

BLISS BOOGIE

APRIL 5TH - 7TH



3 DAYS OF BLISS, LOVE, DANCE, JOY,
LEARNING AND EXPLORATION.

WELCOME TO BLISS BOOGIE !

Dear Friends,

As we embark on this journey of self-discovery and connection, from the bottom of my heart, I thank you for being part of the inaugural Bliss Boogie event.

Bliss Boogie is not just a festival; it's a safe haven, a sanctuary where we get to embrace the beauty of living authentically. Our mission is simple yet profound: To guide you along the path of personal growth and empowerment, reminding you that living authentically is your birthright. At the heart of our gathering lies the essence of humanity: community, nature, and celebration. Together, we are weaving these timeless ingredients into a tapestry of bliss by gathering and celebrating.

In the spirit of honoring Mother Earth, let us tread gently upon this land, leaving behind only footprints of love and respect. Let's join hands in preserving the beauty of our surroundings, ensuring that our festival remains a haven of eco-consciousness and sustainability.

As we embark on this three-day journey together, I extend heartfelt gratitude to our incredible family of volunteers, generous sponsors, and dedicated Bliss Boogie team of presenters. You are the heartbeat of our festival, and we are deeply grateful for your unwavering support. So, dear friends, let the magic of Bliss Boogie infuse your spirit with joy and inspiration. Embrace each moment, savoring the beauty of our journey.

Be good to yourself,

Kai Baylis



BLISS
BOOGIE



FOOD TRUCK SCHEDULE

FRIDAY APRIL 5TH:

Raleigh Coffeeshaw	6:45am - 1:30pm
Gussy's Greek Street Food	2:30pm - 8:30pm

SATURDAY APRIL 6TH:

Raleigh Coffeeshaw	6:45am - 1:30pm
Willow House	7:00am - 5:00pm
Gussy's Greek Street Food	11:00am - 8:30pm
Lornett's Southern Food	11:00am - 8:30pm

SUNDAY APRIL 7TH:

Raleigh Coffeeshaw	6:45am - 1:30pm
Willow House	7:00am - 1:00pm
Gussy's Greek Street Food	11:00am - 6:30pm
Blue Lotus Thai	11:00am - 6:30pm



BLISS BOOGIE RELAX & RECHARGE STATIONS

THE SANCTUARY TENT

The Sanctuary Tent is a soft place for you to land when you need some reflection time or some support over the weekend. Visit to rest, stretch your body, meditate, or have quiet conversations with your loved ones or new friends. If you need to talk, there are trained counselors and coaches available from 8am - 12am. You can visit Sanctuary if you need to sort through some feelings that a workshop brought up, if you need help figuring out how to respond to something that didn't feel good, or if you need a listening ear.

THE CHILL TENT

The Chill Tent offers a serene oasis where you can unwind and relax, escaping the hustle and bustle of the event. It's a perfect spot to potentially find a new lover or simply take a well-deserved break in a tranquil, welcoming environment.

THE GRIEF + RAGE ALTAR

There is a Grief and Rage Altar that you may also visit to get grounded and move through any emotions that come up. As we step into a higher frequency and shed old stories, we sometimes need support.

LOST + FOUND

**Lost Something?
Found Something?**

The Info Booth is the location for lost and found items.

WRISTBAND KEY



I'm OK with All Touch



Please Ask Before Touching Me



Please Don't Touch Me



No Photography of Me/My Face

KEY TO SESSIONS – LEVELS OF TOUCH

Most of the sessions are for everyone. This means that all are welcome and the level of touch expected in the session is not a consideration. We have asked the presenters to help you decide which session is best suited for you. On each session, you'll see a key. The number indicates the session's level of touch and the letter indicates who is invited.

Levels of Touch

1: No Physical Touch

Expect to be in your own space.

2: A Small Amount of Physical Touch

Expect hugging and some contact.

3: Moderate Physical Touch

Expect close contact with some nudity.

4: Advanced Physical Touch

Expect genital contact and nudity.

Are you invited to that session?

It depends! Each session will be marked with who is invited. Most are "A" for all people.

A: All People

C: Couples Only

F: Female Anatomy Specific

M: Male Anatomy Specific

S: Singles Only

ALL DECISIONS BELONG TO YOU

You are attending a class that may have touch and topics that are triggering. You are responsible for your own well-being. No one has to do anything that is offered in the class. You can choose not to take part at any time and rejoin when you are ready. You can also leave if that feels better to you. The sanctuary is available if you need assistance.





**BLISS
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FRIDAY AT-A-GLANCE

THE MAIN STAGE

6:30 PM Opening Ceremony

7:00 PM Tre. Charles

8:30 PM Vaidehi Amair

THE CHILL TENT

12:00 - 12:00 Open for Chilling

4:00 PM DJ Damu

THE DANCE TENT

12:00 PM (A1)

Discover the
Wonders
of Sound Healing

2:00 PM (F3)

The Dance
of The Universe

4:00 PM (A1)

Cosmic Bliss

10:00 PM (S2)

Tantra Speed Date

THE LOVE TENT

12:00 PM

No Session

2:00 PM (A1)

The Sacred Space
of Ethical
Non-Monogamy

4:00 PM (A1)

Intro to All Things
Bliss Boogie

10:00 PM (A3)

Lasya Love Massage
Meditation

THE PLAY TENT

12:00 PM (A1)

Sharps Play
101

2:00 PM (A2)

Impact Play
Adventures: From
Kitchen to Kink

4:00 PM (A1)

How Stress
Affects Your
Hormones

10:00 PM (C3)

Activating the
Erotic Sacred
Partnership

12:00 AM - 7:00 AM is Quiet Time.

FRIDAY DANCE TENT EVENTS

12:00PM Discover The Wonders of Sound Healing - Garth Robertson

Level A1 Immerse yourself in the transformative world of sound healing with Garth. Experience the soothing vibrations of sound baths, learn about the body's response to sound, and explore healing instruments. Join us for an enlightening journey to discover the power of sound in nurturing your body, mind, and spirit. **Bring: Yoga Mat**

2:00PM The Dance of The Universe - Tache

Level F1 A fun and flirty conscious movement- based experience! This class is a fusion of yoga, dance, sound, meditation and laughter. Free your soul, connect with your higher self and experience true embodiment bringing brain, heart and body into true BLISS! All levels are welcome. **Bring: Comfy Clothes, Yoga Block, Mat**

4:00PM Cosmic Bliss - Victoria Haffer

Level A1 Dive deep into your sensual, sexual, and spiritual realms in this transformative class, exploring personal rhythms, both physical and energetic. Connect movement with self-understanding and employ grounding techniques like sound meditation. Progress to dynamic movements, fostering clarity and connection. Suitable for all dance levels, "The Dance of The Universe" offers a safe, inclusive space for exploration. **Bring: Towel, Yoga Mat, Journal, Pen**

10:00PM Tantra Speed Date - Guy Shahar

Level S2 Discover Tantra Speed Date®, merging relationship skills with Puja-style speed dating. Learn invaluable relationship roles missing from traditional education. Engage in fun exercises like Tantra, meditation, and partner yoga, fostering deeper connections. Walk away with matches, newfound skills, and a fresh perspective on relationships. Experience the 95% match rate difference today! **Bring: Lube, Towel, Pillow**

12:00 AM - 7:00 AM is Quiet Time.

FRIDAY LOVE TENT EVENTS

2:00PM The Sacred Space of Ethical Non-Monogamy Sheffa Ariens, Wayne Hall, Reid Mihalko, Wanderella, & Tobi Bowen

Level A1 Join us for a transformative exploration of consensual non-monogamous relationships, emphasizing communication, boundaries, and personal growth. Gain insights and practical tools to navigate the challenges and joys of CNM. Whether new or experienced, this panel offers an enlightening discussion on love beyond traditional norms. Let's celebrate consensual non-monogamy together. **Bring: Journal, Pen**

4:00PM Intro to All Things Bliss Boogie

Level A1 Join us at Bliss Boogie for an exclusive session: "Ask Kai and Wayne Anything." Kai, the founder, and Wayne, the Executive Director, share their insights, wisdom, and experiences. Engage in a dynamic conversation, ask burning questions, and gain valuable knowledge from these visionary leaders. Don't miss this enlightening opportunity.

10:00PM Lasya Love Massage Meditation - Lisa A.Rizzoli

Level A3: Discover a meditation method infused with unique touch, building upon Jan Den Boer's original process. This practice enhances presence, intuition, and energy flow awareness in the body. Experience Lasya, a graceful dance of emotions expressed gently, inspired by the divine dance of Parvati and Shiva. **Bring: Blanket or Sheet**

12:00 AM - 7:00 AM is Quiet Time.

FRIDAY PLAY TENT EVENTS

12:00PM Sharps Play 101 - Wanderella

Level A1 Explore the depths of sharps play in this comprehensive class, delving into safety measures and the art's emotional landscape. Witness live needle and staple demonstrations, unveiling techniques and artistic possibilities. Gain insights into this practice's appeal and significance, offering a transformative experience for both beginners and seasoned practitioners.

12:00PM Impact Play Adventures: From Kitchen to Kink - Nev

Level A2 Join Nev for an immersive exploration into impact play, where kitchen utensils become tools of pleasure. Discover soft, sensual vibes or intensify your experience with creative implements. Learn practical tips, safety measures, and indulge in hands-on practice. Whether you're new or seasoned, this class offers a safe space to elevate your play. Embrace RACK principles and expand your horizons in sensation and power play. Don't miss this transformative journey!

2:00PM How Stress Affects Your Hormones - Dr. Angela Baylis

level A1 Join Dr. Baylis as she explores how stress impacts the body and offers chemical stress management insights. Learn the Heart Math Technique for stress reduction and the NET's Quick Release Technique for resilience. Gain a deeper understanding of how stress effects your sex life and overall well-being.

10:00PM Activating the Erotic Sacred Partnership - Naema and Taylor

Level C3 Indulge in an erotic and deeply connected experience with your partner in this playful, grounded workshop. Explore movement, breath, power dynamics, and erotic energy without direct genital touch or nudity. Couples of all genders and orientations are celebrated, whether in long-term or new relationships. Come with your partner and leave feeling sexy, inspired, and deeply connected. **Bring: Blanket, Comfy Clothes, Yoga Mat, Pillow**

12:00 AM - 7:00 AM is Quiet Time.



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SATURDAY AT-A-GLANCE

THE MAIN STAGE

7:00 PM Sierra Marin

8:30 PM Mystical Joy Ride

THE CHILL TENT

12:00 - 12:00 Open for Chilling

2:00 PM DJ Chico
"Madcow" Scott

THE DANCE TENT

8:00 AM (A1)

Kundalini Yoga

10:00 AM (A1)

Sensual Floor Werk

12:00 PM (A3)

Becoming Shameless

2:00 PM (A2)

Mind Body
Connection

4:00 PM (A1)

Continuum
Workshop

10:00 PM (A4)

Oral Sex Grad
School

THE LOVE TENT

8:00 AM (A2)

Qi Gong

10:00 AM (A2)

The Power of Love
in Diversity

12:00 PM (A1)

Power Dynamics in
Your Relationships

2:00 PM (A4)

Unleash Your Beast

4:00 PM (A2)

How to Build the
Sex Life You've
Dreamed Of

10:00 PM (A1)

Alchemy of the Night

THE PLAY TENT

8:00 AM (A1)

Yoga Flow for
Mobility

10:00 AM (A1)

The Art of
Performace Poetry

12:00 PM (A2)

Rope Play 101

2:00 PM (F1)

Discovering the
Foundational Essence
of Your Pelvic Bowl

4:00 PM (A3)

Orgasmic Fire Breath

10:00 PM (A4)

Extended Tantra
Orgasm:
Pleasure Circle

12:00 AM - 7:00 AM Quiet Time

SATURDAY DANCE TENT EVENTS

8:00AM Kundalini Yoga - Megan McReynolds

Level A1 Experience your sacred beauty in a 90-minute Kundalini yoga practice. Kundalini yoga blends breath, movement, meditation, and chant to awaken primal energy within. Strengthen your body, heal deeply, and enhance self-awareness. Join us on the mat for an inclusive journey toward higher consciousness. Suitable for all levels. **Bring: comfy clothes, yoga mat, blanket.**

10:00AM Sensual Floor Werk - Vaidehi Amair

Level A1 A workshop dedicated to opening your hips and hamstrings and activating your root and sacral chakra with yoga asana and yin-focused stretching. Once you've warmed up, we step into fun sensual floor movement that includes pole based exotic leg work and more. Walk away feeling flexy, relaxed, and ready to play.

12:00PM Becoming Shameless - Dr. Laura Jurgens

Level A3 Join us, sexploration adventurers of all ages, ready to shed shame and embark on a journey of discovery. Whether new, somewhat new, or transitioning in exploration, we'll cover basics, practice consent, and address common concerns. This interactive workshop ensures a safe, welcoming space for exploration and growth.

2:00PM Mind-Body Connection - Linda Hobbs

Level A2 Join me for a transformative discussion and practice of connecting mind and body through breath, alone or with your partner. Explore the power of slowing down and turning inward, enhancing pleasure, intimacy, and fulfillment in your relationships. Don't miss this opportunity for profound connection and self-discovery!

4:00PM Continuum Workshop - Rebecca Lawson

Level A1 Join Rebecca for a transformative Continuum Dive workshop, where we sound, breathe, and move to awaken our fluid system's bio-intelligence. Experience increased energy flow, tissue adaptability, and multidimensional movement dynamics. Discover ancient ways of being alive, fostering adaptability and freedom from duality. **Bring: mat for movement and support for sitting.**

SATURDAY LOVE TENT EVENTS

8:00AM QiGong - Imari Colón

Level A2 This session will begin with a gentle warmup consisting of breath, stretching, and mobility exercises. Warmup will be followed by a routine of qigong, then we'll move into taijiquan fundamentals and finish the class with form practice. **Bring: loose fitting clothing, water.**

10:00AM The Power of Love in Diversity - Kandice Corbett

Level A2 This workshop emphasizes self-love as fundamental to Diversity, Equity, and Inclusion (DEI). It highlights the connection between self-love and appreciating human diversity, fostering inclusive environments. gain insights on nurturing self-love for deeper connections and implementing DEI strategies in daily interactions, promoting global unity!

12:00PM Power Dynamics For Your Relationship - Heather "Nookie" Claus

Level A1 Exploring power is one of the most intimate acts you can do with your partner. Come learn about how to take power, give up power, and exchange power to create hotter sex, better communication, deeper vulnerability, and intense passion.

2:00PM Unleash Your Beast - Reid Mihalko

Level A4 Unlock your sexual self-expression and unleash your erotic creativity at Unleash Your Beast! Discover drama-free ways to explore sex and intimacy, gaining sexual self-confidence. Overcome shame and worry when asking for what you want in the bedroom. Join us and become the uninhibited change you want to see! **Bring: journal, pen, blanket**

4:00PM How to Build the Sex Life You've Dreamed of - Andre Lazarus

Level A2 In this workshop, we will discuss what sex really means, dispel the myths and fairytales surrounding sexual intimacy, and give you actionable exercises and steps during a fun, interactive experience. From tools to asking for what you want in pleasure to BDSM dynamics, come learn how to up-level your erotic power!

SATURDAY PLAY TENT EVENTS

8:00AM Yoga Flow for Mobility - Bishop Daniels

Level A1 Join Bishop for a dynamic 45-minute Yoga Flow for Mobility session, perfect for all levels. Enhance strength, flexibility, and inner peace through engaging poses and stretches. Whether a beginner or seasoned yogi, discover balance and tranquility. Celebrate movement and breath at Bliss Boogie, leaving revitalized and renewed. **Bring: yoga mat, water bottle, workout clothing.**

10:00AM Spoken Word: The Art of Performance Poetry - Dasan Ahanu

Level A1 Spoken Word is a fusion of poetry and performance, offering emotional, educational, and inspirational expression. It's a tool for healing and growth, combining creative writing with oration and theatrical nuance. This session delves into technique, individual voice, and presence, exploring the transformative power of sharing your soul through words.

12:00PM Rope Play 101 - Cessna

Level A2 In this class we'll cover the basics of rope play including various types of rope, safety, and some simple ties. We'll explore the kind of connection that rope can provide, and learn ways to make someone stay put for when the need arises. A partner is not needed for the class, since the ties we will learn can be done on oneself. **Bring: one piece of 15'-30' rope.**

2:00PM Discovering the Foundational Essence of Your Pelvic Bowl - Kelly Stack

Level F1 This workshop offers an experiential dive for women and individuals with vulvas or yonis, emphasizing holistic connection with the pelvic bowl. Through shared wisdom, meditation, hands-on exploration, and discussion, nurture your foundational relationship with your body. Let's dive in together and nurture this intimate connection! **Bring: blanket**

4:00PM Orgasmic Fire Breath - Lisa A. Rizzoli

Level A3 Lisa will lead us through Orgasmic Fire Breath, a potent technique for energy activation and transformation. prepare to explore the power of breath. This session includes a Puja, fostering spiritual connection and creating a safe, sacred space for exploration, connection, and self-discovery. Join us!

Bring: comfy clothing, blanket, yoga mat, water.

ADDITIONAL SATURDAY EVENTS

THE MAIN FIRE

12:00PM Nature Walk:

A Level 1 Embrace the profound connection between us and Nature in this outdoor class. Walk, explore, and learn how to experience Nature as our Teacher, Muse, Healer, and Friend. Spring's beauty and abundance offer endless possibilities for growth and resilience. Discover edible and medicinal plants, connect with the elements, and explore the wild beauty of Shakori Hills.

Bring: journal, pen, dress for nature

THE DANCE TENT

10:00PM Oral Sex Grad School - Reid Mihalko

A Level 4 Ready to level up your oral skills? Join Reid Mihalko for an advanced workshop to master mind-blowing techniques. Get answers to your burning questions and leave with confidence. Whether giving or receiving, become a master of pleasure. Live demos and Q&A included! Don't miss this transformative experience. **Bring: journal, pen, blanket**

THE LOVE TENT

Alchemy of the Night - Benji Whitehurst

A Level 1 Join us for Dream Incubation, an ancient practice unlocking divination, inspiration, and healing. Regardless of experience, we'll unite to evoke profound dreams. At Bliss Boogie, communal dream incubation amplifies individual inquiries, yielding clearer responses. Learn to decode dream metaphors for deeper insights. Embrace the alchemy of conscious dreaming with us!

Bring: journal, pen, A Dream to Share if You Remember Your Dreams.

THE PLAY TENT

Extended Tantra Orgasm: Pleasure Circle - Guy Shahar

A Level 4 Invite a partner who is interested in exploring sensual intimacy together. Guy will guide you through nurturing massage techniques, fostering a profound and healing connection to pleasure. Please bring a towel and any items to make a comfortable setting for yourself. If you'd like, we can engage in 2 sessions (a full cycle) if that suits your preference. **Bring: lube, towel, pillow**

12:00 AM - 7:00 AM is Quiet Time.



**BLISS
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SUNDAY AT-A-GLANCE

THE MAIN STAGE

11:00 AM Garth Robertson
2:00 PM Awakening Higher
Consciousness Through Qi Gong
5:30 PM Closing Ceremony

THE CHILL TENT

8 :00 AM - 5:30 PM
Open for Chilling

THE DANCE TENT

8:00 AM (A2)
Contact
Improvisation Basics

10:00 AM (A2)
Ecstatic Dance

12:00 PM (A1)
Mantra Bass Ritual
Dance Experience

2:00 PM (A2)
Authentic Relating

4:00 PM (M1)
Men's Taoist and
Tantric Practices to
Become
Multi-Orgasmic

THE LOVE TENT

8:00 AM (A2)
Ancient Cacao
Ceremony

10:00 AM (A2)
Personal Autonomy

12:00 PM (A1)
Sonic Wellness
Sound Journey

2:00 PM (A1)
Rising Above:
Transforming
Adversity into
Strength

4:00 PM (A2)
Sensual Trauma
Release

THE PLAY TENT

8:00 AM (A2)
Nervous System
Support and
Co- Regulation

10:00 AM (A1)
Yoga for Pelvic
Pain

12:00 PM (A3)
Seduction
Through
Sensation Play

2:00 PM
Session Moved to
Main Stage

4:00 PM (A2)
Painting for
Pleasure

SUNDAY DANCE TENT EVENTS

8:00AM Contact Improvisation - Toni Craig

Level A2 Discover the fundamentals of Contact Improvisation, an expressive dance form rooted in touch and shared weight. Learn to follow points of contact, move with mutual consent, and engage in dynamic lifts. This playful session welcomes movers of all abilities to explore the joy of improvisational movement in a supportive environment! **Bring: clothing that permits full range of motion, wear pants that cover the knees, no jewelry or silk**

10:00AM Ecstatic Dance - Julia Hartsell

Level A2 Embark on a transformative journey with Ecstatic Dance, blending ancient traditions and modern expression. Guided by curated music, explore a range of emotions and sensations through stillness and ecstatic movement. Embrace spontaneity, authenticity, and connection in a safe, sacred space. All ages, backgrounds, and experience levels are welcome to join this empowering and playful exploration. Let's dance! **Bring: Comfy Clothes, Water**

12:00PM Mantra Bass Ritual Dance Experience - Vaidehi Amair

Level A1 Embark on the Mantra Bass Ritual Dance Experience, an inspiring journey of activation for body, mind, and spirit. Allow the sacred sounds of live mantra-infused bass/trap music by Vaidehi to guide you through dance exercises, mudras, and yoga-inspired poses. Each song embodies an elemental and spiritual concept, facilitating release and activation through yoga-based wisdom. Join us for this unique, interactive dance experience. Let's dance!

2:00PM Authentic Relating - Amrita & Apollo

Level A2 Dive into Authentic Relating (AR), a playful and interactive meditation on personal growth within a social setting. Explore emotional intelligence through structured yet non-competitive social interactions, cultivating authenticity, vulnerability, empathy, compassion, and clear communication. Align your inner truth with outward connection, weaving a rich and honest human experience with others. Let's connect authentically!

4:00PM Men's Taoist & Tantric Practices to Be Multi-Orgasmic - Steven Peterson

Level M1 Embark on Steven's transformative journey of embracing multi-orgasmic experiences through tantric and Taoist practices, transcending traditional views of sex. By separating orgasm from ejaculation, he deepened intimacy and prolonged pleasure. Join our workshop to learn foundational practices, expand your pleasure, intimacy, and embrace a new sexual response. Let's explore together. **Bring: Comfy Loose-Fitting Pants**

SUNDAY LOVE TENT EVENTS

8:00AM Ancient Cacao Ceremony - Mercedes López Arratia

Level A2 Experience the profound Ancient Cacao Ceremony, a sacred Mesoamerican tradition. Set intentions, sip a special cacao elixir, and meditate to connect with the group. Share thoughts and emotions, engage in visualizations, and express gratitude. This short, sacred journey offers deep self-discovery and healing. **Bring: Journal, Pen, Comfy Clothes, Yoga Mat and Blanket.**

10:00AM Personal Autonomy - Mercedes López Arratia

Level A2 Personal Autonomy is the key to more fulfilling, joyful and conscious decision making. In this workshop we will review our four powers: financial, emotional, sexual and purpose. We will share experiences and recommendations for conscious decision making and reflect on individual opportunities ahead. **Bring: Journal, Pen, Comfy Clothes, Yoga Mat and Blanket.**

12:00PM Sonic Wellness Sound Journey - LeeAnn Anderson

Level A1 Embrace your potential to be well. The sounds introduced during a Sound Journey are an invitation into a deeper state of consciousness, an opportunity to unplug from external stimuli and gain perspective on what's happening within you. The goal of the experience is relaxation & self-discovery. A Sound Journey is a deeply immersive, full-body listening experience. Using sound, we'll activate powerful restoration that nurtures your body & mind. Allow me to help you reconnect to your vitality and live in a state of balance and well-being.

2:00PM Rising Above: Transforming Adversity Into Strength - Chablis Dandridge

Level A1 Join Chablis Dandridge, author, speaker, and changemaker, in the empowering breakout session "Rising Above: Transforming Adversity into Strength." Learn from his journey of overcoming challenges, from incarceration to life-altering injury, and discover practical strategies for turning struggles into success. Explore mindset, community support, love, and self-acceptance in thriving against adversity.

4:00PM Sensual Trauma Release - Santia Bailey

Level A2 In this immersive experience, individuals find a nurturing space to explore and release stored trauma through sensual and somatic practices. Led by Santia's expertise in trauma release, participants embark on a profound journey of body, emotion, and energy exploration. Through guided exercises, breathwork, and movement, they reconnect with your sensual selves, fostering empowerment and embodiment. **Bring: Comfy Clothes, Yoga Mat**

SUNDAY PLAY TENT EVENTS

8:00AM Recentering at Bliss Boogie: A Guided Workshop for Nervous System Support and Co-Regulation - JJ Hurst

Level A2 Experience Boogie Bliss, a festival of joy and expansion. Amidst the overwhelming delight, find grounding with our 1-hour workshop. Explore breath work, polyvagal theory, and somatic therapy techniques. Foster co-regulation through eye contact, touch, and movement. Reclaim yourself amidst the festivities. Join us to soothe and settle. **Bring: Yoga Mat, Journal, Pen, Water, Pillow.**

10:00AM Yoga For Pelvic Pain - Dr. Aakriti Agrawal

Level A1 This class will start off with education about the pelvic floor: What it is? Why is it important? How does it relate to sex and pleasure? What is its relationship to pelvic pain? During this session we will go through a yoga flow incorporating breath work, mobility, and specific poses to improve your relationship with your pelvic floor. This class will be 60-minutes and a closed container. All genders are welcome! **Bring: Comfy Clothes, Yoga Mat.**

12:00PM Seduction Through Sensation Play

Level A3 Delve deeper into BDSM with Sensation Play! Whether a newbie or expert, join our interactive workshop to explore pleasure and connection. Learn about tools and toys, and practice scene preparation for safety and consent. Elevate your BDSM experience with us! **Bring: Yoga Mat, Blindfold/Eyemask.**

2:00PM Awakening Higher Consciousness Through Qi Gong Practice -David Coon

Level A1 Unlock higher consciousness through Qigong. Harness universal energy and ground it in the present. Elevate your practice for spiritual awakening. Leave with open hearts and grounded bodies, ready to embody peace in the world. Join us in raising consciousness and anchoring it in the here and now.

4:00PM Painting For Pleasure - Janvika

Level A2 Just like pleasure, art is for everyone. Join Janvika for a sensory-based art workshop, using the magic of watercolors and ink pens to express the truth of our hearts' voices. In this workshop, begin with a guided breathwork and meditation journey to activate layers of consciousness. Then, play with some watercolor techniques, learning to let go of perfectionism and instead find play and pleasure with the sensual and elemental properties that watercolor paints offer. No experience needed. **Bring: journal.**

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