

Awakening to our  
**POWER & PLEASURE**

~ workshops and gatherings for the curious ~



**20 June, 2024 at 6:00pm, Newcastle NSW**

*How we move through the world in relation to our desires is how we do everything in our world.*

**JOIN US FOR THIS WOMEN-ONLY VERSION OF OUR ONGOING SERIES...**

where we gather in an exploration of personal empowerment through guided embodiment practices, conscious touch and playful exercises.

**AWAKEN** to your power & pleasure.

**CONNECT** with your inner truth.

**INTEGRATE** to make lasting change.

Pleasure is our birthright and serves our vitality, health and well-being.  
Understanding our own physical, energetic and emotional bodies allows for deeper connections with oneself and others.



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**Our true strength comes from power-within, not from power-over.**

In a compassionate and attentive container, we will explore:

- ~ the energetic and somatic relationship between of Self and Other
- ~ the power of claiming a HELL YES! to our desires
- ~ the beauty of expressing our full NO! to what we do not want
- ~ how to ask for what you desire in ALL areas of your life
- ~ what consensual negotiation looks and FEELS like

You will be at choice throughout the whole workshop experience and celebrated for those choices. Equally, you will be invited to honour and respect the choices of others.

## **FOR WHOM:**

Anyone who has a desire to move through life more authentically and powerfully; for those who yearn to connect more deeply with their own heart and those of others.

## **TOUCH:**

There will be consensual touch (or the option to do the exercises solo).

The workshop has no sexual agenda although full expression of sensuality is welcomed and encouraged.

## **DATE AND LOCATION:**

Thursday 20 June 6-9pm. Newcastle (Hamilton).

Further details and exact location will be shared with registered participants (note: access to venue via stairs).

## **INVESTMENT:**

First Time, Single Ticket: \$44

Bring-A-Friend (2 tix purchased at the same time): \$71

Past participants/clients: \$35

*\*\* We do not support 3<sup>rd</sup> party ticketing platforms; gladly accept bank transfers or cash. Even a barter!*

**For more information and to register, see the next page, or contact:**

Johanna Neuteboom

somatika.life@gmail.com

mobile: 0490 418 289

[www.somatika.life/events](http://www.somatika.life/events)

*If you're a HELL YES! to this event but something is holding you back (emotional, financial, social) reach out and let's chat anyway. There is usually a creative, respectful way through this!*



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**THE FEMININE POWER** ~ 20 June, 6:00pm – 9:00pm. Hamilton, Newcastle.  
(No same day tickets available – our container closes 8pm on the 19 June.)

**STEP 1:**

Show us your enthusiastic *YES!* to join us by sending a direct deposit payment to:

<b>BSB:</b> 633 -000 <b>ACC:</b> 192 641 413 <b>REFERENCE:</b> FP {and your full name}	<b>Single Ticket:</b> \$44 <b>Bring-a-Friend (for 2 tickets):</b> \$72 <b>Past participants/clients/members:</b> \$35
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**STEP 2:**

Then send us an e-mail to [somatika.life@gmail.com](mailto:somatika.life@gmail.com) and use the subject line: PP May24

~include your full name (as referenced in your payment) and mobile number in the body of the e-mail.

~if you are registering with another person, don't forget to include their name(s), e-mail and mobile.

**STEP 3:**

You will receive a confirmation e-mail within 48 hours. \*Hopefully! If not... let me know 😊

We will then send a welcome / orientation letter with further details during the week of the workshop.

**STEP 4:**

Congratulate yourself! We are already celebrating your curiosity and courage. Woo-hoo... and thank you!

Notice what you feel in your body... right now. Remember that feeling... we'll come back to that.

This workshop is a beautiful commitment into a deeper self-discovery... the more that you consciously bring to the container, the more you'll come away with.

In pleasurable anticipation,

*johanna*

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