Holistic Sexuality

A New Integral Approach

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In this work we understand Sexuality as the primary virgin energy of life that dwells in us as human beings and for which we are alive and creative beings.

This workshop is for individuals that wish to access the full potential of their vital primary energy and explore how this energy can be creatively expressed and integrated holistically – at the somatic, emotional, mental, and spiritual levels. The course is designed to teach you how to connect with this energy not only in your everyday life, but also as a bridge to the deepest dimension of your reality, as a catalyst for a grounded spiritual growth.

Holistic Sexuality helps you to bring your consciousness together with your vital primary energy and its different stages of manifestation. It is in this process that you discover your unique path of integral evolution.

The leaders facilitate group process as well as counsel each participant individually to design personalized practices. You learn how to safely self-regulate your own process from an awareness of your present capabilities and necessary boundaries.

Holistic Sexuality combines playful exercises with deep embodied interactive meditations (among other group dynamics). *Both involve physical touch.*

For more information or to register please go to
www.esalen.org

This workshop will guide you in:

- Developing a path of deep self-knowledge, regeneration, and creative evolution
- Be more familiar with the reality of your own sexual and spiritual dispositions
- Identify personal pathways towards the integration of sexuality and spirituality in your life
- Approach the heart as a mystery and as a guide
- Appreciate the importance of both diversity and oneness

Couples would benefit from the work for it invites each partner to dive into their deep and intimate areas and thereby helps to clarify their essential identity and experience. This new clarity fosters a more creative relationship, free of unhealthy conditions, that then becomes the ground for the growth of each partner as a unique being.