

Relational Architect

A Revive and Thrive Consulting LLC company

The Thrive Intensive

For couples or individuals functioning relatively well who want deeper growth: relational development, communication refinement, intimacy, intentional relationship design, or life direction.

Some thresholds ask more than a single day can hold.

I'm Kristen Valley, a couples intimacy coach and communication specialist working at the intersection of somatic practice and conscious relating. This offering is two overnights, held at a rented private residence within the Valley, entirely outside the environment where the problems exist. Open to partners and chosen connections, up to four, ready to go somewhere ordinary life cannot take them. Scheduled by mutual availability. Being away from home is part of the work: taking space from where old patterns live, to stay fully present with each other, and with what is being addressed. This is a coaching service, not a clinical diagnosis or therapeutic offering.

\$6,500 (two participants)

Eleven hours held with Kristen: your intake, individual sessions, two-day facilitation, and follow-up. (Two-participant baseline; groups add time per Group Pricing below.)

This Intensive Includes

- One-hour joint intake session

Shared history, current patterns, and intentions for your time together

- One-hour individual session for each participant

Personal history, relational patterns, and what each of you brings into the room

- Seven hours of somatic and tantra-informed facilitation across two days

- One overnight stay at a private residence within the Valley

- Lunch and dinner are left open, giving room for your own preferences and dietary needs; light refreshments are curated and provided throughout.

- Personalized reflection guide and intimacy homework, given as a printed take-home for practice overnight and beyond

- One-hour follow-up integration session after your intensive

Group Pricing

This intensive is priced per person: \$3,250 per participant. Groups of three or four, including polyamorous and ENM configurations, are welcomed at the same per-person rate. Joint sessions, your intake and your follow-up, extend by 20 minutes for each participant beyond two. Lodging needs are discussed during your intake and reflected in your second payment.

Each day opens and closes with intention, giving you room to fully arrive and fully rest, so the work between sessions can settle rather than spill over.

What to Bring Water, a journal, comfortable clothing, a change of clothes, toiletries, and any prescribed medications.

Day One

10:30 am	Check-in and arrival at your rental
11:00 am	Session opens: somatic and relational grounding, clarifying intentions
Midpoint	A brief pause for personal reflection and emotional regulation before transitioning to the next stage of the intensive.

Afternoon	Breath and gaze, holding safety and soulful connection
4:00 pm	The container closes for the evening, with a printed practice given to carry into the night

For those pursuing the ceremonial option, the afternoon is restructured collaboratively during your screening to include preparation and self-administration, timed for approximately 2:00 pm.

From here, the evening flows into overnight rest. Meal times are for reconnecting and calming the nervous system; no relational processing occurs during this time.

Day Two

10:00 am	The container reopens: integration, embodied repair, rebuilding closeness
1:00 pm	Before closing, a detailed plan will be made along with focusing on strengths and gratitude

Sessions begin and end at the scheduled time; late arrival shortens your session rather than extending it.

Departure allows for your own pacing, within the check-out time of the rental. Specifics are shared once your location is booked and paid for.

A brief application and complimentary screening call precede any payment, ensuring this is the right fit before you commit.

You may pay in full at ease, or follow the payment schedule below.

Payment Schedule

\$500	At intake scheduling	Confirms your joint intake, includes application review, non-refundable
\$3,700	After individual sessions are approved and scheduled	Confirms private location booking (two-participant baseline)
\$2,300	72 hours before your intensive	Covers your held weekend, rental, and follow-up session

In the case of genuine emergency, your intensive is typically rescheduled rather than refunded, though each situation is unique and may incur a fee depending on the rental vendor's policies.

Location address shared upon receipt of your second payment. Locations outside the Valley, including Sedona or Flagstaff, may be arranged with an additional travel fee.

Ethics and Scope

All intensives are fully clothed, non-sexual experiences. No sexual contact between facilitator and participants occurs at any point. Intimacy homework is completed privately between participants, without the facilitator present. You are free to pause, step outside, or take space at any point; this day belongs to you.

A Note on the Ceremonial Option

Every intensive is built around you first. After your intake is approved, those pursuing the ceremonial option are referred to an independent provider; clearance and prescription typically take 12 to 72 hours. Your individual sessions may be scheduled during this window. This option must be indicated during your application; it cannot be added once your intensive is underway. If you are uncertain whether the ceremonial option is right for you, ask during your screening call, before submitting your final application. Whether your intensive proceeds with or without the ceremonial layer is confirmed before your location is booked, and does not change your intensive price. This cost is billed directly to your provider and is not included in the intensive fee. Local Arizona providers, virtual or in person, typically range from \$150 to \$250, with medicine available for pickup at local pharmacies. Research points to lowered emotional defenses and increased relational satisfaction following ketamine-assisted work.

What Comes Next

Research shows the weeks following your intensive are the highest-leverage window for lasting change. Your intensive includes one follow-up session; beyond that, you are always welcome to continue as an ongoing client at the standard rate.

Ongoing Check-In Package Six 60-minute sessions, \$200 each (\$1,140 total), to be used within 12 months. A modest discount for those who want the option to check in throughout the year, at your own pace, before returning to standard per-session coaching.

Available exclusively to established Relational Architect clients. All follow-up work is coaching in nature, not clinical treatment.

[Email Me With Questions](#)

Inquiries are typically responded to within 48 hours.

Kristen Vallely | Relational Architect for Conscious Relating

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