



Vulnerability Whore

An Intimate Workshop: Embracing Eroticism and Our Inner Landscapes

March 7-10th, 2025

What

In this workshop, we will:

- **Embody dignity through awareness** – *Using somatic practices, we can authentically feel and follow pleasure*
- **Gain skills of empowerment and communication** – *noticing, valuing, and trusting desires, having the courage to ask for what you want, and feeling safe enough to receive*
- **Strengthen connection through touch**– *With an opportunity to express eroticism with others*

Who

Up to 8 participants who are actively seeking opportunities for growth through movement, intimacy, and connection.

Participants are able to:

- Embrace a body-positive atmosphere
- Listen with respect and maturity
- Honor a confidential space
- Communicate sexual health maturely

WHAT'S INCLUDED

- Three nights in a large home -
- A thoughtfully curated workshop schedule -
- Two “scenes” crafted by you, informed by your desires and limits -
- A full “scene” where your erotic expression is not artificially constrained -
- Integration to bring your experience into your life -
- Yoga provided by a certified instructor -
- Private rooms available (priority based on date deposit received) -
- Nourishing food for all meals -
- A journal with curated exercises to prepare you for the workshop -

Cost

We are utilizing a 3-tiered donation system to address the diverse spectrum of material abundance we are all on.

Your donation is all-inclusive. It covers the workshop, accommodations, food, & other offerings.

Make your donation based on where you are at. Those who can pay at the higher end of the tier help us work with folks that need assistance to access this work:

Daisy:	\$650
Sunflower:	\$825
Rose:	\$1000

- DEPOSIT TO RESERVE:

A \$250 non-refundable deposit reserves your spot.

Venmo: @Julian-Smith-14

OR

You can Paypal deposits to:
jsmith767@gmail.com (use the friend option only)

This workshop is influenced and inspired by the Wheel of Consent® as developed by Dr. Betty Martin. We trained with the School of Consent, but are not certified facilitators. For more information visit www.schoolofconsent.org.

Personal responsibility for one's choices and actions is paramount to ethical erotic expression

For in-queer-ies contact info@vulnerabilitywhore.com



Julian (he/him) initially followed an academic route that culminated in a PhD in physics (with a focus in biophysics and neuroscience), over a dozen peer-reviewed publications, and the founding of an AI art authentication company. Since taking a transformative course on the Wheel of Consent, he has redirected his focus towards the power of vulnerability. Bringing the same critical awareness and conscientious work ethic from academia, Julian now applies his skills to interpersonal, self-reflective, and somatic work. His training in professional cuddling, psilocybin facilitation, and meditation uniquely equips him to cultivate meaningful connections and support others on journeys of self-discovery and personal growth, helping them tap into their wants and access their limits.



Annabelle (she/her) has been teaching yoga and mindfulness for 5+ years and seeks to find the merge between mindfulness and sex and intimacy. She works with clients who experience a variety of presenting sexual/intimacy difficulties that include trauma, and psychological/physiological concerns that affect how they experience pleasure. Annabelle loves to use somatic work to move through those processes and finds value in self-reflection and the wisdom of the body. Annabelle has a background in women's studies, social work and sex therapy. She is currently a social worker at Swedish Hospital and a yoga instructor. Although Annabelle has a Masters in Clinical Social Work and Human Sexuality, making her a trained Sex Therapist, she finds so much joy in working with groups to uncover their desire and vulnerabilities.

The Space:

Nestled on a forested freshwater creek, this stunning country home offers a private hot tub and plenty of outdoor space to enjoy the peace and beauty of nature. When you're ready for some action, this home's fantastic location won't disappoint. The moment you arrive at this breathtaking property, you'll instantly feel right at home. This 3-story abode boasts 4,100 square feet of comfortable living space.



Main house:

- 7 Bedrooms*
- 4 Bathrooms*
- 5 Futons*
- Open Kitchen*
- Fireplace*
- Hot Tub*
- Washer/Dryer*









Extras:

-A propane inverted fire in a 17' geodesic dome

-Cuddling

-Rope Scenes

