

somatic based workshop

QUEER SENSITIVITY



Saturday, 27.04.2024

facilitated by Benjamin Block and Jochen Stechmann

This workshop will explore the topic of 'queer sensitivity' – a quality that empowers us in our Queerness and empathy for life and that nourishes our ability to love ourselves and others. Breathe, move, dance, expand, talk, shake, let go, create... Let us claim and celebrate our 'queer superpower' in a community of fellow queer people.

Who is this for?

Do you feel a calling to develop and sensitise your individual queerness? Do you wish to get a more embodied sense of your queer self? Then this workshop is for you – regardless of your level of experience with this kind of work. Let's learn, move, dance, breathe and explore together, inviting the uniqueness of each and every one.

Why sensitivity?

Our queer way of loving has not been given to us for granted. We had to take many decisions to bring to life what makes us different. And often we had to do this while being in conflict with what is considered as "normal". And yes, these experiences have surely left their marks on our hearts. But even though our past might have been difficult, we can today use it as a source of energy!

Supporting each other we can reconnect to the strength of our decisions in a deeper way.

We can be proud of what we have achieved, and let our love and our queer light shine brighter and brighter

What will we explore?

In this workshop we will deal with the questions below – in bodywork, movement and dialogue.

- How can we trust ourselves and each other queerly. As a physical, deep down feeling?
- How can we feel our body as a self owned and self-evident queer shelter or safe space?
- Which parts of yourself do you want to manifest more?
- How can you embrace and empower the process of your own queer embodiment?
- Can you feel more qualities directly? Are they powerful, light, earthy, angular, fluid, careful, amorphous, passionate, emerald green, grumpy, fragile, soft

Is it a safer space?

The workshop holds a mindful, playful and trauma informed space of sharing, unfolding and extending, trust and growth. We will respect our boundaries, without excluding, and will have the chance to connect and support each other physically, mentally, emotionally.

Who is facilitating?

As facilitators we are confident to be able to hold and carry different dynamics and spaces. It is essential for us to constantly evolve ourselves and to learn with and from our participants*

Benjamin is a gender-queer, feminist, open-hearted, sensitive human.

They are passionate about their lifelong research on embodiment, healing, personal growth & spirituality. Benjamin draws experience from more than 15 years of theater and dance work, as well as over 10 years of being a practitioner in holistic bodywork. They hold the German degree of 'Heilpraktiker für Psychotherapie' and offer a combination of different methods and formats in both individual sessions as well as various workshop settings.

Benjamin's website: www.benjaminblock.de

Jochen is a queer trauma therapist working as Somatic Experiencing- and NARM-practitioner in Berlin. They have a background in a variety of bodywork, dance and mathematics. Jochen passionately acknowledges the reality of any kind of feelings and emotions, and holds space for people to use them as a source of energy (instead of looking at them as a problem). Jochen's website: www.body-attention.com

When and Where?



- **Saturday, 27 April 12 pm – 6.30 pm**
- Studio für Körperaufmerksamkeit & Transformation, Körtestrasse 8, 10967 Berlin-Kreuzberg.
- The workshop will be held in English. Translation to German is possible.
- The workshop fee is 80€.
- If you can't afford the fee at the moment due to low income or lack of funds, we are happily offering a discount – please contact us and we will work something out.

For registration or any further questions, please do not hesitate to contact us:

Jochen: info@body-attention.com

Benjamin: block_benjamin@hotmail.com