



Raising consciousness, one smile at a time

## Crowdfunding Phounkeo Birthday - Packages

FOR MY 41 BIRTHDAY, SUPPORT ME BY SUPPORTING YOU !

❤️ Your joy is my greatest gift

*Thank you for your desire to support me in a project that makes sense  
and to make you feel good at the same time!*

[ ➡ To see the packages, go directly to page 2 ]

All the packages I propose always include these 3 complementary focus from which I draw the essence of life to bring balance, fluidity and soft joy:

- the body part : to subtly explore the physical and energetic body through Qigong, Taiji, Qi Dance, Sarbacana.  
⇒ body awareness, vitality, health, fluid circulation
- the spirit & mind part: diving into the depths of one's being, better understanding one's own mental mechanisms, freeing oneself and opening oneself to life through the practice of Meditation.  
⇒ calmness, grounding, clarity of mind, openness
- the communication part: "Listen to what you say, you will know who you are". Everything that is said with oneself or shared externally is a form of self-expression. To connect in a deep way with self and others, I use Open Up Communication, a practice inspired by my understanding of Nonviolent Communication combined with Meditation.  
⇒ authentic connection, fluent communication, clarity of intentions, effectiveness of exchanges

🌻 As I shared in the video, I feel a real joy in reconnecting with you. First to hear from you and, if you feel the desire, to support you on your life path.

🌸 And for the people who received this info, and whom I don't know yet, you probably know someone I know. So welcome to this gathering of openness, solidarity and support!

To contact me, here is my email  
[joy2connect@phounkeo.world](mailto:joy2connect@phounkeo.world)



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## **THE DIFFERENT PACKAGES**

*My birthdate is on November 25th  
but you can book your package until December 25<sup>th</sup>, 2022*

### **One-on-one online session (1h30)**

A private time together. Listening and sharing according to a need of the moment, whether through a meditative or body practice or in an exchange.

We make an appointment together.

- One session of one hour and a half: 70 €
- 5 sessions of one hour and a half: 350 €
- 10 sessions of one hour and a half: 700 €

[Click here](#)

### **An intensive individual accompaniment over 6 months (1h30 per week)**

Every week, we meet online for a 1h30 session. We make an appointment together.

The objective of this accompaniment is to give you the essential tools to realize that you have unlimited access to your own inner resources. Thus, the different situations you encounter in your life become opportunities to grow and evolve. You change your perspective and can play with the mischief of life! 😊

3 rates according to your financial capacities:

- 3800 €, [click here](#)
- 2400 €, [click here](#)
- 1700 €, [click here](#)

### **Open Up Communication cycle over 15 consecutive weeks (2h per week)**

Inspired by meditative practices and NonViolent Communication, we join together online as a group (10 pp max) to enlighten and learn together how to better connect with ourselves and with each other: to understand what listening or empathy really mean, to express ourselves authentically, clearly and effectively, to open up and be creative to what life brings in our path. We can create an international group choosing a time that fits everyone. We need at least 7 participants per group.

3 rates according to your financial capacities:

- 750 €, [click here](#)
- 600 €, [click here](#)
- 450 €, [click here](#)

### **A day in Le Champ du Présent (the Field of the Present)**

Activities with me in the morning and afternoon, you can choose among the proposed activities or prefer a quiet and free time. You will be invited for meals and depending on the progress of the renovation and the number of people, you can also stay on site free of charge.

\* These offers start in January 2024.

- Individual offer : 300 € / day, [click here](#)
- Group offer (from 3 to 5 people) : 1000 € / day, [click here](#)



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### **Corporate offers**

Offer your employees a revitalization day with practices related to the body, spirit & mind, and communication so as to find energy, emotional stability, and a better connection in the team.

- **a day at le Champ du Présent**  
Indicative rates for 4 people: 2500 € / Additional person: 450 €  
\* This offer starts in January 2024
- **a day for your company according to the needs**  
Dates / time / place / activities / rates to be determined together.

### **Personal loan with repayment starting in 2 years**

You can also make me a loan that I start to pay back from 2 years. We can see together what is more comfortable for you regarding the timing. Of course, if it's a small amount, I could pay you back before the 2 years. There is no amount that is more valuable than another. Every loan is a real support to me.

3 proposals :

- Solidarity loan without interest
- Loan with interests between 1 to 8%.
- Loan with interests in services I render

### **Donation**

If the open-heart is there and you feel like supporting me, I am in gratitude and fully open to receive your donation. There is no amount that is more valuable than another. Every donation is a real support for me.

To contact me, here is my email  
[joy2connect@phounkeo.world](mailto:joy2connect@phounkeo.world)