

Five Hours in Rope - A Journey into shibari *Really connect.*

A half-day men-only shibari workshop for beginners.

Saturday 9th January 2027

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

Clothing optional

Water & healthy snacks provided

No experience needed

What This Is

Five hours. Eighteen pieces of rope. Six bodies. And plenty of room to discover what can happen when you slow down, pay attention and learn to tie.

This workshop is an immersive introduction to shibari for men who are new to rope, or who have only a little experience and want to develop a solid foundation.

What You'll Experience

Rather than rushing through a collection of knots, we'll take time to explore the fundamentals and gradually discover different ways of working with rope, bodies and connection.

We'll begin with the foundations: how to handle rope, create tension, tie basic knots and work safely with another body. But the techniques are only the starting point. From there, we'll explore what rope can create: the feeling of being held, the anticipation of restriction, the intimacy of taking control or giving it away, and the subtle communication that happens through hands, rope and body. It's not therapy. It's not about performance. And it's definitely not about being someone you're not.

"Adriaan creates a space where everybody feels welcome and included. He facilitates with great flexibility and attention to the needs of the group. He really knows what he is talking about and genuinely enjoys sharing his knowledge with others — always with a great sense of humour and playfulness. Adriaan/Bamboo really cares about everybody having a good time and enjoying the experience, rather than being perfect at what he is teaching." **Sam, Artist, Zurich**

Who This Is For

No previous experience is required. Come with curiosity and a willingness to learn, experiment and get a little tangled along the way.

This is not about becoming perfect at tying in five hours. It's about building a foundation, discovering the possibilities of rope, and leaving with enough knowledge and confidence to continue your own journey.

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.

Not sure whether this is right for you? That is completely fine. Get in touch at info@benkdcoaching.com before booking, and we will answer your questions and help you decide, with no pressure to attend.



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, Saturday 9th 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, breathwork, 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