

# Releasing Sexual Trauma Through Tantric Presence Workshop and Talk



Sexual trauma can occur through the subtlest of means. Its impact on our individual lives and on society is vastly underestimated. It is an area of work in which Shakti Malan has extensive experience, both in individual and group contexts. This workshop brings you her approach to working with sexual trauma and more about how she listens to the songs being sung by these old wounds.

Sexual trauma memories are often held in the unconscious. Here we take a good look at how these unconscious memories make themselves known - through body/cellular memory, through associations in sexual life and through erotic fantasy. When we recognize these ways in which the body reveals its stories, we can encourage the old songs to be sung so that what was denied, can now be accepted and integrated into the body. An excellent tool for working with the body's response to trauma memory is following the rhythm of contraction and expansion that happens in the nervous system when old trauma gets touched. I discuss how I do this in practice, and teach you practices to do so yourself.

## What we you will learn on the workshop

- Tantric understanding of sexual trauma and healing
- Experiential introduction to methods you can use to assist yourself and beloveds in releasing sexual trauma
- An appreciation for the release that can be done with the assistance of a Tantrika

## Who is the workshop for

Seekers of truth who desire to live in the fullness of who you are. This includes:

- Persons searching for sexual healing
- Partners, friends and beloveds of those who are ready for sexual trauma release
- Healers and practitioners wanting to work with sexual healing and
- Any sincere seekers interested in the field of sexual healing.

in Yoga Healing Glasgow, Unit 7, Mansfield Park, 22 Mansfield Street, G11 5QP

On Sunday 5<sup>th</sup> June 2011

between 10 am and 5pm

£100 (or £80 if booked by 30<sup>th</sup> April)

There will also be a Talk, 'How the old wounds sing: Releasing sexual trauma and opening to bliss through Tantric Practice' in Yoga Healing Glasgow on Friday 3<sup>rd</sup> June between 7pm and 9.30pm (cost £10/7 concession, £15 on the night)

And a Bliss Dance in Glasgow (venue to be confirmed) on Thursday 2<sup>nd</sup> June between 7pm and 9pm (cost £10/7 concession, £15 on the night)

For further information please contact Gillian by email on [gillian@health-at-hand.co.uk](mailto:gillian@health-at-hand.co.uk) or by phone on 07913 906 343 or see [www.meetup.com/Sacred-Heart-Tantra](http://www.meetup.com/Sacred-Heart-Tantra)

Check out [www.shakti.co.za](http://www.shakti.co.za) & [www.totalitytherapy.com](http://www.totalitytherapy.com) for more information about Shakti