



Workshops Available

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The Joy of Self-Pleasuring

Masturbation is good for you, whether you're in a relationship or not. Explore the many benefits of practicing solo sex at all ages and stages of life. We will challenge social taboos and debunk the myths surrounding self-pleasure. Gain new ideas and tips for exploration and enhance your sexual gratification. It's time to take charge of your own orgasm and claim your right to self-pleasure!

Viva la Vulva! Anatomy, Arousal, and Pleasure

Enhance your pussy power! Whether you're a vulva owner or lover, this workshop will help you unlock the mysteries of female genitalia and orgasm. Discover the beauty and diversity of vulvas with drawings and photos, then learn about female sexual anatomy and how it works. We'll explore pleasure points and orgasm techniques for masturbation and partner sex. You'll leave this workshop with a new appreciation and understanding of the incredible female sex organ. Viva la vulva!

Vibrators: What You Need to Know

Discover the history, facts, and myths about vibrators. We'll look at the many different types and explore the variety of options. Suggestions for choosing a vibrator will be provided. Whether you have a vulva or a penis, you'll pick up tips for using a vibe for solo and partner sex. Enhance your fun by learning more about this popular sex toy.

Betty Dodson's Bodysex Documentary

Bodysex is the method developed by Betty Dodson, an icon in the field of sex education, to help women heal body shame and pleasure anxiety while exploring how to have better orgasms. Learn about the rituals included in Bodysex by watching documentary video of women participating in a workshop along with personal commentary by the presenter, a Bodysex facilitator. Although these workshops are geared for women, all are invited to learn more about this approach to promote female sexual power and confidence. Time for questions and discussion will be included.

Self-Loving Workshop Series

This series of four two-hour workshops will empower women to love their bodies and enjoy better orgasms through small group sharing and discussion. Sessions can be taken individually, but participation in all four will maximize the benefit. Self-Loving Workshops are inspired by Betty's Dodson's Bodysex method but do not require participants to be nude. Each session is limited to ten participants.

Session 1: My Body, My Vulva

Participants share how they feel about their bodies. Images of vulvas are viewed and parts of female anatomy are identified and discussed

Session 2: Orgasm and Masturbation

Participants share how they feel about their orgasm and masturbation. A video of a woman masturbating is viewed and discussed.

Session 3: Vibrators and Sex Toys

Participants share their experiences with vibrators and sex toys. Different types of vibrators and sex toys will be examined. The session end with a playful vibrator dance.

Session 4: Intro to Bodysex

Participants view and discuss Betty Dodson's Bodysex documentary. This session ties together the previous workshop sessions.

Bodysex Workshop

Bodysex is the method developed by Betty Dodson, an icon in the field of sex education, to help women heal body shame and pleasure anxiety while exploring how to have better orgasms. It is inspired by women's conscious raising groups where second-wave feminists gathered to share their first-person experiences. This two-day workshop will include personal sharing and participation in Bodysex rituals within a circle of supportive women. Workshop participants are nude; seeing real bodies helps us accept our own. Participation in a Bodysex Workshop is truly transformative! *This workshop is limited to ten participants.*