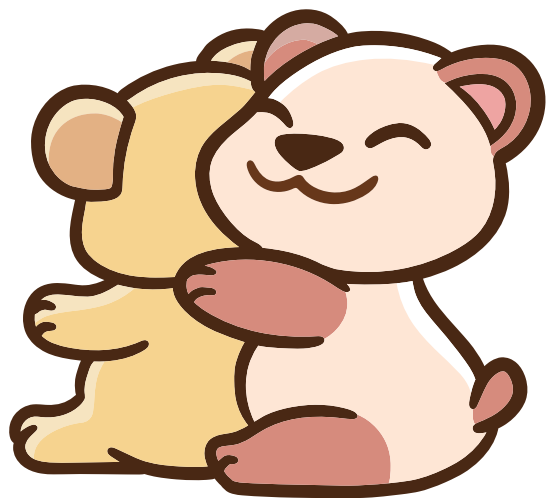


What is a Cuddle Fest?



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

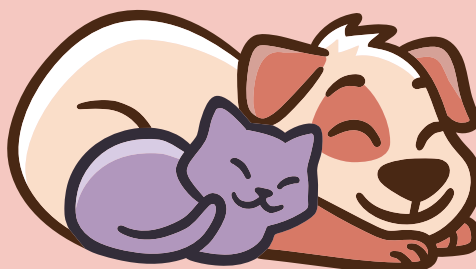
4
Closing
Circle

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