



## The Energetics of Intimacy and Attachment

Exploring the subtleties of the body in relationship

### Part 2 of the Full Embodiment Method

*With Tom Callanan and Ariel Giarretto*

*Workshop in Naxos Greece, October 11-16, 2018*



A six days combination of vacation, adventure and a novel approach to explore the dynamics of attachment and intimacy in this incredible six-day interactive workshop, which includes one day of excursion/ leisure. It builds on the workshop from last year and is easy accessible for new participants, making your journey to Greece a truly transformative experience

**This workshop examines:** “What happens in myself, my body, and my being in relation to others?”

The workshop focuses on connection to self and the body, while being in proximity with others. You do not need to be in couple relationship to get great benefit from this program. Nor does your partner need to be present.

We help you experience the subtle and not-so-obvious ways that you engage intimately, and how to open to new and yet-to-be explored possibilities of joy and pleasure. The goal is clearer boundaries and greater freedom to explore your sexy self playfully in new and different ways, without shame.

#### **After the week participants will:**

- Come away with a clearer understanding of the subtle levels of relating that occur under conscious awareness
- Recognize, and reduce triggers, enabling genuine wants and needs to emerge.....and learn to communicate these effectively
- Learn tools for staying present and embodied
- Identify deep desires and yearnings, and notice what gets in the way of opening to them
- Learn the basics of the anatomy and physiology of sexual response
- Explore the basics of erotic and sensual touch for both women and men (fully clothed)
- Plus many more!

#### **The workshop is open to:**

- Individuals, either coupled or not, and actively sexual or not who want to improve their physical, emotional and sexual intimacy
- Couples wanting to explore new depths of intimacy with each other
- Singles who are hoping to find satisfying relationships
- Therapists who work with any of the above

## Practical information

**Dates:** October 11-16, 2018

**Venue:** Apollonas on Naxos in Greece. Apollonas is an ideal place for quiet vacations, and you may arrive early or stay after the workshop, maybe with your family. Additional information: <http://apollonnaxos.blogspot.com>

**Registration fee:** DKK. 6.500,- (EUR 875.- ) for workshop incl. coffee, tea and fruit.

Double room at Hotel Kouros including breakfast @ about 20 euros per pers. Lunch is mandatory and is 15 € a day. Breakfast is served only on the day of the outing. Other meals and travel costs are paid separately. If you are interested, please ask for practical informations.

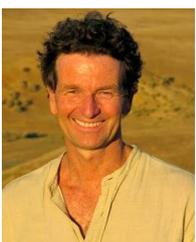
**Please contact:** [traumeheling@hotmail.com](mailto:traumeheling@hotmail.com) or Jette Koch, tel: +45 22552504 or [ursula@seterapi.dk](mailto:ursula@seterapi.dk)

**Registration:** [traumeheling@hotmail.com](mailto:traumeheling@hotmail.com) marked "Callanan and Giarrotto". By August 15<sup>th</sup> we shall know if the workshop will be held, so please let us know whether you are interested. Final registration no later than September 1<sup>st</sup> 2018. Registration is final when the workshop fee is paid. Full fee will be refunded by cancellation before final registration date. Cancellation after final registration date and up to 10 days before start of the work-shop, 1.000 DKR will be charged to cover administration costs. After this date no refund. Cancellation only by email to Traumeheling.

**Events:** Participants will enjoy dinner and Greek dancing at the hotel and the locals will take part in some of the workshop arrangements. Dinner invitation and live music on the last evening at the venue. The excursion day is voluntary and on your own expenses. It will be arranged while we are there. Family and friends who might accompany are welcome to join the social events.



**Ariel Giarretto, LMFT.** *Co-founder of the Full Embodiment Model. Has been a body-oriented trauma therapist for 20 years. She is senior faculty for the Somatic Experiencing Trauma Institute. She is a certified Somatic Sex Educator and much of her private practice focuses on working with couples and individuals desiring sexual or intimacy enhancement, as well as those who have experienced infertility, traumatic births and invasive medical procedures. She has extensive training in pre and perinatal psychology, as well as childhood developmental trauma. Ariel is passionate about supporting people in finding both ease and ecstasy in their bodies and healing the wounds of sexuality trauma. She practices in Oakland, CA. USA*



**Tom Callanan** *is a certified Somatic Sex Educator and personal coach and counselor working with issues of body awareness, intimacy and sexuality. A survivor of childhood sexual abuse, Tom runs workshops and leads support groups for male survivors. He is founder of a program for men modeled after the Vagina Monologues called "Cocktales: Stories from the Masculine Edge." Co-author of the book, The Power of Collective Wisdom, his passion is to create group experiences that tap into a collective field and that catalyzes profound personal insight, healing and transformation. He leads intensive one-on-one Full Embodiment weekends for individuals and works over Skype from his home office in Santa Cruz, California.*