

WOMEN'S SEXUALITY WORKSHOP

FOR ALEXANDER TEACHERS and others...

an experiential women-only workshop

led by

Robyn Avalon

Founding Director, The Contemporary Alexander School,
USA branch of Alexander Alliance International

Sunday April 30 & Monday May 1, 2017 * Paris, France

10:00 - 18:00, 170EU, taught in English, translated to French

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What will we explore?



Sexual Mapping - the vast majority of women do not know their true sexual anatomy - and you won't find it in medical anatomy books because it's not there!...

Releasing the Pelvic Floor - a fundamental part of restoring balance and ease...**Orgasm as an Activity** -

learn to apply Alexander's principles to habits of sexual expression...**Let My Thoughts Be Free** - releasing the

social, familial, and personal beliefs which limit our expression as sexual beings...**Body Image/Body Shame** - how shame influences our use...

Sexual Abuse & Trauma - how our bodies hold kinesthetic memory patterns and how to release them...**Compassionate/Passionate Touch** - gain skill in

"impersonal intimacy" through your hands... **Gender Embodiment** - learn to work with your students on embodying themselves anywhere on the gender

scale...*plus whatever questions you bring to the group...*

for more information about Robyn
& the Contemporary Alexander School, visit

www.contemporaryalexander.com

