



## *Vulnerability Whore*

*An Intimate Workshop; Embracing Eroticism and Our Inner Landscapes*

*Using erotically explorative and somatically grounded practices, our wants and limits pave the way to leading life with a more whole self.*

### *What is it?*

*With a container specifically curated for vulnerability, participants will be facilitated with integrity in this immersive three-night workshop.*

*In this workshop, we will:*

- **Embody dignity through awareness**— *Using somatic practices as the framework, we can authentically feel and follow pleasure*
- **Strengthen connection through touch**— *With an opportunity to express eroticism with others*
- **Gain skills of empowerment and communication** – *noticing, valuing, and trusting desires, having the courage to ask for what you want, and feeling safe enough to receive*
- **Build trust for yourself**— *remaining present in a space where consensual energetic, sensual, sexual, and kinky touch are all welcome*

### *Who is this for?*

*This workshop is for people who already have a strong understanding and practice of consent. It is for those who want to deepen the practice of giving and receiving pleasure and harness their interest in connecting with others physically and emotionally. This workshop is optimally suited for someone who has taken the Wheel of Consent workshop. That's not a requirement, though, so long as you're practiced in consent, this workshop is for you.*

### **Prerequisites:**

- *Be able to embrace a body-positive atmosphere allowing full nudity*
- *Be able to listen with respect and maturity as others share deeply vulnerable material*
- *Honor privacy by holding confidentiality within the space*
- *Have a recent (within the last 3 months) STI panel and be able to communicate your sexual health maturely*
- *Have a video or in-person meeting with a facilitator (Julian and/or Annabelle)*
- *Set the intention to stay for the duration of the workshop.*

***We expect people who are actively already seeking opportunities for growth through movement, intimacies, and connection.***

*We are limiting the number of participants to 3-8.*

### **- WHAT'S INCLUDED:**

*-Three nights in a large home (details below)*

- A thoughtfully curated workshop schedule
- A full “scene” crafted by you, informed by your desires and limits
- Time for reflection, journaling, and restoration
- Integration to bring your experience into your life
- Yoga and meditation provided by a certified instructor
- Beautiful, private space
- Your own bed. Private rooms available (priority based on deposit received date)
- Fresh and healthy meals cooked fresh daily (dinner on Friday, Breakfast/Lunch/Dinner on Saturday and Sunday), plus light snacks and tea
- A desire journal with curated exercises to prepare you for the event
- Mediated and facilitated models for self-exploration mediated through group work

## Cost

We utilize a 3-tiered donation system to address the diverse spectrum of material abundance we are all on. Specific costs that are workshop and location dependent

*Your donation is all-inclusive. It covers the workshop, accommodations, food, & other offerings.*

Make your donation based on where you are at. Those who can pay at the higher end of the tiers help us work with folks that need assistance to access this work:

**Daisy:**               \$xxx

**Sunflower:**       \$yyy

**Rose:**               \$zzz

## **- DEPOSIT TO RESERVE:**

**A non-refundable deposit reserves your spot.**

**Venmo: @Julian-Smith-14**

**OR**

**You can Paypal deposits to: jsmith767@gmail.com (use the friend option only)**

*This is a Vulnerability Whore workshop. This is a title I, Julian, proudly claim. You don't have to claim it as well to participate in this workshop. Here's what being a Vulnerability Whore means to me:*

*As a "vulnerability whore" I learn to embrace and celebrate my vulnerability as a strength. I am open, authentic, and unapologetically embrace my own vulnerabilities, and encourage others to do the same. By being transparent about my struggles, emotions, and imperfections I foster connection, empathy, and personal growth.*

*This workshop is influenced and inspired by the Wheel of Consent® as developed by Dr. Betty Martin. Julian trained with the School of Consent, but is not a certified facilitator. For more information visit [www.schoolofconsent.org](http://www.schoolofconsent.org).*



*Julian has some impressive credentials that on their face have little to do with this workshop. He has a PhD in physics, 13 peer reviewed publications, and an AI art authentication tech company. He gets a sweet satisfaction from those accolades, even though they took a toll on his mental health. The reality is that even though he'll never stop playfully investigating on an intellectual level, now he's much more interested in practices that you feel in your body. He's been on a transformational journey these last 6 months, that's coalescing a lifetime of experiences, and which was catalyzed by taking a course that taught the Wheel of Consent. It gave him a framework he'd been missing. What he'd like you to know is that although professionally this is a new space for him, on a deeply personal level he feels more aligned and practiced than with most other pursuits. He brings in experience as an educator, as a lifetime cuddler, as a meditator, and communication skills (e.g. from his polyamorous lifestyle).*



*Annabelle is a Master's Candidate at the University of Washington for Clinical Social Work and Widener University for Human Sexuality, getting AASECT Sex Therapy Certified. Annabelle has been teaching yoga and mindfulness for 5+ years and seeks to find the merge between mindfulness and sex and intimacy. She works with clients who experience a variety of presenting sexual/intimacy difficulties that include trauma, and psychological/physiological concerns that affect how they experience pleasure. and loves to use somatic work to move through those processes*