**GATHERING of WELLBEING 2025**

**WORKSHOP DESCRIPTION**

Something remarkable happens when people gather with the shared intention of authentic connection and exploration... with the willingness to trust and follow the innocent flow of surrender.

In this state, we see with our eyes closed.

We hear what is not spoken.

We feel what needs to be felt.

A space opens and we enter the unknown, the mystical and the magical.

Presenting…

LATIHAN ~ SURRENDER TO THE UNKNOWN, a sacred, moving meditation that guides you to surrender the ego, quiet the mind, and reconnect with the universal life force that pulses through all things.

Based in the Subud tradition from Indonesia the Latihan is an ancient spiritual exercise of surrender. In a world that prioritises control and logic, this journey offers a profound opportunity to step into the unknown with trust curiosity and joy. The practice flows somewhere in that luminal space between knowing and surrender, between togetherness and separation, longing and belonging.

Join us in this blindfolded, meditative experience where we connect as humans – beyond gender or identity – allowing universal energy to move us. Where the Self is deeply honoured, and Divinity is revered. Where desire and discomfort are supported by the intelligence of touch.

This is not a workshop, but a semi-guided JOURNEY OF OFFERING where you move through the mystery from the depth of your own centre and explore the connection to yourself and with others.

The magic of the Latihan is simple: when we learn to move in the unknown, we begin to eliminate the fear of the unknown.

*\*\*Not a beginner space; previous experience navigating consent conversations, personal boundaries and radical self-responsibility and awareness is required\*\**

**Johanna Neuteboom ~ Somatika**

**BIO**

Johanna is a passionate devotee of Love and Eros… internationally trained and certified as a Sacred Sexuality Practitioner, a Somatic Sex Educator and a Cuddle Therapist.

A seasoned facilitator, practitioner and author….a mystic, a muse and a lover… she is none the less deep in the process of UNBECOMING. Of letting go of the need to define herself by a role or career, by a spiritual path or even an association with specific values and beliefs. Of BEING and not DOING.

Understated and serene, she is committed to meeting others in the here and now by mirroring back their own erotic essence; melding the sensual temple arts of ancient times with the science, psychology and teachings of today, supporting the exploration of erotic sovereignty and personal empowerment.

Having become an accidental expat as the world began to go a bit mad, she has found peace and comfort through the surrender to the Unknown and to the flow of life.  Intuition, clarity, presence and courage have supported her on this path.

A nomad in heart, soul and land, she follows the ecstatic current that leads her through a life of love, laughter and adventure. Along her travels, Johanna creates self-empowerment and exploratory opportunities via workshops, 1:1 sessions and creative gatherings, helping seekers find their truth, their voice, their power and their pleasure.

www.somatika.love