

# **Boundless Bodies, Liberated Lives**

## ***A self-inquiry path to self-love and pleasure***

Join us for a transformative one-day workshop where we delve deep into the realms of embodied consent, boundaries, and the reconnecting to your sensual nature. Led by experienced facilitators, this immersive experience will empower you to live a more fulfilling and juicy life, free from the constraints of shame and limiting beliefs.



Through a combination of experiential exercises, somatic practices, and self-inquiry: The Work of Byron Katie. Bringing compassionate inquiry to your thoughts and beliefs, you will learn a powerful approach to identify and question thoughts that would hold you back from living from your true nature in relationships with yourself and others.

Incorporating somatic practices, inspired by the Wheel of Consent that embody agency and boundaries, you'll gain practical tools for navigating consent and boundaries in all areas of your life, empowering you to communicate and connect authentically with yourself and others

You'll explore how to overcome shame, challenge cultural conditioning, and expand into your fullest expression of desire and pleasure. By delving into the wisdom of your body and your mind, you'll learn to cultivate a deeper connection with yourself, fostering self-love, self-worth, and confidence.



This workshop is designed to support you in cultivating greater self-connection and resilience, empowering you to navigate relationships with grace and authenticity.

Join us on this journey of self-discovery and transformation as we unlock the secrets to living a life filled with passion, pleasure, and profound connection.

## About the Facilitators



Nadine and Karen bring together over 50 years of expertise in various modalities of The Work of Byron Katie, destigmatizing sexual shame, and advocating for the rights and voices of individuals across diverse demographics. With a profound passion and reverence for inner exploration, they guide participants in excavating the unspoken narratives of mind and body. Their approach aims to digest and integrate these narratives into elevated, updated versions of the self, rooted in joy, love, radical acceptance, and pleasure.



## Information

When: Sunday, 26 May 2024, 9.45am – 6pm  
Where: Manor House, Stoneybatter, Dublin  
Investment: 90e via Revolut or Paypal  
Email: [karenegancuan@gmail.com](mailto:karenegancuan@gmail.com)  
Insta: karenegancuan or nadineferrisfrance  
Web: nadineferrisfrance.com or karenegancuan.com

*All bodies welcome*