

CUDDLE CULTIVATION

RETURNING WORKSHOP BY TAL SIANO

90 - 120 MINUTES
BEGINNER-FRIENDLY
ENGLISH

THE EXPERIENCE

CUDDLE CULTIVATION IS A GUIDED GROUP BODYWORK SESSION INVITING PARTICIPANTS TO EXPLORE TOUCH IN A MINDFUL, GROUNDED, AND RESPECTFUL WAY. THROUGH MOVEMENT, SENSORY AWARENESS, AND CLEAR COMMUNICATION, PARTICIPANTS DEVELOP A DEEPER CONNECTION TO THEIR OWN BODIES AND TO OTHERS—WHILE SAFELY EXPLORING INTIMACY, BOUNDARIES, AND PLEASURE.

THE WORKSHOP WAS HOSTED AT GARBICZ FESTIVAL IN 2022, WHERE IT WAS FULLY ATTENDED AND RECEIVED VERY POSITIVE FEEDBACK. SINCE THEN, IT HAS BEEN INVITED AND HOSTED AT OTHER FESTIVALS AND EVENTS, INCLUDING PURAVIDA FESTIVAL, HEAL PLAY LOVE, UHU EVENTS, AND OTHERS.

THE EXPERIENCE IS NON-SEXUAL, CLOTHED, CONSENT-BASED, AND PROFESSIONALLY HELD. IT IS DESIGNED TO FEEL ACCESSIBLE, SAFE, AND INCLUSIVE FOR PEOPLE OF ALL GENDERS, IDENTITIES, AND ORIENTATIONS.

STRUCTURE

THE WORKSHOP MOVES GRADUALLY FROM SOLO PRESENCE INTO SHARED TOUCH:

- ARRIVING IN THE BODY THROUGH MOVEMENT, BREATH, AND PLAY
- CLEAR CONSENT PRACTICES (“YES / NO”) TO NORMALIZE BOUNDARIES
- AWAKENING THE SENSES AND INTRODUCING TOUCH STEP BY STEP
- GUIDED TOUCH WITH SIMPLE PARTNER AND GROUP STRUCTURES
- A CALM, GROUNDED CLOSING FOR INTEGRATION AND REST

THE ATMOSPHERE IS WARM, ATTENTIVE, AND LIGHT, BALANCING DEPTH WITH EASE.

ABOUT THE FACILITATOR

TAL SIANO IS A BERLIN-BASED MOVEMENT GUIDE, SOMATIC COACH, AND BODYWORKER. HIS BACKGROUND IS IN FILM AND ART, BUT HIS WORK CENTERS ON YOGA, DANCE, BODYWORK, AND SOMATIC PRACTICES AS WAYS OF CONNECTING BEYOND VERBAL LANGUAGE.

TAL IS ALSO ONE OF THE INITIATORS OF TANZEN3000, A BERLIN-BASED DANCE COLLECTIVE KNOWN FOR CREATING PLAYFUL, INCLUSIVE, AND WELL-HELD DANCE SPACES. THROUGH THIS WORK, AS WELL AS THROUGH WORKSHOPS AND FESTIVAL WELLNESS SPACES, HE BRINGS EXTENSIVE EXPERIENCE IN HOLDING GROUPS WITH CLARITY, SENSITIVITY, AND JOY.

HIS FACILITATION STYLE IS POETIC, HUMOROUS, AND GROUNDED—CREATING SPACES THAT FEEL BOTH EMOTIONALLY INTELLIGENT AND HUMAN, WITHOUT HEAVINESS OR PRESSURE.

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