



Growing in Embodiment

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New South Wales, Australia

April 6-12, 2020

**with Betty Martin, Uma Ayelet Furman, Deej Juventin
and team of somatic practitioners**

"I loved the care and support I received, hugely grateful to all."

"I don't think anything else I could have done for a relaxation holiday would have left me feeling so deeply relaxed."

"I have learned so much about myself and have continued to have minor revelations now that my senses and energy source have been awakened. I have learned to listen to my body rather than the "board of directors" "

Growing in Embodiment is a unique retreat for deepening your awareness of your body and integrating your eroticism. Enjoy the opportunity to rest and recharge, eat delicious food that nourishes the body, and connect with fellow somatic explorers in a beautiful retreat setting.

This specialised retreat, limited to a maximum of 14 participants, will enable you to explore and grow in a contained place of learning. People attend to learn more about themselves, gain more confidence, expand their sense of the erotic, become better lovers, develop their capacity for intimacy, or to move through challenges.



Click on the above image to meet the facilitators and hear what previous participants have to say

Each retreat participant will have the opportunity to work with an onsite Certified Sexological Bodyworker or practitioner of embodied counselling, who will tailor somatic sessions with you to meet your personal learning objectives. (Bodyworkers and counsellors will be attending advanced professional training at In the Field, happening concurrently.)

Sessions can include bodywork, personal coaching, body awareness exercises, embodiment coaching, erotic meditations, and a range of supportive somatic experiences.

The sessions are complemented with group classes and opportunities to receive and relax, including embodied skills classes, meditations and Orgasmic Yoga practice, mud treatments, walks in nature, discussions on themes related to sex and embodiment, and processes to create a connected and embodied community.

Where: A stunning retreat centre in the Hawkesbury River Region (about a 2-hour drive from Sydney)

Cost: We require a non-refundable deposit of \$550 to secure your place. The Early Bird Price is \$2,900 (including GST) for payment by August 31, 2019. The Full Price is \$3,400 (including GST) for payment by December 6, 2019. Prices include all food, accommodation, classes and one-on-one sessions. Prices are in Australian dollars.

Registration: Numbers are limited so please register early. Email info@instituteofsomaticsexology.com

Growing in Embodiment embraces diversity in sex, gender, sexuality, age, body type, race and ability

