

Exploring the Duality of Sexuality:

A Day-Long Woman's Workshop That Explores All Aspects of Sexual Health and Spirit



Saturday November 17, 2018 from 9:00 to 5:00 (registration begins at 8:30am)

Location: Meadow Wind Institute
100 Gray Rd, Falmouth, ME 04105 <http://www.meadowwind.org>

Tuition: \$175, Lunch & Snacks included (GF and Vegan friendly)

We live in a culture where sex is everywhere, but often, we don't have a place to begin meaningful conversations about all aspects of sex and sexuality that affect us.

Join AASECT Certified Sex Therapists Yara Perez, LCPC, CST and Kristin Areglado Hurley, LCPC, CST in a sacred and confidential circle of women, where we will explore the pain, judgement & shame, disconnection, fear & sadness (*Shadow*) and the joy & ecstasy, sacred healing, connection and pleasure (*Light*) that IS sexuality.

This workshop is for any woman who wishes to experience a safe and affirming place to expand her knowledge of herself and her sexuality. Our day will include large and small group discussions, and several experiential activities which will focus on:

- *Physical Aspects of Sex:* our body's sexual intelligence, physical pain, body image, lack of orgasm, and other common medical issues that impact women's sexual health.
- *Emotional Aspects of Sex:* what touches the heart; exploring the ways past emotions around sexuality impact the present.
- *Mental Aspects of Sex:* exploring common myths & limiting beliefs surrounding sexual health and pleasure .
- *Spiritual Aspects of Sex:* exploring the ways in which sexuality, eroticism, and intimacy are pathways toward connection and disconnection with ourselves, and with others.

Come and enjoy a day of mindful healing, sharing of stories, and normalize the dual aspects of sexuality. You'll also take with you multiple holistic and contemporary resources.

Space is Limited!!

For more information or to register you can contact either Kristin at <http://www.karegladohurley.com> or Yara at <http://www.yaraperez.com>