

## Basic Sexuality Groups For Men

Personal development Workshop | Course leader Mike Wibberley

The focus of the basic group is your sexual relationship with yourself. We are all sexual whether we are alone on a desert island or in bed with a loved partner.

In this group, we look at our own sexuality, how we own, explore and take responsibility for it, how we see and recognise ourselves as sexual beings. This group provides participants with a basic sexual vocabulary: verbally, conceptually and experientially through the use of simple breathing and movement exercises, discussions, homework and group structures. When doing the basic group, participants may find spending time with themselves in the homeworks both challenging and difficult, which often turns into a real appreciation of the importance of taking responsibility for their own needs. This is a single gender group and is limited to ten participants.

Each participant must be prepared to attend all sessions and do an hour's homework each day for the duration of the group.

### Dates 2018

Eight Tuesday evenings, January 30, February 6, 13, 20, 27, March 6, 13, 20, 6.30 - 9.30pm and Saturday, February 3, 10am - 5pm.

### Fees

The fees for 2018 will be £460 and payable to Mike Wibberley.

### How to enquire

For further information on this workshop, please enquire online, or contact Mike on 01908 675339.

