



Welcome to the BeNkd Community

Join Me for a Transformative Series of BeNkd Coaching for Men Workshops

I'm excited to invite you to a special series of monthly **BeNkd Coaching for Men Workshops** at my Holborn studio in London. These workshops are designed to foster deeper connections and personal growth, with a focus on **Tantric wellbeing**, authentic conversations, and **rejuvenating massages**.

Each workshop is a standalone experience, giving you the flexibility to join one or all of the sessions. Together, we'll create a space to unwind, explore, and connect—whether you're looking for some time out from everyday life or seeking a deeper understanding of yourself.

What to Expect:

- **Time:** Noon – 16:00
- **Theme:** Connection, relaxation, exploration
- **Focus:** Personal boundaries, self-awareness, and well-being
- **Clothing-Optional Sanctuary:** Participate in a safe, supportive, and inclusive environment
- **Investment:** £69 per session
- **Refreshments:** Water and healthy snacks

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. If you're unsure whether this workshop is right for you, feel free to get in touch. Ready to dive in?

Spaces are limited to **6** so book your spot now. I look forward to seeing you there!

Email: info@benkdcoaching.com for more information.

Enjoy the day you create.

Martin