

# Drop into your body. Drop the patterns. *Really connect.*

A half-day guided experience for men who want to feel more grounded, more at ease, and more genuinely connected - to themselves and to other men.

12:00 – 16:00 · Holborn, London · 6 men only · £79

Clothes-free environment

Water & healthy snacks provided

No experience needed

## What This Is

This is a guided, embodied experience.

- It's not therapy.
- It's not about performance.
- It's not about achieving anything.
- It's definitely not about being someone you're not.

It's a safe, welcoming space where you can slow down, breathe, and rediscover what it feels like to be fully present in your body and calmer in your mind.

Each workshop is a standalone experience, so you can join for one session or return as often as you like.

## What You'll Experience

The afternoon moves through six connected elements, each building on the last.

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|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Grounded Arrival</b><br>Simple breath and body awareness practices to help you settle, arrive, and feel at ease from the start.             | <b>Authentic Men's Circle</b><br>Honest, supported sharing — without pressure, judgement, or expectation. Space to say what's real.                   |
| <b>Tantric Wellbeing Practices</b><br>Learning to shift from thinking to feeling, and from tension to ease. Grounded, body-led, and practical. | <b>Conscious Touch &amp; Massage</b><br>Safe, guided exercises exploring trust, awareness, and embodied confidence. Participation is always optional. |
| <b>Integration &amp; Reflection</b><br>Time to land your experience before you leave — steady, clear, and grounded.                            | <b>Meditation &amp; Breathwork</b><br>We begin by setting intentions together, creating a foundation of mindfulness, trust, and presence.             |

## Who This Is For

This workshop may be right for you if you:

- Spend a lot of time in your head and want to feel more in your body
- Want deeper connection without the posturing or competition
- Are curious about Tantra in a grounded, wellbeing-focused way
- Want to feel more at ease with touch, consent, and your own boundaries
- Value personal growth in a small, supportive setting

You don't need any previous experience - just 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.

The **only requirements** are being able to sit comfortably on the floor and have both hands free to give and receive massages for up to 15 minutes.

*"I came with the goal of feeling more comfortable in my skin, and it achieved that. I felt safe, welcomed and supported throughout. I can't wait for the next one."*

SS, 30 · BRIGHTON

## Why Only Six Men?

Small groups aren't just a practical choice - they're what makes the experience work. With a maximum of six men, the workshop becomes genuinely personal. It's easier to settle in, easier to be honest, and easier to form the kind of connections that actually mean something.

A smaller group also means less pressure. Vulnerability feels more natural when you're not navigating a crowd. Each man receives more attention and support, and the whole experience flows more smoothly.

*"There was a real connection in the group between men of different ages and body types, and it was a thrill to be a part of that shared experience... The workshop provided a relaxed container for me to express myself, and this is a quality I have been able to embody to a greater extent outside of the workshop."*

JAMES · READING

## Why Clothes-Free?

Many men grow up carrying invisible weight - body shame, self-judgement, a sense that their body is something to hide or control. Research consistently shows that nudity in safe, non-sexual settings improves self-esteem, body satisfaction, and a sense of ease in one's own skin.

Being naked together is about arriving without the armour of tension, comparison, and self-consciousness that so 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.

*This is a clothes-free event. Consent, choice, and personal boundaries are central to everything we do.*

## Practical Details

|                     |                                                                       |
|---------------------|-----------------------------------------------------------------------|
| <b>Time</b>         | 12:00 – 16:00                                                         |
| <b>Location</b>     | Holborn, London (full address shared on booking)                      |
| <b>Group size</b>   | Maximum 6 men                                                         |
| <b>Investment</b>   | £79                                                                   |
| <b>Refreshments</b> | Water and healthy snacks provided                                     |
| <b>Booking</b>      | Dates announced to newsletter subscribers first — spaces fill quickly |
| <b>Questions</b>    | <a href="mailto:info@benkdcoaching.com">info@benkdcoaching.com</a>    |

If you feel curious, that's worth listening to. You don't have to figure it out alone.

Email to ask questions or book your place - [info@benkdcoaching.com](mailto:info@benkdcoaching.com)

*Enjoy the day you create.*

Martin