

My workshops at this Beltane 2007

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I am giving four workshops at this Beltane. Hope to see you there!

<http://www.free-spirit.org/Beltane/Classes.html>

Better Sounds of Sex

Erotic Trance Dance for Release

Getting Real: Practicing Honesty in Sex and Relationships

Sandbox Exploration

Better Sounds of Sex

Do you have difficulty making sounds during lovemaking? Would you like to experiment with making louder and more passionate noises and moans? Would you like to enhance your and your partner's orgasms with sound? Then come and have fun at this workshop! We will play with sounds in a safe environment and practice different love noises. Either come with a partner(s) or be prepared to match up with new people or do solo sound sex work! Audience: Anyone who would enjoy making sexy sounds!

Erotic Trance Dance for Release

Do you hold on to stuck emotions in your body? Do you enjoy moving freely, uninhibited, to the sound of primitive rhythms? Do you want to go on an erotic shamanic journey with others in a sacred space? Trance Dancing is easy to learn and releases stuck emotions from both mind and body. Plus it is fun to do! The focus is on connecting with self and spirit, not on how well you "perform." To facilitate this we will dance in a darkened space. Join us as we dance to the five rhythms: the feminine, masculine, chaos, integrated and stillness. Dancing to stillness? How can that be? —find out at the dance! To help people get into the trance, there will be no talking at this event once we start dancing. Wear fun clothes or bring scarves or blindfolds to dance with.

Getting Real: Practicing Honesty in Sex and Relationships

"Presence is what makes you radiantly alive, confident, and attractive. The key to presence is honesty."

Being present and honest has helped me greatly in my relating! The key to good sex and relationships is honest communication—but how often do we get to learn how to communicate honesty in a safe environment? How often does it happen and why is it so hard? Most people are afraid to be totally honest. They fear damaging relationships by creating conflict, or hurting another's feelings. But learning to attend to your own here-now experience rather than worrying about the outcome, uncovers the real source of personal power and self-trust. This workshop will help by experiencing the difference between thinking, feeling, and noticing. You will practice speaking honestly and noticing how language affects the way we communicate. Engaging games & exercises make this workshop fun too! Whether your interest in communication is for polyamory, S/M, coming out, or other relationship reasons this workshop will help.

Sandbox Exploration

Do you want to have clearer boundaries? Are you afraid to ask for what you want? Do you get anxious that you won't say no when you want to? Come to the Sandbox and learn how to create clear boundaries. Practicing saying "No" helps us be clearer on what we want to say Yes to and to whom. Learning to hear No from someone else without having to turn it into a rejection story is refreshing too. Saying or hearing No can be hard at first, so we will loosen up first with some body movement exercises! Finally we will practice our skill in a play sandbox where you can ask for touch and decide if you want to accept touch or not from others.

Sandbox Explorations gets its name from the idea that when we take responsibility for establishing clear personal boundaries, it makes it safer for us and others to play together in a safe, authentic way. More connection, joy and intimacy result. So, if I tell you some clear basic ground rules about what it takes for me to feel safe in my own virtual sandbox, then you can safely get close to me and I can safely open to you.

Sandbox Explorations is a community of diverse folks who share the desire to expand the level of fun and connection in their lives. We meet every Wednesday in the Washington DC area for a gathering and dinner.