



CREATIVE SEXUALITY

Exploring your erotic identities

A workshop facilitated by Vanessa Langer & Sharka Rey

A workshop to awaken your eroticism

In a playful and joyful way, an invitation to explore the different mini characters that manifest in your sexuality. Those that are already partly conscious and others that remain to be discovered.

Liberate your sexuality and discover more joy, awareness and pleasure

Exploring your different sexual identities with your body, movements, sounds, gaze, hands, attitudes, etc. as well as some accessories. Discover the many ways to play, to let the bodies meet, to listen to them telling their erotic stories.

Workshop program

The workshop begins with sharing, movement and various sensory proposals to get in touch with yourself, your body, your sensations and the people present. The aim is to build confidence and connection, to create a secure framework in which to explore freely.

A time is devoted to feeling one's desires, limits and needs and how to communicate them to the other. The notion of consent is essential and is explored in an active and embodied way. It will be used as a guide to establish the rules of play.

The workshop then continues with several areas of ritualised games and embodied exercises that aim to identify the different mini characters that express themselves in our sexual life and in our fantasies.

The proposed exploration invites different forms of play. Listening to your impulses, your instincts, you can participate or just watch and feel free to be who you are in the experience.

Nudity is possible, respecting your wishes and limits.
The workshop can also be done without nudity.

Infos

This workshop is open to all genders and sexual identities

DATE: 30th October 2022 from 11am to 7:30pm at Vismaya, in the center of Lausanne

PRICE: Early Bird until the 25th September: 200Fr. Then regular price: 250Fr.

INSCRIPTION: via email: vanessa@vismaya.ch or sharka.rey@gmail.com

Conditions

The workshop is non-refundable. In case of cancellation, you can offer your place to another person.