

Shadow Play: Discovering our Vastness



Do you yearn for all parts of yourself to be seen and embraced? **What if you fully realized you didn't need to be ashamed or scared of any place within?** In this workshop we welcome every part of you, especially the parts that you were taught to hide from yourself and others. We'll explore our fears, our shame, our dark desires, our secret fantasies, and everything we hold back from expressing.

Shadow Play is an **opportunity to radically de-shamify, reintegrate, and enjoy these juicy and alive places within.** We're creating a deeply trustworthy container for embodied experimentation.

This work is not about fixing anyone, but it is profoundly transformative. We can really trust ourselves when we know ourselves intimately all the way down. **Let's discover how vast, free, and alive we are when we move through our fear and shame.** We get to enjoy the inspiration and empowerment of living inside our deepest desires.

You can purchase tickets here: https://www.eventbrite.com/e/shadow-play-an-evening-of-exploration-tickets-429488019227?fbclid=IwAR1YPRYxVIkQ5vJEpWb_WvXBX-ZKcDdyeK-BLndrGxYdnMPwFhIYhc9T3XI

Adam, Kasia and Brian lead from a place of playfulness, vulnerability and embodied eroticism. We are inspired and supported by the ground breaking work of the Light Dark Institute and the Somatica Institute.

Bios:

Adam Chacksfield is passionate about supporting people in moving through their fear and shame **so that they can live inside the inspiration of their deepest desires**. He leads retreats in North America and Europe exploring the depths that reveal themselves as we become more intimate with our embodied experience and the vibrantly alive field of relating.

Adam has also created a four-month online course called "Erotic Embodiment & Intimacy." **Adam offers private sessions and personal erotic embodiment & intimacy retreats** inspired by the approach of the Somatica Institute where he trained. These are available online, in the San Francisco Bay Area, or anywhere Adam travels.

<http://www.adamchacksfield.com/>

Kalista Kaczmarska (pronouns K) has dedicated K's life to growth, living from passion, and building healthy perspectives and habits. K has committed the last six years to K's professional education and personal development in sexuality, connection, embodiment, intimacy, healing trauma, and letting go of shame. **K's unique power is as an intuitive healer and deep feeler**, being willing to follow impulses and feelings that lead to the unknown. K's personal motto to life is "feel it until you heal it".

K has a long history of working with the Somatica Institute, completing their advanced training in 2017 and has been on staff since, helping students become Somatica-oriented therapists and counselors. K joyfully **teaches a workshop called "Women in Charge" for empowerment in dominance** and getting what you want in the bedroom. K also takes pleasure in co-teaching classes on g-spot ejaculation. K's education and passion includes various meditation and movement practices, plant medicine, breathwork, shadow work, Gestalt psychology, family constellations, therapy through art, and power dynamic play.

Brian O'Connell (pronouns they/them) **is deeply motivated by their desire for the fully unapologetic expression of humans**. They're passionate about creating safe spaces for a wide range of exploration, especially in the realms of open sensuality/sexuality and kink/BDSM. They've been steeped in personal growth work for the past 2 decades and are especially passionate about integrating their 15 years of experience in kink/BDSM to use as a tool for personal growth/healing work.