



## Basic Sexuality Groups For Women

Personal development Workshop | Course leader Lora Wignall



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 for 2017

**Eight Wednesday evenings:  
October 4 - November 22, 6-9pm and one  
Saturday, October 7, 10am-5pm.**

### Price

The cost for the workshop is £460

### How to book

If you are interested in joining this workshop, please send your cheque payable to Lora Wignall at the Spectrum office.