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# WORKSHOPS

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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

## Frictions gonna friction

Wanna get down and dirty with the nerds? This is your chance to geek out about the nitty-gritty technical stuff. You will get an introduction to modular thinking in rope bondage and a crash course on friction. Your biggest take away will be less stress about tying patterns. What's not to love?

Minimum knowledge level: You have basic knowledge such as single and double column ties, how to wrap and tension rope.

Contents may include:

- Modular thinking
- Simple frictions: half hitch, munter hitch
- Harness frictions: X, L, half moon
- Suspension frictions: munter, flag, half hitch

## Guided self tying

Ceci Ferox will lead you on a journey of self-tying to reconnect with yourself and your body. The class will start with an emotional check-in and end in collective aftercare and sharing to give your solo practice some community support. You choose how you tie in this class while Ceci guides your focus and inspires you.

This class is suitable for any skill level as the intention is to create a time and space for your practice. In the beginning, Ceci will show an easy way to get started with self-tying in case you have never tied before.

## Fat rope lab for fats+friends

Join Ceci for this demo, lecture and lab centered on fat rope bottoms, tops and switches. We will share knowledge on tying different body shapes, weights and degrees of softness and learn about modifying patterns to fit different bodies and intentions. We will also share our super powers and strengths.

Afterwards we will share space in a lab where Ceci will be available for support with specific questions. The workshop is centered on fat experiences but also straight sized allies and partners are welcome to listen and learn.

## *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

## Inventing Suspension Harnesses

Want to give your rope brain a creative boost? This workshop will give you tools for inventing and building your own suspendable harnesses that fit the person you are tying and your own personal tying style. You will bet both technical and creative skills.

This workshop will give you tools for inventing and building your own suspendable harnesses that fit the person you are tying and your own personal tying style. You will bet both technical and creative skills.

We will dive deep into understanding the basic frictions used for harnesses (munter hitch variations, X-friction, L-friction, half moon) and suspension lines (munter hitch, flag friction, half hitch, yuki knot, slip knot). We will also learn about rope tension and placement for suspension of different kinds of bodies.

We practice suspending off a ring, carabiners and bamboo. The workshop includes fundamentals of suspension safety. It is possible to stay on the floor or only do partial suspension in this workshop.

Contents:

- Frictions for suspendable harnesses
- Frictions for suspension lines
- Tension and rope placement
- Creativity exercises
- Suspension safety

Participant requirements:

- Solid understanding of the fundamentals for floor based tying (single and double column ties, ladder, half hitch, munter hitch).
- Understanding of own and partner's limits and capability to make informed, negotiated decisions.
- No physical requirements for participants.
- Exercises are done in pairs, please find a partner in advance. There will not be possibilities for switching during exercises, but there's content that both can practice at the same time.

## Hip ties for different booties

This is an inclusive class on fitting hip harnesses to bodies. You will learn how to adjust a simple hip harness to different types of booties, on bodies with different weight distributions, abilities and injuries. You will get hands-on knowledge that will help you adjust any waist-hip-thigh pattern to better fit the person you are tying. Find better adaptation skills by building adding rope to the right places and supporting bodies through tension management.

Minimum Knowledge Level: You are able to tie suspendable harnesses and can tie single column ties, X-frictions, Munter hitches and attach suspension lines to harnesses.

What to Bring: 2-3 ropes (and probably some short pieces) depending on the size of the booty you are tying. Questions.

Contents include:

- A simple hip harness
- Adjusting the harness to load more on waist, hips or legs
- Adjusting the harness for people who can't have pressure on the inner thighs
- Adding extra support to waist-hip-thigh patterns

## 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*

### A 360 view on rope - flowing through minds, bodies and transitions

This workshop is based on building a 360-transition sequence while focusing on modifying harnesses to different needs and bodies, creating play and reading body language. Ceci will guide you through different exercises aimed to give your tying and bottoming skills a broad boost.

The workshop will include Ceci's arms front chest harness and some modifications to make it more useful for face up and vertical suspensions. You will learn how and when to inject more play and connection to demanding suspensions, and how to make space for reading non-verbal communication. This workshop is soft and hard skills all in one package, building knowledge on how to tie rope, bodies and people.

Participant requirements: you are fluent in tying suspension worthy harnesses and managing suspension lines. You have been practicing suspensions under the supervision of a teacher if you are tying, and have been suspended more than once if you are getting tied. You are able to efficiently communicate boundaries, possible problems and ask for help when needed (in both roles). You understand the risks of suspensions and know how to check for nerve impingements and other relevant issues.

Contents include:

- Ceci's arms front chest harness
- 360 suspension sequence
- Exercises for creating connection in suspension
- Understanding on modifying harnesses
- Understanding on body mechanics in suspension and transitions

## 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.



## 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

## Torsions for self suspension

This is a workshop for understanding how to create self suspended twisted shapes, where the upper and lower body are pointing in different directions. Torsions challenge the body in different ways: breath restriction, stretching that calls the body to relax, and the sense of being frozen in the middle of movement. These are also the reasons why twisted shapes are especially hard to achieve in self suspension.

This workshop focuses on practical information and ties for torsion success. We will talk about the logic of upper and lower body ties suitable for self-tied torsions. Ceci will demo body mechanics and transitioning into and out of torsions in self-suspension.

Contents include:

- Chest harnesses and lower body ties for self-tied torsions
- Body mechanics and transitioning

## *Thematic rope workshops*

### Connective rope play

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 connection and more mindful play sessions. The goal is to make connection feel easier and less like telepathy.

Different positions of the tied body are not just visual or practical. Our posture, position, and relation to each other directly affect how we feel and what the dynamics of our play become. We can also make an impact with how we use the rope in relation to our bodies.

Please find a partner for this workshop in advance and have a conversation on your desires and boundaries beforehand.

You will use the tying skills you already have during the workshop. This means the workshop is suitable for all skill levels from beginner to advanced (as long as you have learned the basics).

Themes 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

Minimum Knowledge Level: rope basics (single column tie, rope handling, tension and counter tension). Ability to lock arms in different positions with rope.

What to Bring: 3 ropes (we also have ropes to borrow). A notebook and a pen. Snacks and a water bottle.

### 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, stingy impact with body and/or implements

## Domination & Bondage

There are endless ways to tie someone, different combinations of rope and kinky or non-kinky themes. In this workshop we will explore domination and submission in the context of rope bondage.

What kind of body positions and ties encourage submission? How do we use the rope and our bodies in a dominant way? How do we submit in ropes, how do we react to impulses? What kind of archetypes or roles describe us as dominants and submissives, where can we find inspiration for our play?

Find your own answers to these questions and more in this workshop. To attend, you need to already know how to tie your partner in some way. You also need to come with a person who wants to explore this dynamic with you.

Minimum knowledge level: some skills in tying (you have some fluency in rope handling and know how to lock body positions into place using rope), ability to negotiate and set boundaries.

What to bring: at least 2 ropes, pen & paper, blindfold, snacks, water bottle.

Contents include:

- Dominance, submission in body language and positions
- Using rope in a dominant way
- Rituals to help you get into role
- Finding your own way to be dominant/submissive

## Spicy ties for spicy moods

This workshop will give you some practical ties to use for your spicy, genital oriented times. We will tie the crab tie and explore how to attach limbs to beds or chairs. We will also explore how to set up an erotic mood for your play and what to take into consideration with consent. This workshop takes a queer perspective to sexual tying.

Minimum Knowledge Level: You are confident with your single and double column ties and can fluently tie your preferred frictions. You are able to control your rope tension. You can effectively and safely communicate with your partner about safety and boundaries.

What to Bring: At least 3 ropes suitable for shibari style tying.

Contents include:

- The crab tie
- How to attach limbs to furniture
- How to create erotic moods
- What to take into consideration with consent and erotic tying

## 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 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 not 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

## Playing with pain

Join us for a juicy day of pain and suffering, exploring different ways of creating sensations. We will squeeze, scratch, bite, pull, compress, clamp, pinch, and maybe even eat some chili. You will get practical information on how to play with pain outside of impact, how to modulate what you are doing and read non-verbal communication, and what to take into consideration with safety. We will also practice recognizing and communicating boundaries during play.

Please note that pain play will use up a lot of hormones in your body, which makes having a drop after the workshop very likely. Take this into consideration with planning your day around the class.

Minimum knowledge level: you are able to set and communicate boundaries and express needs and desires. You are able to take it slow and be careful with noticing other peoples' boundaries. You know how to negotiate BDSM play.

What to bring: any pain toys (not impact play toys) that you're curious to try or want to share with others. Pen and paper, snacks, water bottle, something that brings you comfort and joy.

Contents include:

- Pain created with bodies & objects
- Safety in pain play
- Negotiating pain 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

## Building narratives for BDSM sessions

An amazing BDSM session follows largely the same principles as an amazing movie, performance or piece of music. It's all in the drama and the narrative. Join this workshop to learn how to construct better scenes, both planned and improvised. You will get practical tools and hands-on experiences in creating play.

Ceci Ferox has been supported by dramaturge Even Minn to create the contents of this workshop.

Minimum knowledge level: You are able to communicate your desires and boundaries both in negotiation and while playing. You are sensitive and respectful of other peoples' boundaries. You know what kind of BDSM play you are interested in and what you don't like.

What to bring: any toys relevant to your BDSM desires. Pen and paper, snacks, water bottle.

Contents include:

- Setting the stage
- Constructing play
- The aftermath of it all

## Sensory play

Our senses are an abundant source of experience, pleasure, pain and emotion. This workshop helps you explore playing with senses, both stimulating and depriving them. We will explore different kinds of touch, temperature, taste, smell and sound. You will get a menu of things to try and then construct your own session.

Minimum knowledge level: You are able to communicate your desires and boundaries both in negotiation and while playing. You are sensitive and respectful of other peoples' boundaries.

What to bring: Any toys or objects you would like to use: body safe candles, a wartenberg wheel, clothespins, essential oils, chocolate, ginger, cooling gel, a blindfold, ear plugs, headphones, a vibrator, a metal chain, feathers... Pen and paper, snacks, water bottle.

Contents include:

- Sensation play and touch
- Temperature play
- Playing with taste, smell and sound
- Sensory deprivation

## *Sexuality and body workshops*

### 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

## Having sex with penises

We will get nerdy about penises and explore their anatomy and origin. We will talk about expectations and scripts to overthrow penis myths. We will also find different techniques to give pleasure for penises and to get pleasure for yourself if you have one. We will also talk about pelvic floor muscles.

This workshop is meant for all penis owners and people interested in having sex with people with penises. 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.

Format: lecture and discussion.

What to bring: pen and paper

Contents include:

- Anatomy
- Busting myths
- Pleasure techniques
- Pelvic floor muscle information

## Reclaiming my sexual body

Alert! Our sexual bodies have been hijacked by mainstream media and culture! Join Ceci in throwing out those harmful myths that have been instilled in your head, and reclaim your pleasure for your own.

In this workshop, we will focus on different techniques to inhabit our bodies and pleasures more fully. We will explore what science actually says about pleasure these days and how our bodies really work. We will also share our experiences and celebrate successes, creating a bubble of accepting all expressions.

In practical terms, we will sound weird and move strange but keep our clothes on and not actually touch any genitals. We're doing dry runs together to prepare ourselves for the real wet. Minimum knowledge: ability to recognize and set boundaries around what you want to share in group conversations.

What to bring: comfortable clothes with nice textures, water bottle and snacks, pen and paper.

- Pelvic floor exercises
- Breathing and sound exercises
- Movement exercises
- Sexuality knowledge on anatomy, desire, arousal, pleasure and orgasm
- Peer learning and sharing

## *Relationship workshops*

### 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.

### Fix your fighting - dealing with conflict in relationships

Conflicts are a normal and inevitable part of relationships when we get close to each other. It might be a question of clashing opinions or a deeper issue of conflicting values or different backgrounds. Fighting with someone can make anxiety peak, but it can also shed light on who we are, and what we need in relationship.

Join this workshop to explore different techniques and ways of thinking to get more out of your conflicts. We will figure out some ways to stay in empathy, fix our fighting language, and to grow through conflict. You will get to reflect on things for yourself and practice techniques with people. You can come to work on your own fighting or together to work on your dynamic.

What to bring: pen & paper, tools you need to stay calm (stim toys, blanket...), snacks, water bottle.

Contents include:

- How do attachment styles inform how we're in conflict?

- What happens in our bodies when we fight and why do we sometimes get stuck?
- What language and behavior should we avoid to not push people away?
- How can we move from blaming to solving?

## Negotiating BDSM relationships

The BDSM smorgasbord by Ceci Fewrox is a tool that helps you negotiate your kink based or flavored relationships. It is not only a map of kinks or a yes-no-maybe list, but it helps you ask the right questions to also navigate the emotional, relational and social aspects of your dynamic. The smorgasbord is useful in relationships from platonic to romantic, casual to 24/7, and switchy playful to hardcore power exchange.

This workshop helps you negotiate your BDSM relationships using this tool by Ceci. You can attend solo to get more knowledge for yourself or with a partner to negotiate your existing or budding dynamic.

Minimum knowledge level: You know your desires in BDSM and are able to set and communicate boundaries.

What to bring: Pen and paper, snacks, water bottle, anything that makes you comfy and happy.

Contents include:

- Negotiating dynamics, play and relationships
- Negotiating risk profiles and boundaries