



# BeNkd Coaching for Men Connection & Wellbeing Monthly Workshop

## Workshop Information

Holborn, London | Limited to 6 men

### Step out of your head. Back into your body. Into real connection.

This workshop is a guided experience for men who want to feel more grounded, more confident and more connected to themselves and to other men.

It's not therapy.

It's not about performance.

And it's definitely not about being someone you're not.

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

Each workshop is a standalone experience, giving you the flexibility to join one or all of the sessions.

### Who This Is For

This workshop may be for you if you:

- Spend a lot of time in your head and want to feel more in your body
- Want deeper connection without competitiveness or posturing
- Are curious about Tantra in a grounded, wellbeing-focused way
- Would like to feel more at ease with touch and boundaries
- Value personal growth in a supportive environment

You don't need any previous experience. You simply need curiosity and a willingness to show up as you are.

Whether you've attended before or this is your first time, all who identify as men are warmly welcome, regardless of age, experience, 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.

## What You'll Experience

In this half-day workshop, you'll be guided through:

- **Grounded arrival practices**

Simple breath and body awareness to help you settle and feel at ease.

- **Authentic men's circle conversation**

Honest, supported sharing — without pressure or expectation.

- **Tantric wellbeing practices**

Learning how to shift from thinking to feeling, and from tension to ease.

- **Conscious touch & massage exploration**

Safe, guided exercises designed to build trust, awareness and embodied confidence.

(Participation is always optional and boundaries are respected throughout.)

- **Integration & reflection**

Time to land your experience and leave feeling steady and clear.

We'll begin by setting our intentions through meditation and breath-work, creating a foundation of mindfulness and trust. From there, we'll pair up to practice simple and effective massage techniques, uncovering the full potential of touch and the dynamics of connection.

***Thanks so much for hosting the workshop yesterday. 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 a Small Group?

From my experience running these workshops and from the feedback of men who have attended them, I've found that keeping the group small to just six men has many benefits.

With a maximum of just six participants, these workshops create a more personal and relaxed experience. A smaller group makes it easier to settle in and feel comfortable from the start, allowing for deeper, more meaningful connections to form naturally. With fewer men, the experience flows more smoothly, with less distraction and more time to focus on the practices themselves.

This intimate setting also provides a greater sense of safety and ease, helping men feel more relaxed and open to exploration. It enables each participant to receive more attention and support, creating a more personalised experience that can be tailored to the needs of those men who come along.

A smaller group also reduces pressure and makes self-expression and vulnerability feel more natural. Without the overwhelm of a large group, it becomes easier to participate, connect, and embrace the experience in a way that feels safe and rewarding.

### Why go naked?

Many men grow up with pressures to conform to societal ideals, leading to body shame and feelings of inadequacy. Studies show nudity improves self-esteem, body satisfaction, and overall happiness.

Being naked with other men in a safe, supportive space is about more than shedding clothes. It's about self acceptance and shedding shame, self-judgment and tension.

- **Reconnect with your body:** Move freely, awaken sensation, and feel at home in your own skin.
- **Calm your mind:** Find clarity, ease, and a sense of presence.
- **Open your heart:** Experience joy, self-acceptance, and emotional freedom.
- **Connect with others:** As you feel comfortable in yourself, trust, empathy, and authentic connection naturally follow.

Being naked is playful, liberating, transformative and a chance to feel fully alive and delight in being you. It's about embracing your true self and experiencing the freedom to let go.

### Clothing & Boundaries

This is a clothes free event. The space is designed for mutual respect, with consent, choice and personal boundaries central to everything we do. You are always invited - never required.

The workshop may include consensual genital touch, guided with clear instruction and demonstration. Please note, this is not a sex party.

### The Intention

So many men move through life disconnected from their bodies, suppressing emotion, or carrying tension they don't even realise is there. This space is about something different.

It's about:

- Feeling safe enough to soften
- Building confidence from the inside out
- Experiencing respectful, nourishing male connection
- Learning how to stay present with sensation and emotion

When a man feels safe in himself, everything changes - relationships, confidence, clarity, even how he stands in the world.

## Practical Details

**Location:** Holborn, London (full details shared on booking)

**Duration:** 12:00 – 16:00

**Group Size:** Maximum 6 men

**Investment:** £79

Spaces are intentionally limited to keep the experience intimate and supportive.

## Is This Right for You?

If you feel curious, even slightly, that's usually worth listening to.

If you're unsure, you're welcome to send me an email to ask questions. You don't have to figure it out alone.

Spaces are limited to **6** and fill quickly. The dates for the workshops are announced to men who have subscribed to my newsletter before being shared to others.

Email: [info@benkdcoaching.com](mailto:info@benkdcoaching.com) for more information or to ask questions.

Enjoy the day you create.

## Martin

*'I had a fantastic time at the workshop, and since I have felt more alive and connected to my body. I wouldn't necessarily say peaceful because I've had some frustrations come up, but at peace with those. The workshop provided a relaxed container for me to express myself, and this is a quality which I have been able to embody to a greater extent outside of the workshop. I enjoyed giving pleasure to another body through touch just as much, if not more, than receiving touch from another. The workshop provided an opportunity to express both masculine and feminine energies. 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. I don't have any suggestions for future workshops, as I am still exploring tantra myself, but I appreciated your emphasis on bringing our own techniques and ways of connecting to the sessions, and not just rehearsing your movements by rote.'*  
- James, Reading