is facilitated through trauma informed lens + strives to center supporting entry level + marginalized experiences to create space that allows individuals from many walks of life to come together + find safety in sharing space. Advanced offerings will come with self-paced prep work designed to help any guest arrive with knowledge for the class.

Flow: Most classes are broken down into a multi-part format that allows for grounding in, information share + review, demonstrations, and hands on learning that takes guests through a designed flow for play.

Intention: To provide guided tools for empowering individuals + people in partnerships to find a variety of avenues for healing, connection, intimacy, pleasure, play, and self expression in, through + for their bodies with kink, BDSM + movement

GROUP **SERIES** →

THESE GROUP SERIES ARE PRESENTED BY SELF STUDY AND OFFERED AT YOUR LOCATION. THESE ARE AVAILABLE THROUGH A TICKET SALES PROFIT SPLIT, PER-OFFERING PAYOUT, OR AS A SPACE RENTAL AND WOULD BE ADVERTISED / CROSS PROMOTED THROUGH THE LOCATIONS MEDIA CHANNELS. YOUR EXISTING MEMBERS WOULD GET A SPECIAL MEMBER RATE FOR THESE CLASSES + OFFERINGS.

GROUP SERIES →



CONFIDENCE IN INTIMACY + KINK

A multi-part workshop series designed to empower participants with ethically, safely, and confidently finding their communication + relationship style, connection, identity, and explorations with intimacy + kink.

Broken into 3 or 6 workshops that combine information and integrative practices.

2 OR MORE

A multi-part workshop series designed for people in relationships to redefine the ways they experience connection, intimacy, pleasure, and play. This series is great for individuals exploring reconnection after transitions such as: reproduction, opening up relationship from monogamy to non-monogamy or lifestyle, or moving from more vanilla connection practices into kink + BDSM and includes resources, community connection, and live demos.



GROUP SERIES →



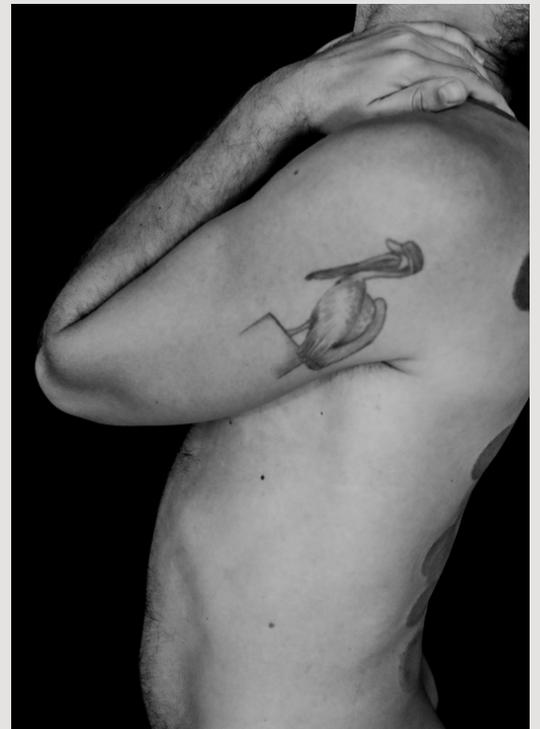
(RE)EMBODY

A multi-part workshop series designed to empower participants to expand connection, expression, and confidence within their body.

(RE)EMBODY is an art-centered progressive experience that uses photography, kink + movement as the main modalities to guided body connection and expression.

MASCULINE | INTIMACY

A multi-part workshop series designed for people who identify as men to explore strengthening relationship with the feminine energy around + within themselves to bring balanced connections in day to day life. Masculine Intimacy will create intentional conversations, guided practices, and embodied rituals to support releasing + connection with non-sexual intimacy.



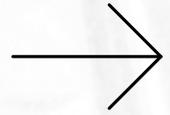
SPECIALITY EDUCATIONAL PROGRAMMING

Self Study writes, develops, and leads educational programming and curriculum including events, workshops, and classes that can be customized for each partner. Programming development comes with strategy, implementation, training, and refinement to ensure the success of the partner. Programming development is available through a contracted agreement starting with 90 days and can be renewed or extended thereafter. Speciality Educational Programming is available for studios, members clubs, venues, and organizations who are ready to incorporate/expand Sex+ programming into their existing offerings. Programming centers expanding how we define and experience wellness by including somatic practices for sexual health, relationship, intimacy + kink through informational + integrative experiences. Programming is designed to deepen our connections with others through healing, wellness, intimacy, expanding relationship dynamics, rope + kink and center pleasure, play + intimacy.

Design can include:

- Monthly classes, workshops, and mini-retreats/seminars
 - Online educational database for continued, self paced learning
 - Outline, design, and implementation of classes + offerings including templates, copywriting, custom imagery, and resources
 - Teaching onsite and training staff/teachers
 - Quarterly refinement of programming to keep it fresh, expansive, and relevant to the space and customer experiences
 - Other specifics in customization available
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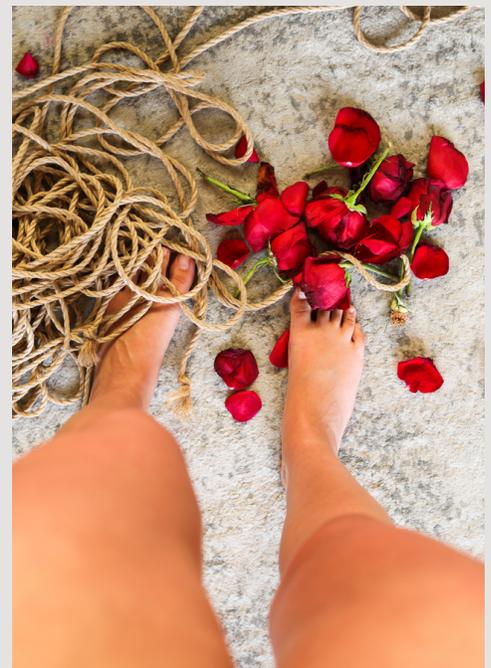
PRIVATE SESSIONS



1:1 sessions for body-centered experiences are available for spaces that desire to amplify their customer, community, and members experiences. Sessions and mentorships are designed to empower each individual to create space for release, expansion, and deeper connection, pleasure, and play with self and others inside the Self Study Lab. Self Study offerings center non-sexual body-centered connection + guided exploration through trauma informed intimacy, kink, reiki + energy healing, tantra, and exploring + expanding relationship dynamics. Available for individuals, people in partnerships, and expanded relationship dynamics.

Popular 1:1 offerings include:

- Reiki + Energy Healing
- Breath + Body Private
- Rope + Reiki
- Kink Experience or Education
- Aftercare Session
- Intimacy Mentoring



BENEFITS + VALUE ADD

- Experiences bring a unique flavor and unforgettable experiences to your venue that guests will talk about for many months to come.
- Self Study has an eclectic community that gathers both on and offline and our in person offerings bring together artists, wellness enthusiasts, professionals, couples/polycules, and humans from a variety of backgrounds who are inspired by and live life curiously seeking balance in pleasure, play + community.
- With over 20 years of teaching, marketing, sales + event production centering consumer experience, euni has the attention to detail to curate elevated yet simple experiences that will highlight the best features of your space in ways that encourage guests to return for future experiences on their own.
- We center inclusive, accessible, information rich, and trauma-informed interactive experiences + connection as a foundation to all parts of our work.
- Invitation to join our intentionally curated online community platform THE HUB grow with us as a community partner.

ASK / EXCHANGE

- We're seeking partners who have interesting physical spaces and who are open to hosting group experiences and events. Our ideal partners will have a collaborative mindset and will share with us what will best amplify your space, existing programming + offerings you have available, and can support us in sharing the experience with across your reach as well. It feels best to succeed together and our goal is to spread our values while connecting the community with spaces + experiences we partner on to add richness to their everyday lives.

IDEAL PARTNERSHIPS TYPES AND SPACES

- Healing Collectives
- Wellness centers and yoga + fitness studios that offer group classes
- Kink friendly nightlife venues and organizations
- Venues that host group events and experiences
- Private spaces and members only clubs
- Intentionally curated food + beverage venues, cafes and coffee/tea shops that offer programming, events + experiences
- Public Health organizations that center reproductive health and inclusive, expansive education for a variety of community types
- Affinity spaces for identity specific groups such as queer/LGBTQI+, and BIPOC communities

Interested?

let's create +
share
embodied
experiences
together.



Contact euni

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