

EROTIC EMBODIMENT & INTIMACY WITH ADAM 2-day retreat in Italy

A WARM INVITATION FOR A TWO DAY RETREAT IN PERSON WITH ADAM

When: September 25th&26th, 2021

Where: Milano Italy - Via Ercolano, 3

NOTE: The retreat is non-residential

This retreat offers the possibilities to meet our intimate experiences in the field of loving awareness which Adam opens with gentleness and compassion.

The collective shame around our erotic lives and sexuality is often so intense that most of us rarely receive any loving company in this realm beyond our intimate partners. And even with our intimate partners, our shame and fear of abandonment, and theirs, often makes it feel unsafe to honestly share our experience or feel empowered to explore new possibilities.

Even in nondual spirituality, where everything is supposedly included, sexuality is often subtly dismissed as unspiritual or too triggering to address. Yet denying the erotic dimension often deprives us of its juice, diminishing our inspiration, joy, and vitality. It also fails to heal the wounds that so many of us have around sexuality and intimate relationships. So we continue to get wounded and wound others, or we stay in hiding because we don't have any safe space to lovingly explore what's really happening.

This retreat has no preconceived agenda about what anyone's erotic embodiment or intimate relationships should look like. Every one of us is unique and every relationship is.

The invitation is to trust the wisdom of bringing loving awareness to our direct experience whatever it is.

This Erotic Embodiment & Intimacy retreat might be right for you if you'd like to:

- Be more empowered to ask for what you really want in intimate relationships and say "no" to what you don't want.
- Have more ease and confidence around any aspect of intimacy.

- Feel less shame around any aspect of your erotic experience.
- Enjoy a deeper connection to the aliveness of your desires.
- Feel more free and/or more secure in your intimate relationships.

DETAILS

25th of September (Saturday) 11:00-18:00 Milano

26th of September (Sunday) 10:00-17:00 Milano

Fee: 220 EUR

To reserve your spot send your names and request to:
alice@aliceredetti.eu.

You will receive an e-mail with confirmation.