



A sex positive workshop to bring more awareness in the diversity of intimacies

26<sup>th</sup> – 29<sup>th</sup> Sept, 2024 (Thur - Sun)

Chalet Du Grütli in Natural Park of Jura near Geneva, CH

In a middle of Natural Park Jura close to Geneva, at an altitude of 1425m, a three day workshop takes place

You are warmly welcome to join

facilitated by Vanessa Langer & [Sharka Rey](#)



### **A workshop on Freedom of Expression in your intimate life with yourself or/and other/s.**

In a playful and joyful way, an invitation to explore the meaning of freedom of expression and how to engage in it in your sexuality using conscious kink practices (tantra, bdsm, tao). The work is based on somatic practices, meaning exploring through the body. Do you feel free to express yourself in your sexuality the way you wish and desire? What does it even mean? Do you feel you are missing something? Ideas, experiences, new practices, guidance? In this workshop we are going to address that.

### **Enrich your sexuality through conscious kink practices (tantra, bdsm, tao) and discover more joy, awareness and pleasure**

Exploring a variety of touches using your hands and objects such as ropes, receiving and giving, impact play, bodily and emotional processing of aroused sensations are practiced in this event.

Working creatively with body, movements, and sounds for the purpose of discovering the many ways to play, to let the bodies meet with care, respect and curiosity, how to self care and resource oneself in order to have more fulfilling intimate encounters.

### **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 explore physical and psychological freedoms and restrictions manifested in our sexuality.

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. This workshop is open to all genders and sexual identities.



### **The place**

Three days of convivial and community retreat experience located at an altitude of 1425m, one hour walk from the Givrine, the Grütli chalet is a haven of peace on the edge of the forest, bordered by a pasture. It is only accessible by foot. All the premises benefit from economic lighting, powered by five batteries which are charged by a set of solar panels. The chalet is heated with wood and is supplied with water only from runoff.

### **Accommodation conditions**

Rooms are shared by 4 or 6 people in 6 or 8 beds dormitories. There's no wifi and almost no network. There is no hot running water. Showers can either be taken with cold water or we can fill your thermos with hot water to wash you the old-fashioned way. All these conditions contribute to an experience of intimate immersion with oneself, others and nature.

### **The Price**

Price per person (max. capacity 20 pers. Lodging options depending on availability)

We have three different prices. For lower incomers, regular incomes and higher incomers. We would like to make this retreat accessible to lower incomers and in order to do that we cordially added a support price for those with higher income to support the lower incomers.

Moreover, our needs lay in having our energy and work we put into this event (months before the actual retreat and the retreat itself) valued, along our needs for sustainability acknowledged.

### **Lodging in shared accommodation**

Low Price – 750Frs.// Regular Price – 850Frs. // Support Price – 950Frs.

### **The price includes**

lodging for 3 nights, daily vegetarian food, all workshops and the play party. There will be 3 workshops a day, starting on Thursday Evening at 7pm until Sunday afternoon 4pm.

### **Reservation by email**

Sharka Rey - [sharka.rey@gmail.com](mailto:sharka.rey@gmail.com) // Vanessa Langer - [vanessa@vismaya.ch](mailto:vanessa@vismaya.ch)

**Registration Conditions** registration is validated upon reception of payment. Payment in instalments upon request is possible. Be aware, the spaces are limited to 20 participants only. First comes first serves.

### **Cancellation policies**

In the event of the organizers cancelling for whatever reason, including facilitators illness, your retreat fee will be 100% refunded. If you cancel for whatever reason, your financial contribution is non-refundable but transferable to another person you find to attend this event instead of you. We hope this goes some way to acknowledging your needs and our needs around sustainability.

Don't hesitate to contact us for any additional information