BENKD COACHING FOR MEN · CONNECTION & WELLBEING

Step out of your head.
Drop into your body.
Into real connection.

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.

Grounded Arrival Simple breath and body awareness practices to help you settle, arrive, and feel at ease from the start.	**Authentic Men's Circle** Honest, supported sharing — without pressure, judgement, or expectation. Space to say what's real.
Tantric Wellbeing Practices Learning to shift from thinking to feeling, and from tension to ease. Grounded, body-led, and practical.	**Conscious Touch & Massage** Safe, guided exercises exploring trust, awareness, and embodied confidence. Participation is always optional.
Integration & Reflection Time to land your experience before you leave — steady, clear, and grounded.	**Meditation & Breathwork** 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

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

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**

Enjoy the day you create.

Martin