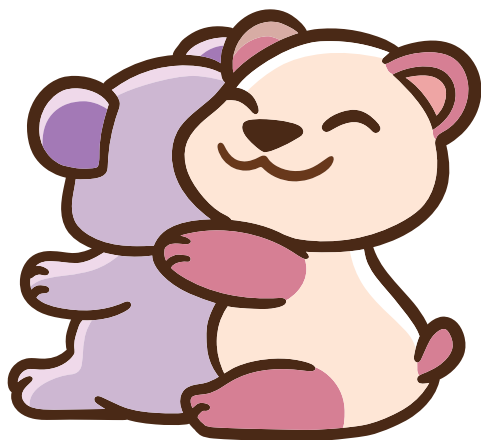


What is a Cuddle Fest?

Next Event:
Sat Sept 24th
Albuquerque

Cuddle Fests are a
non-sexual, consensual
touch event



Rules

1. No one does anything they don't want to
2. Wear comfortable clothes, they must stay on
3. Must be on time

Phases of a Cuddle Fest

1
Welcome
Circle

2
Consent
Workshop

3
Cuddling

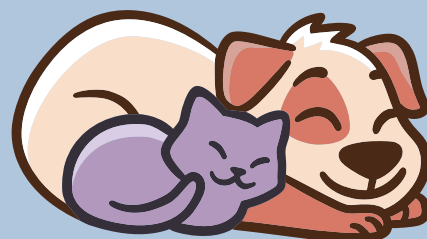
4
Closing
Circle

Who Comes to a Cuddle Fest?

People who want to
practice boundaries



People that want
more touches



Consensual cuddling releases the hormone Oxytocin - which can reduce stress, lower blood pressure, even help to fight off sickness.

People that
are curious



It's perfectly ok to just come and observe

But What If...

I'm pressured to...

You never have to do anything you don't really want to. That's why we practice saying "no".

I need support...

That's why events are facilitated. Everyone is free to leave at any time.

I feel alone...

This is a great place to meet people, but if it makes you feel more comfortable, it's always great to bring a friend.

To find out more, go to CuddleNewMexico.com