

Holistic Sexuality

Fall 2011

Feminine-Masculine

Marina Romero & Sam Malkemus

Dates & place

- The whole group: Sep 3 to 5 and Nov 11 to 13. The Center for Healing & Expression. San Francisco, CA
- Just the women: Oct 1 and 29. Outdoors in Sonoma County, CA
- Just the men: Sep 17 and Oct 22. Outdoors in Sonoma County, CA

Cost

- ✓ \$800
 - ✓ Discounts:
 - \$100 if registered by Jun 26th
 - \$100 per couple
 - \$100 if participating at Esalen HS on June 5-10
 - \$50 for MA-PhD students submitting a paper (6-14 pages, due by Nov 30th)
 - ✚ More than one discount may be applied
 - ✚ Payment plans available
 - ✚ If you cannot afford the cost and want to participate, *please contact us!*
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For more information or to register please contact Marina T. Romero, marina@estel.es; or Sam A. Malkemus, malkemus@gmail.com

Deepen in your own personal process and **participate** in an inquiry into the mystery of the Feminine - Masculine

Feminine - Masculine is a basic polarity of our human experience. Embodying both aspects within oneself and in relationship is essential for the growth of any individual. At the same time deepening into the mystery of this basic polarity can also foster a more creative, free and clear relationship with a committed partner (regardless of gender).

In this course we explore both aspects from the simplicity and mystery of our embodied reality. What is the meaning of the fleshy shape that we all have as a man or as a woman? To what extent are we grounded and awake in this shape? How do we integrate our different energies with its support?

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

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.

The principles and the practices that shape Holistic Sexuality are inspired by seeing life's natural processes as organic references for transformation, healing and learning.