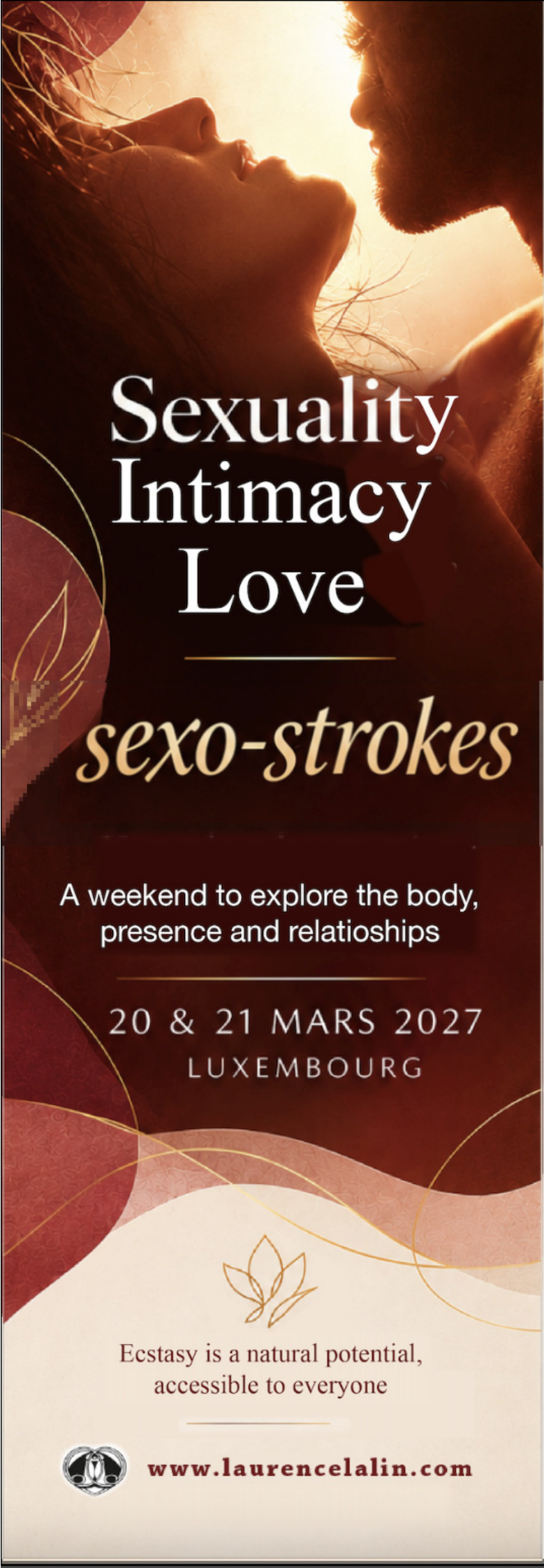




Sexuality Intimacy Love

sexo-strokes

A weekend to explore the body,
presence and relationships

20 & 21 MARS 2027
LUXEMBOURG



Ecstasy is a natural potential,
accessible to everyone



www.laurencelalin.com

AN EXPERIENTIAL APPROCHE
THAT CONNECTS THE BODY
AND CONSCIOUSNESS

How can we develop a more present,
embodied, compassionate and vibrant
relationship with ourselves and others ?

How can we welcome our sensations, emotions
and desires, beyond expectations,
ideals and performance pressures ?

How can we allow the energy of the heart
and the energy of the pelvis to harmonise
nurturing deeper intimacy
and authentic connection ?

This workshop invites you to explore
these questions through embodied experience,
using stroking techniques to work with myofascial
tissues, breath, presence and connection.



*Laurence leads this workshop
drawing on her rare expertise
as an I.B.I. (International
Bodywork Institute) certified
Practitioner in Pelvic
-Heart Integration (P.H.I.)
and Core-Strokes®.*

*With 30 years of experience, since her initial
training in Chinese energy practices (Qi-Gong,
Tai-Chi, Taoist Yoga and Shiatsu), she has
supported people through complex and intimate
life experiences. More recently, she qualified as
a Gestalt sex therapist through the E.S.O.G.
Laurence welcomes clients in Paris - La Madeleine
and Amiens.*



Organisation and registration arrangements
Contact Véronika DOZBABOVA



veronika.dozbabova@gmail.com



PROGRAMME

*The journey into the heart of the body,
energy and relationships*

Explore · Feel · Connect



The body as a space for awareness

Refine your perception of bodily sensations, discover the language of the body, release the breath and welcome emotions.

From the heart to the pelvis: bringing energy into movement

Explore the connections between the heart, the pelvis and sexual vitality. Discover how breath, embodied presence and awareness of the body's natural cycle can enrich the experience of intimacy.

Intimacy as connection

Develop a deeper presence with yourself and others. Recognise boundaries, express needs and explore reciprocity. Discover how to remain connected to yourself and how to welcome difference without losing connection.

Freeing ourselves from the models that shape us

Question the representations inherited from our personal, family and cultural histories. Explore different ways of understanding sexuality and polarities, drawing on contemporary approaches and ancestral traditions, to broaden your perspective and open up new possibilities.

WHO IS THIS WORKSHOP FOR?

For anyone wishing to deepen their relationship with their body, sensuality and intimacy.
For those who wish to explore their polarities, better understand their relational dynamics and develop a more authentic presence with themselves and others.



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Ecstasy is a natural potential. How can we create the space for it to unfold?

The workshop combines embodied practices, guided breathing, meditation, paired exercises, hands-on approaches and time for discussion.

Working with the fascia, breath and movement opens up new avenues for exploring intimacy and loving vibrations.

Exploring our polarities, Yin and Yang, helps us question the models that shape our relationship with the body, desire and connection.

The aim is not to replace one model with another, but to recognise what has shaped us, understand its meaning and regain the freedom to make more conscious choices.

Consent, reciprocity, presence with others and welcoming difference

The practices take place in a safe environment, with respect for each person's rhythm and boundaries.

Consent, confidentiality,
freedom to participate
and respect for differences
are at the heart of the process.

The workshop does not include any genital practices.



**Sexuality, Intimacy, Love
Weekend workshop:
20-21 March 2027**



**Non-residential weekend
in Luxembourg.**



**€ 240 for the weekend
Early-bird rate
before 1 February 2027:
€ 200 for the weekend**



**Saturday: 9.30 am-6 pm
Sunday: 9.30 am-5 pm**



**Organisation and registration
arrangements**

**Contact Véronika DOZBABOVA
Telephone: +352 621 498 620**



veronika.dozbabova@gmail.com

Find out more about this course ? Join us

For a workshop on Saturday 30 January
from 2.30 pm to 4.30 pm

for a webinar from 8 pm to 9 pm on:
14 and 18 February 2027