



CREATIVE SEXUALITY

BREATH Work & Play

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

A WORKSHOP TO BRING MORE AWARENESS ON YOUR BREATH

In a playful and joyful way, an invitation to explore the different ways of feeling and playing with your breath in your sexuality. The ways that are already partly conscious and others that remain to be discovered.

LIBERATE YOUR SEXUALITY AND DISCOVER MORE JOY, AWARENESS AND PLEASURE

Exploring different breath styles and games with your body, in movements, including sounds, gaze, attitudes, etc. Discover the many ways to play, to let the bodies meet, to listen to them telling their erotic stories.

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.

This workshop focuses on breath exploration, breath awareness and consciously playing with breath more than learning any specific breathwork techniques. We will experience breathing through a kinky methodology to explore meditative states of altered consciousness through the presence of breath as well as its restriction.

The workshop then continues with several propositions of ritualised games and embodied exercises that aim to identify and experience different styles of breath and learn how to play with it in your 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.

INFORMATION

This workshop is open to all genders and sexual identities

DATE: 16th November 2024 from 9:30am to 5:30pm in the center of Basel.

PRICE: Low Price: 200-225chf. Standard Price: 230-265chf. Supporting Price: between 270-300chf.

INSCRIPTION: via email: info@vanessalanger.ch or sharka.rey@gmail.com

CONDITIONS

In the event of us cancelling for whatever reason, your workshop 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 workshop instead of you. We hope this goes some way to acknowledging your needs and our needs around sustainability.