

Beyond the Basics:

A men's journey into deeper shibari

Really connect.

A half-day men-only shibari workshop with a grasp of the basics.

Sunday 10th January 2027

12:00 – 17:00 · Holborn, London · 6 men only · £157

Clothing optional

Water & healthy snacks provided

No experience needed

What This Is

You know the knots. Now let's see what you can do with them.

This five-hour workshop is for men who have already taken a beginner shibari workshop - (e.g. *Five Hours in Rope*) - or who have equivalent experience with the fundamentals.

What You'll Experience

Rather than introducing rope from scratch, we'll use the basics as a foundation for exploring what happens when you start to play with them, bend them and make them your own.

We'll work with familiar techniques while introducing new possibilities: more deliberate tension, different body positions, transitions, restriction and movement. We'll look beyond individual knots and start thinking about how ties flow together, how the body responds, and how the person tying can create a particular atmosphere or experience.

"I can feel quite nervous when learning new ties. The perfectionist in me doesn't leave much room for trial and error. Normally, I find workshops to be very difficult, but Adriaan's natural ability to hold space and create a calm and fun learning environment, sets him apart from other instructors. Overall I left the weekend feeling like I had improved in my roping technique outside of whatever the voice in my head tells me." -

Phil, Media Strategist, Amsterdam

There will be room for both precision and play. You might explore what it feels like to take more control, to surrender more deliberately, or to move between the two. We'll play with

strength, vulnerability, anticipation, restraint and presence, while keeping safety and communication at the centre.

This is also an opportunity to start developing your own rope vocabulary. Instead of simply reproducing a sequence you have been taught, we'll ask: What do you want the rope to do? What do you want the body to experience? And what is your way of tying?

Who This Is For

You don't need to be an experienced rigger or have a long list of ties memorised.

You just need a solid grasp of the basics, a desire to go further, curiosity and a willingness to show up as you are.

All who identify as men are warmly welcome, regardless of age, body type, experience level, or sexual orientation.

Consent and Safety

Safety and trust are the foundation of everything we do. We start by talking through boundaries and preferences, and consent is ongoing, not a one-off conversation. Tying and being tied are both optional. You choose your role and you can pause, change direction or stop at any time.



Why Only Six Men?

A maximum of six men keeps the workshop genuinely personal:

- Each man receives more attention and support
- A smaller group means less pressure
- Vulnerability feels more natural when you are not navigating a crowd
- It is easier to settle in and easier to be honest
- The whole experience flows more smoothly
- It is easier to form connections that actually mean something

Why Clothing Optional?

Many men grow up carrying invisible weight: body shame, self-judgement, a sense their body is something to hide or control. A clothing-optional space can ease that. Being naked is never compulsory. It is simply one option for arriving without the armour of tension, comparison and self-consciousness that many men carry every day.

Reconnect with your body - Move freely, awaken sensation, and feel genuinely at home in your own skin.

Calm your mind - Find clarity, ease, and a sense of presence that's hard to reach in everyday life.

Open your heart - Experience joy, self-acceptance, and emotional freedom that surprises most men.

Connect with others - As comfort in yourself grows, trust, empathy, and authentic connection follow naturally.

You are equally welcome clothed or unclothed.

Practical Details

Date and Time	12:00 – 17:00, Sunday 10th January 2027
Location	Holborn, London (full address shared on booking)
Group size	Maximum 6 men
Investment	£157
Refreshments	Water and healthy snacks provided
Booking and questions	info@benkdcoaching.com

There is an option to sign up for both workshops over this weekend. The cost is £304. Let us know when you ask for booking details.

Your Facilitators

Adriaan Norbart, MSSC - Adriaan blends sharp insight with grounded, embodied practice. Working in Medical Education in the Netherlands, he is a teacher, qualified facilitator of systemic constellations and trained massage therapist, with over 25 years of workshop experience. He studied Tantra in the UK, Belgium and Germany, and completed the Authentic Eros One Year training in Berlin.



His work with the Wheel of Consent will shift how you experience giving, receiving and connection, often in unexpected ways. In his approach to shibari, he invites you to explore control, surrender and trust with clarity and confidence. His sensitivity as a massage therapist makes for experiences that are both deeply grounding and calming.

Adriaan loves sharing rope in individual sessions and workshops, including at the Love Festival and at Loving Men events.

Martin Feaver, MEd - Martin is a mind and body coach and educator with over 30 years of experience working with men and sportsmen, drawing on both Eastern and Western practices. He founded BeNkd Coaching for Men and has helped hundreds of men of all backgrounds and orientations reconnect with themselves.



Often, the work is about getting men out of their heads and into their bodies, while working through physical, mental and emotional challenges. Because mind and body are one system, he works with both together, blending somatic movement, breath-work, tantric wellbeing and conscious touch in a safe, consensual, clothing-optional space where you set the pace.

Alongside one-to-one coaching, Martin shares what he has learned about the mind-body connection through workshops, retreats, courses, podcasts, speaking engagements, magazine features and media appearances. His mantra: "Enjoy the day you create."

Enjoy the day you create.

Martin and Adriaan