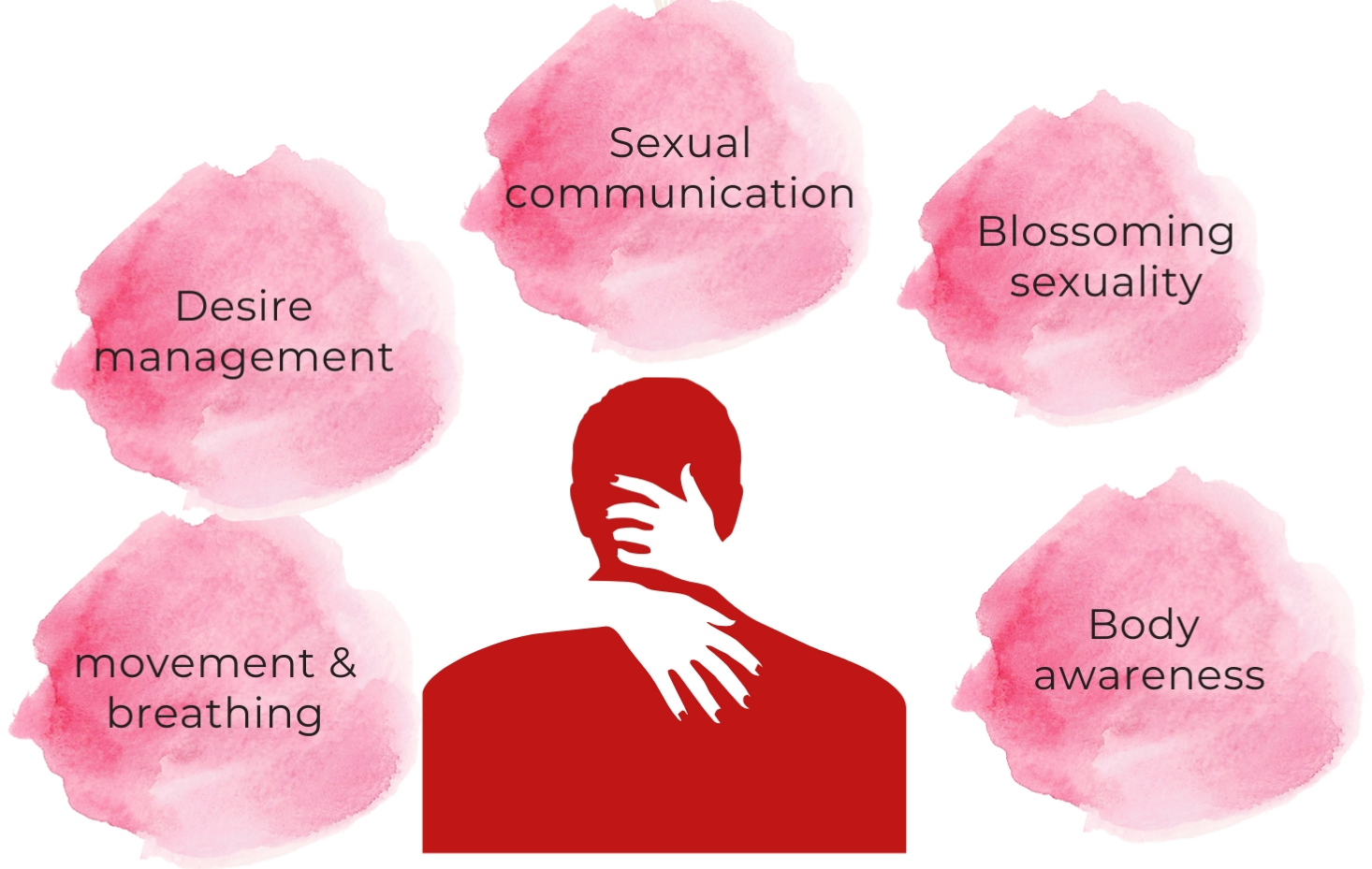


Workshop

SEXOCORPOREL & TECHNIQUE ALEXANDER

Enrich your practice with Sexocorporel and discover powerful tools to help your clients better understand and integrate their sexuality. This workshop will enable you to broaden your skills and accompany your clients to overall well-being.



SA 16 & SU 17 november 2024

with **Carla Chatterji** clinical sexologist ISI in Sexocorporel,
& **Brigitte Schoeb Feldenkrais** practitioner

LOCATION

6721 Motto BLenio
Marogno
Casa Gatti (B&B &
yoga retreat center)

REGISTRATION till 19.10.24

Workshop: Magali 079 478 37 78
Accommodation: Debby 078 661 33 55

SEMINAR COST

330 CHF
included
11 hours of lessons
2 vegetarian meals



limited places,
registration &
info:
079 478 37 78

Genki

mobility – posture – performance



studiogenki.ch

SEXOCORPOREL

Sexocorporal therapy is a therapeutic approach that focuses on the bodily and sensory experience of sexuality. It aims to help individuals develop greater awareness of their bodies, improve their connection with their sensations and enhance their capacity to experience pleasure. This method integrates breathing, movement and relaxation techniques to promote fulfilling sexuality. It is used by sexologists to treat various sexual disorders and improve sexual well-being.

TARGET AUDIENCE

Target audience: this workshop is aimed not only at complementary therapists in the Alexander Technique, but also at other complementary therapists who are confronted in their professional practice with clients suffering from sexual disorders. As new concepts are learned, there will be time for reflection, discussion and practice, in order to understand how to integrate them into an Alexander Technique (or other complementary therapy) session. This workshop is not a course to solve personal sexual problems, but rather to gain knowledge to help the client.

LOCATION

Casa Gatti www.casagatti.ch in Marogno, 6721 Motto

Blenio. Guesthouse & yoga center in the heart of Val di Blenio, run by Debby & Vik.

Room reservations: Deborah: 078 661 33 55

Easy access by public transport: train to Biasca, then bus to Marogno (Autolininee Bleniese, direction Olivone).

COST

CHF 330, Included in the price:

11 hours of lessons, 1 vegetarian dinner (Saturday evening), 1 vegetarian buffet (Sunday lunch)

Tea/coffee & snacks for breaks.

The course language will be English, but French, Italian and German are also possible.

WITH



CARLA CHATTERJI

Sexual health trainer
Clinical Sexologist ISI in Sexocorporel
Thérapeute en Développement
Somatique Méthode Feldenkrais

SEXOCORPOREL



BRIGITTE SCHOEB

Feldenkrais practitioner and assistant
trainer, known as « Mrs PELVIC FLOOR »
Gesture of Awareness

PELVIC FLOOR



MAGALI SCHEDER LUCCHINI

weekend moderator. Complementary
Therapist, Alexander Technique
method.

ALEXANDER
TECHNIQUE



DEBORAH ROSSI

Hatha Flow & Brahmani Yoga teacher,
Reiki Master, Mirror Body Therapist,
Ayuryoga massage

YOGA

limited places,
registration& info:
Magali
info@studiogenki.ch
079 478 37 78

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Workshop

SEXOCORPOREL & TECHNIQUE ALEXANDER

(Programme may change)

SA 16.11.24

13.00 Welcome

13.30–19.00 Speaker's presentation
Principles and fundamentals of sexocorporel.
Bodymapping of sexual zones: body awareness to help Clients
take ownership of their bodies. How to incorporate it into
Alexander Technique teaching

20.00 Dinner prepared by Chef Victor from Casa Gatti

SU 17.11.24

9.00–10.00 Perineum yoga with Deborah

10.00–12.30 How Clients can improve their sexuality. What the Alexander
Technique can do for them.

12.30–14.00 Lunch prepared by Chef Victor from Casa Gatti

14.00–16.30 How to get Clients to talk about sexuality when there's a
suspicion of blockage or stiffness. When should clients be
referred to a specialist (limits of the Alexander Technique)?

16.30–17.00 Summary, questions and discussion



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