
WORKSHOPS

Workshops content can be modified to fit your needs. New combinations of exercises around specific themes, like tension or communication, is also possible and recommended for shorter workshops. Here are some examples on past classes.

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Bondage workshops

Beginner bondage workshop

What is rope all about? Is it the feeling of being captured or the touch of rope on skin? Is it esthetics and beauty? Or emotion and connection, a way to create a bubble? Is shibari about nerding out on ties and the rope we make them with?

Come to this workshop to find out what rope is for YOU. We will discuss communication and safety, try out some basic techniques, and most important of all, have lots of fun with rope! Exercises are done in pairs, but you can register as a single and find a tying partner at the workshop.

Requirements: No previous experience of ropes needed. Wear something comfortable that you can move in.

Content includes:

- Negotiation and safety
- Connection and communication exercises
- Rope handling exercises
- Larkshead

Self Tying for Beginners

Join this workshop to learn bondage basics for self tying. This workshop is specifically aimed to get the most out of solo play with rope.

By tying ourself we can not only understand rope techniques better, but also get an embodied understanding of what rope does to our body. We can use self tying for pleasure, meditation, training, emotional processing, as a social practise shared among other rope enthusiasts, and many other things.

This is a workshop that will help you explore self tying while learning the basics of bondage technique. We will talk about desires and needs, self-care and safety. We will also do practical exercises for different kinds of self tying and practice tying techniques.

What you need to take with you: 3 ropes. A notebook and a pen. Snacks and a water bottle.

Contents include:

- Single column and double column ties (cuffs)
- Basic patterns for self tying
- Exploration of different kinds of self tying
- Safety and negotiation
- Conversations in the group

Connection & Communication 101 for rope play

Building a connected and impactful rope scene might sometimes feel like alchemy and mystic telepathic powers. It's not. It is actually built on very concrete techniques that you can learn, practice and become good at.

This workshop explores how to create connection and intensity in rope bondage play. Ceci will talk about bodies, connective techniques and narratives to give you tools to create more satisfying play sessions. The goal is to make connection feel easier and less like telepathy.

Themes can include:

- Body-mind connection: Body positions, relationships between bodies and the influence of bodies on minds
- Deep dive into technical elements of building connection: intention, rhythm, time and proximity
- Themes, narratives and roles as ways for all participants to have agency in play

The workshop can include:

- Lecture content
- Practical exercises
- Writing and conversation based exercises

Prerequisites: You need to know the basics: larkhead, single column tie, tension and rope flow. This is a partnered workshop, please find a pair in advance. Prerequisites depend on workshop contents.

Frictions & fundamentals series

Frictions & fundamentals part 1: getting started (suitable for beginners)

In this workshop you will learn the very basics of tying. We will go through how to make a larkshead and how to use the rope and rope tension in a way where we can communicate intention efficiently. We will also look at basics of body mechanics, safety and negotiation. The content includes an introduction to the single column tie.

Participant requirements:

- No prior knowledge needed.
- No physical requirements for participants.
- Exercises are done in pairs, you can either register together or find a partner at the workshop.

Frictions & fundamentals part 2: tying on the floor (suitable for beginners)

Frictions make the safety and functionality of any tie. In this workshop we will dive deeper into the frictions for tying on the floor so we can efficiently communicate with our partner. We will practice using counter tension, the direction changer/half hitch and munter hitch. The content also includes two knots for the single column tie and discussing the functional properties of each. We will continue to learn proper rope handling technique.

Participant requirements:

- You can make some kind of single column tie or larkshead.
- No physical requirements for participants.
- Exercises are done in pairs, you can either register together or find a partner at the workshop.

Frictions & fundamentals part 3: suspension (intermediate)

Frictions are the building blocks of any tie, be it a pattern or just freestyle. They make the structure and safety of a tie. In this workshop we will learn the basic frictions used for suspension worthy structures (munter hitch variations, X-friction, L-friction, half moon) and suspension lines (flag friction, half hitch, the yuki knot, slip knot).

We can also practice suspending from a bamboo and alternative suspension line frictions depending on the participants' level and interest. The workshop includes fundamentals of suspension safety. It is possible to stay on the floor or only do partial suspension in this workshop.

Participant requirements:

- Solid understanding of the fundamentals for the floor (single and double column ties, ladder, half hitch, munter hitch).
- Capability to make informed, negotiated decisions.
- No physical requirements for participants.
- Exercises are done in pairs, please find a partner in advance.

Frictions & fundamentals part 4: chaotic suspension (advanced)

Tying without patterns is a good way to learn about tension, frictions and placement of rope. Freestyling, going back to basics and breaking rules will help you understand the material you are working with. It will also free your mind for play. Unpredictability might help access deeper levels of connection.

In this workshop we will go through different drills that will help your creativity and communication. We will look at, touch and test the rope to understand cause and effect. We use single and double column ties, frictions and suspension lines to create ties for everybody and every body.

You should take an active and attentive mind with you - tested and tried patterns are always safer than free flow, and this has to be taken into consideration. We will discuss safety concerns in the workshop.

Participant requirements:

- Good understanding of the fundamentals of tying on the floor and doing suspensions (single & double column tie, ladder, half hitch, munter hitch, X-friction, L-friction, half moon and suspension line frictions and locks).
- Knowledge on nerve impingement and basic suspension safety.
- Understanding of own and partner's limits and capability to make informed, negotiated decisions.
- This should not be your first suspension workshop, but it is possible to stay in semi suspensions and close to the floor if you're unsure of your skill level.
- No physical requirements for participants.
- Exercises are done in pairs, please find a partner in advance.

Patterns

Ceci's Arms in Front Chest Harness



This technical rope workshop will focus on a versatile and simple upper body harness designed by Ceci that can be adapted for different bodies. The base form of the harness has the hands tied in the front. We will also look at some other hand position options. The workshop also sneakily teaches you rope tension and placement on different bodies.

Participant requirements: knowledge of basic tension, placement and frictions in upper body ties

Futomomos

In this workshop, we will get familiar with futomomos. How do they work and how do we tie them? We will learn three different takes on tying the leg so the heel touches the butt: fast futomomo, hishi futomomo and the agura tie. You will also have a chance to test the ties in suspension. It is possible to self-tie in this workshop.

Requirements for participants: Solid knowledge of a single column tie, basic knowledge on frictions. People getting tied should be able to bend their knees for longer periods of time.

Contents include:

- Basic futomomo & fast futomomo
- Hishi futomomo
- Agura tie
- Suspension line basics & safety

The hishi pattern

The hishi or hoshi (diamond) pattern is quite pretty, but also functional. It doesn't divide the body with vertical lines, but diagonally which can make the tie feel more flexible and divides the pressure of the ropes more evenly on the whole tie.

In this workshop we will learn two hishi variations by tying upper body harnesses. If we have time, we will look at how to apply what we have learned on other parts of the body.

Participant requirements: This is a good continuation workshop for people who have attended the frictions workshop as we will work with the direction changer, munter hitch, and half moon friction. Also others who know these frictions can attend the workshop. One of the ties is a [box tie](#), so it would be good if the people getting tied would be able to get their hands into the box tie position.

Contents include:

- Reviewing frictions
- Hishi chest harness
- Hishi TK

Suspension

Intro to suspension lines for floorplay

You're enjoying floor play but you want to explore new elements? Or you dream about doing suspensions one day and want to get started in a soft way?

Welcome to this workshop, where we learn easy ways of using suspension lines in floor play. We will use the lines to support, guide and shape the body while keeping most of the body's weight on the ground.

This workshop is guided by elements of floor play: connectedness, movement, improvisation, change and lower risks. It offers ideas and skills for all skill levels.

Topics of the workshop include:

- Suspension line safety
- Suspension line frictions and locks
- Practical exercises on using suspension lines in floor play

Requirements for participants: Solid understanding and experience of tying the single column tie and floor play frictions (half hitch, munter hitch). Ability to communicate and negotiate with your partner.

Hands free suspensions

Suspensions often rely on a tie that fixes the hands in one position. In this workshop we will explore suspensions, where the hands can be moved into different positions. This is a good workshop for people who are ready to move into practicing suspensions as the ties are not as hard on the nerves. We will also look at suspension line technique.

Requirements: solid understanding of a single column tie, frictions and some chest harness.

Contents include:

- Suspension safety
- Chest harness
- Suspension line basics
- Full or semi-suspension
- Side suspension
- Face down suspension

Self Suspension

Self suspension is a very dynamic artform. You can create interesting shapes and sensations, explore how moving inside the ropes affects your center of gravity, your weight in the ropes, and sense even small differences in your tying immediately. You can explore where ropes feel good or bad, and where they feel bad in a good way. You find which parts of your body are strong, and you can put trust in the parts that feel weak to teach your body that you are capable and enough.

In this workshop we will work both close to the floor and standing up. We will create one M-shaped suspension while standing up. Close to the floor, we will explore movement and different positions.

Participant requirements: Solid understanding of the single column tie, basic rope handling skills, basic experience with suspension line management.

Contents can include:

- Self suspension safety
- Suspension line basics for self suspension
- Ceci's chest harness for vertical self suspension

- Hishi chest harness for self suspension
- M-shaped suspension
- Face down suspension
- Vertical suspension with futomomos
- Single column tie suspensions
- Creativity and improvisation

Thematic rope workshops

Impact play and rope

This workshop is about impact play and ties that goes with it. We will look at how to use your body and the rope as implements for impact play in a safe and pleasurable way for all parties involved. We will also go through three ties that go well with impact play. This is a multi-level workshop that you can attend in pairs or bigger constellations.

CW: The workshop will include punching and kicking (not mandatory for participants).

Requirements: solid understanding of a single column tie, basic knowledge on frictions.

Contents include:

- Impact play safety and negotiation
- Basics on different kinds of pain
- Suspension & floor ties for impact play
- Deep, thuddy impact with body and/or implements
- Surface, stinging impact with body and/or implements

More than two – rope play in groups

Shibari is almost always done in couples, and sometimes we want to mix it up a little! Playing in a group makes opportunities for new kinds of dynamics and play. In this workshop we will guide you through different drills and exercises to get your creativity flowing. We will explore the world of group play in a safe and fun way.

You can sign up as singles, couples, triplets, quadruplets or whatever you want! Be prepared to tie with new people in this workshop. Switching is encouraged but not mandatory.

Requirements for participants: solid communication skills, basic skills with rope (single column tie, rope handling and frictions).

Contents include:

- Negotiation for group scenes
- Different roles in group play
- Exercises for finding a good dynamic in a small group
- Big group play exercises

Face Bondage

The face is sensitive place to tie. It's the home of many of our senses, the center of expression and has a big impact on our emotions. In this workshop we will explore tying the face with rope and string. We will augment and distort features, tease, stimulate and deprave the senses.

Please come to the workshop with a person you trust to carry your vulnerability. Bring with you 2 ropes and jute, hemp or cotton string (1-3 mm).

Contents:

- Tying the face with string and rope
- Stimulation and deprivation of senses
- Augmentation and distortion of features

BDSM, sexuality & other workshops

BDSM 101

Are you into, interested or curious about kink and BDSM? Do you flag black, grey and the shadier shades? This lecture/workshop is for all of you lovely baby kinksters and newbie perverts. We will learn about different kinks, what it means to have them and what's important when starting your journey with kink play. You will have a chance to reflect on your own identity, sexuality and preferences.

The workshop exercises are done solo and discussed with the group. Participation is based on writing and talking. There will also be some BDSM toys to look at, touch and test.

Contents include:

- What is BDSM?
- What am I interested in?
- How to start playing in a consensual way?

What to bring: pen and paper

BDSM Solo Play

Solo play is a valid way to practice kink that doesn't get nearly as much attention as it deserves. This is a workshop that will help you explore BDSM solo play regardless of if you are newbie or a seasoned self player.

We will talk about desires and needs, self-care and safety. We will also try out some practical exercises and share tips and tricks with each other.

What you need to take with you: any toys and supplies you like to use or are curious to try. A notebook and a pen.

Impact Play 101

Join this workshop to learn about what kind of pain you like and how to more safely inflict pain on others. We will try out different kinds of techniques and pains, learn to negotiate and calibrate and find different ways to bottom for impact play. We will both use our body and different tools.

You can attend this workshop with a partner or several, or come solo and find someone to test techniques with at the workshop. Please note that there is a risk of bruising, fever and emotional dropping after a day of impact play.

Solo and partnered

Bring: your favourite impact play tools (if you have any), water bottle, snacks, a blanket.

What I teach/offer:

- Impact play techniques with body and tools
- Safety and negotiation
- Bottoming for impact play

Find your own bottoming journey

This is a workshop for bottoms to learn more about different styles of bottoming so they can embark on a journey of self-discovery. The goal is to get to know better your motivations, desires and communication style.

Contents may include:

- Bottoming styles and stereotypes
- Activity and passivity in the body and mind
- Body movement, tension, relaxation and resistance
- Sound and communication

The Grotesque Lab

The hypothesis of this lab is that our relationship to beauty is problematic. We don't usually allow ourselves to be ugly or grotesque, and if we are, we try to explain it as a different way to be beautiful. The Grotesque Lab is focused on making space to share our uglies, and facing our own and other's grotesqueness and vulnerability in a neutral and understanding way.

CW: the content of this lab can be triggering and it needs a quiet, peaceful space. Returning to the world can be difficult, which should be reflected on choices on activities after the lab. Scheduling self-care after the lab is highly recommended.

Contents may include:

- Solo work on finding our uglies
- Solo or group work for displaying our grotesqueness
- Sharing our experiences in discussion
- Documenting our uglies

Unwanted Pain and Sex

Unwanted pain during sex is something many people are left to deal with alone, it isn't often discussed and support can feel hard to find. Join Ceci Ferox in this workshop if you or someone close to you is experiencing unwanted pain during sex, or if you are curious about the topic. We will explore common reasons for pain during sex, tips and tricks for pain management as well as sharing our own stories, experiences and knowledge.

The information shared by Ceci in the workshop is focused on pain experienced in, on and around the genitals during sex. We welcome people who experience other kinds of unwanted pain during sex to join and share their experiences, too.

Having Sex with Vulvas

You want to have sex with people with vulvas, but you're insecure about it? Or you think you already know everything (you probably don't)? You have a vulva and want to get more pleasure from it? This workshop is for you.

We will get nerdy about vulvas and vaginas and explore their anatomy and origin. We will talk about expectations and scripts to overthrow vulva myths. We will also find different techniques to give pleasure for vulvas and vaginas. The workshop also includes information on common vulva and vagina problems.

This workshop is meant for all vulva owners and people interested in having sex with vulva owners. We try to keep the conversation as safe as possible for trans and non-binary folks. We use gender neutral language and anatomical terms. We ask participants to be conscious of the language they use in the workshop.

What to bring: pen and paper

Contents include:

- Anatomy
- Busting myths
- Pleasure techniques
- Vulva and vagina problems

Negotiating Non-monogamy

Join this class to get practical tips and tools for negotiating non-monogamous relationships. This class gives a good base knowledge for beginners but even experienced non-monogamists can find good tips and tricks. The class is based both on lecture content and peer sharing.

The class topics include relationship styles, relationship content and tools for negotiation and conflict situations.

Contents:

- Negotiating relationship styles from hierarchical structures to relationship anarchy
- Tools for negotiating relationship content
- Active listening tricks and tools
- How to give feedback and bring up concerns
- Safety and boundaries in conflict

Needs, Wants and the Relationship Anarchist Smorgasbord

Join this workshop for practical tools on understanding needs and building relationships. We will talk about and work on subjects like expectations, negotiation, attachment styles and cultural differences with relationship anarchy as the theoretical background. The aim of this workshop is to understand yourself better so you can become more fluent at communication in your relationships.