

## SATURDAY 18TH PROGRAM

### WHEEL OF CONSENT

*Curt Mason and Tanya Koens*

Playing with the "Wheel"

We will be starting off the weekend with an exploration into 'Betty Martin's Wheel of Consent'. As we play with the 'wheel', we discover our edges and it is from these edges we find our agreements. This process can lead to a radical experience of freedom and pleasure. We learn how the hidden dynamics of touch, when unlocked and brought into consciousness can bring powerful insights. Connecting us to deeper qualities of gratitude, surrender, integrity and being of service to another.



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### MOVEMENT AS A GATEWAY TO EMBODIMENT

*Rebecca Rose and Greg McGuirk*

This workshop will use a variety of movement techniques to help you sidestep your chatterbox mind, and press pause on your inner critic; Creating instead, a space to trust and allow the direct expression of your erotic self, through its own innate language, the language of the body.



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### COMMUNICATION FOR LOVERS

*Michaeli Gwilliam and Myola Woods*

When it is not a F#@!-yeah, what is it? Learn the skill of having an ongoing full body awareness that allows you to feel the nuance, the delicacy of your body response to what and whom enters your life. Move with ease and confidence throughout the world, knowing when to move towards something or someone and when to move away, when to hang around for a bit, and when to exit the building. Teeter for a while on the edges of consent and cultivate the fine art of knowing what you want. And then of course - how to say it!!!

Myola and Michaeli bring a sense of playfulness and allowance to what is a deeply serious matter between lovers – communication.



## ACTIVE RECEIVING

*Deej and Uma*

Sexological Bodywork focuses on learning through engaging the body. Through regular practice of simple skills, you enhance your ability to experience more sensation and intimacy – to feel more, connect more, and have more choice in how we want to be in the world. Active receiving is taking charge of your own pleasure by actively engaging the body with breath and movement, and finding simple language for what you want.

In this workshop you will learn the skills of receiving more fully from yourself, as well as from the other people in your life. It is an experiential workshop on how to more actively engage your body and awareness in erotic practice.

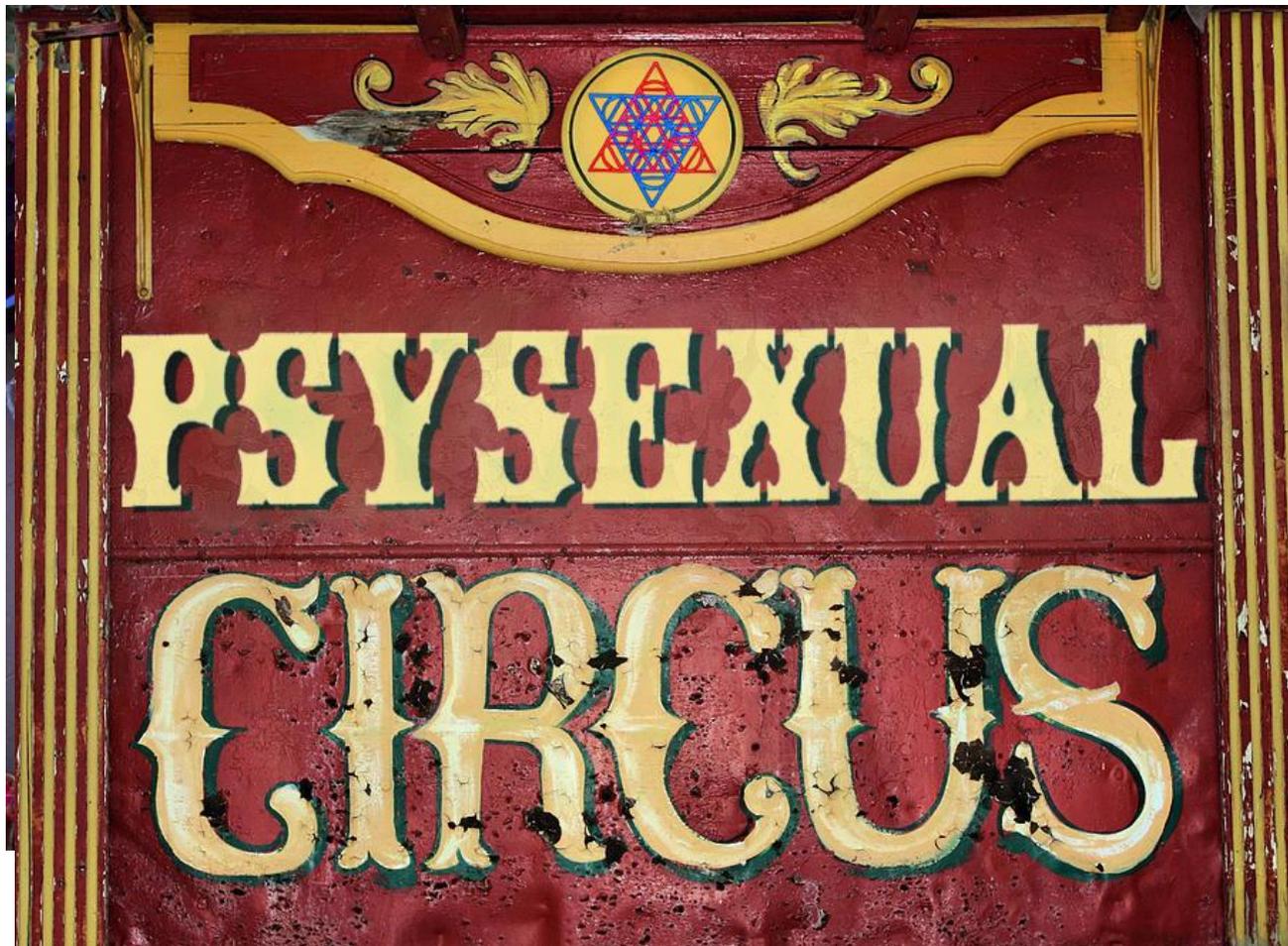


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## PERFORMANCE NIGHT

*Circus The Inter-Dimensional Prince*

On Saturday evening participants will be treated to **The Psy-Sexual Circus**. An Erotic cabaret of Drag, burlesque, spoken word, performance art, live kink demonstrations, projections and installations galore.



## SUNDAY 19TH PROGRAM

### ORGASMIC YOGA

*Anji Bergvist, Myola Woods and Michaeli Gwilliam*

Orgasmic Yoga is the cornerstone of Sexological Bodywork and Somatic Sex Education. Through regular practise, Orgasmic Yoga can lead to a deeper felt sense of the body and its wants and desires. A genuine ongoing connection with the body is created and greater levels of joy and eroticism may be reached.



Learn and develop the foundational skills of focussed awareness, breath, touch, sound and movement techniques required to set up your own mindful erotic daily practise. Despite the name, Orgasmic Yoga is more about meeting the body where it is at and making contact with a range of emotion and sensation rather than reaching for a peak experience. **This is a clothing optional workshop.**

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### TRIBAL EROS

*Jen Saor Lee*

Can you imagine a modern society where sexuality and eroticism are commonplace rites of passage much like learning to read or play an instrument?

In many tribal cultures, eroticism was a natural part of the individual's maturing process and was a taboo-free zone. Tribe members in transition into adulthood, would learn and practice the art of living as an erotic being with the full support and celebration of their community.

In this workshop you will get to play with the notion of sexuality as an innocent, fun and free expression of who we are and were before civilisation (the party-pooper) came to the village.



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### EMBODYING SEXUAL FANTASY

*Artemesia de Vine*

This workshop takes a closer look at the role of sexual fantasy and asks the questions, what happens when we create an intentional relationship with our fantasy selves? What happens when we hear the inner voice that is speaking to us through our fantasies?

This is a chance to explore how things shift when we move our sexual fantasies from the head, into the body, through consensual, embodied play scenes, based on the recurring emotional themes that emerge.

From enjoying imagining certain body parts, to imagining what it would be like to have sex with a certain person right through to elaborate, sometimes taboo, storylines, most people engage with sexual fantasy. Sometimes these fantasies can seem to go against the grain of our own moral compass bringing



about inner conflict and confusion.

With a playful, compassionate, curiosity, I will guide us into peeking under the hood of our sexual fantasies. It is a good beginning for those interested in exploring the hidden corners of our sexual psyche and turning our fantasies into our allies.

Note: Even though I am a professional dominatrix, this is a workshop on sexual fantasy, not on BDSM/kink as such. BDSM themes may come up but equally so may sexual fantasies of any kind. Clothes remain on in this workshop and while we do have a chance to engage in embodied learning, we will not be engaging in sexual activities. You are invited to participate only at the level you choose to at any given time.

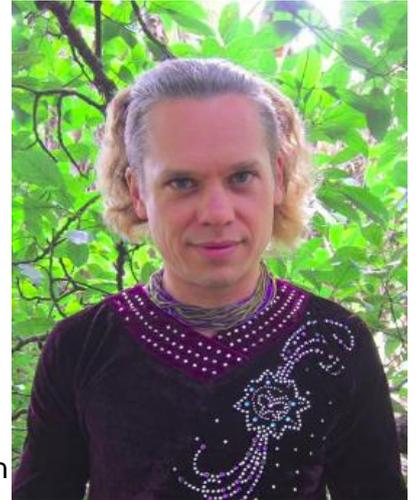
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## THE ECSTATIC POWER OF ANDROGYNY

### *Spiral Orbit*

A space to explore gender-fluid erotic embodiment through creativity and fun!

In modern sexual relating, assumptions are still often made about gender and how it relates to the body and the roles we play. This interactive workshop provides a safe space for participants to explore beyond their habitual gender role and to experiment with relating to their body in a more gender-fluid way. The workshop will initially provide a space to learn about and discuss the impact of social conditioning on gender identity and expression. Participants will be invited to reflect on their personal experience. We will then interactively explore embodying gender fluidity through dress, speech, mannerism and movement. The focus will next move to gender-fluid erotic embodiment through self-exploration. Interaction with others will then allow participants to activate this fluidity by feeling into a way of relating erotically that may be new and unfamiliar. All will be encouraged to honour their edges with any touch they offer and receive.



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## 3 CIRCLES RITUAL

### *Deej Juventin and Ayelet Uma Furman*

Embodying consent in communal practice. In preparation for the ritual, you learn powerful embodied practices that you can take away and use to expand your erotic capacity, create more intimacy and connection in your life and access more sensation and pleasure. In this embodied ritual we will explore 3 states of being:

**Stillness** – the realm of being, holding space and witnessing;

**Awakening** - the realm of waking up the body - shaking and stretching, laughing and screaming, self-massage and dancing, breathing and self-pleasure;

**Ecstasy** - the realm of safe, consensual, communal erotic embodiment

The 3 Circle structure embodies authentic consent. Participants move freely and fluidly from one state to another allowing their own sexual energy to lead and guide them. Experience the freedom to be human and the deep intimacy that comes from a group erotic experience.

**This is a clothing optional workshop. Please bring a sarong or towel to lie on.**

