

Thank you for your interest in our 2023 Eco-Sexual  
Treat!



The 4 Erotic Explorers are incredibly excited to welcome you to explore eco-sexuality on the land in the foothills of the beautiful Macedon Ranges, Victoria. We appreciate you expressing your interest in the treat we have planned. This info packet includes a little bit more information about us, eco-sexuality, the land on which we will be gathering. We hope to spark more curiosity and excitement for what we have planned.

To ask any further questions or to secure your spot, please don't hesitate to apply by filling in this [form](#) or email [info@4eroticexplorers.com](mailto:info@4eroticexplorers.com) with any questions.

## About the Facilitators



Kaggi, Sam, Juke and Patrick are the 4 Erotic Explorers. Juke has recently moved back to the Netherlands with her family and will not be able to join us for the treat. The four of us met during our training with the Institute of Somatic Sexology to become Certified Sexological Bodyworkers. We have since worked together to create a Monday night Erotic Embodiment community, build a website with resources for expanding and exploring sexuality, presented workshops at 7 Sisters Festival and cooked up this eco-sexuality treat for you.

Our values are to make sex education fun, sexy, accessible and safe. We work in a way that is pleasure oriented and tries to highlight strengths and build on existing capacities rather than focusing on problems or trying to fix things. It is important to us to create learning spaces that are trauma-informed. We invite participants to exercise agency and choice in how they participate in our spaces - you will notice that we emphasise options and will encourage you to feel for your own boundaries and prioritise self care.

Teaching erotic embodiment online has cemented our love of working with groups. Coming together to practice and explore fosters connection and community, facilitates sharing and gives everyone the opportunity to feel fully seen and accepted. We couldn't be more excited to explore with you and get to know you better at this retreat.

## What does Eco-Sexuality mean to us?



Eco-sexuality comes in as many flavours as there are people inhabiting the earth. Each breath of fresh air, each sunrise and sunset, each caress of warm water or shock of cold wind, each time you catch the scent of flowers or the song of birds on the breeze is an opportunity to cherish how your sensory system connects you to nature.

As sexological bodyworkers we orient to opportunities for expanding our somatic awareness and creating more pleasure. Looking to the Earth as our lover allows us to draw from its creative life force and generativity to fuel our own exploration. This relationship acknowledges our environment as a living system that is constantly changing and emerging. Nature forces us to feel, invites us to connect, and pulls us into play - these are the fundamentals of eroticism. We also believe we can use our erotic energy to show gratitude for the Earth and all it gives us, to fuel acts of service and caretaking, and to honour all of those people, creatures, animals, plants and fungi who have ever lived and loved on it.

Ultimately, eco-sexuality is about integrating our experience as a differentiated part of this living system with the fundamental reality that we are a part of it. That we are made of the same stuff as the stars we gaze at, contain the matter of reconstituted lives and give home to microscopic colonies who take from us just as we take from the Earth. We think that's incredibly hot.

## Intentions for the Retreat

Setting intentions is an incredibly important part of learning and practice. It gives us direction, and allows our energy to flow purposefully. We encourage you to spend some time feeling into your intentions for this retreat, just as we have spent time developing our intentions around this offering.

### Our intentions

- To provide a space where all attendees feel welcome, safe and supported to feel and connect.
- To learn about and appreciate a variety of ways to connect with the Earth as lover by valuing the perspective and experience of each attendee and facilitator.
- To support the learning of attendees by offering a range of activities (solo, small group and larger group) and time for reflection and integration.

### Guidance for intention setting

- Feel for what has drawn you to this retreat
- Ask what you are yearning for, what you are hoping to access or develop.
  - Listen to how your body responds to this question.
    - You may want to spend some time checking in with your pelvis, gut, heart and head.
    - This inquiry might be supported by an embodied practice or journaling.
- Your intentions might be vague, specific, many or few. All of this is perfect.
- Integrate your intention setting process by expressing them in writing or by drawing.

Perhaps there is a ritual you would like to do, or a movement/ breath practice that solidifies your own sense of your intention.

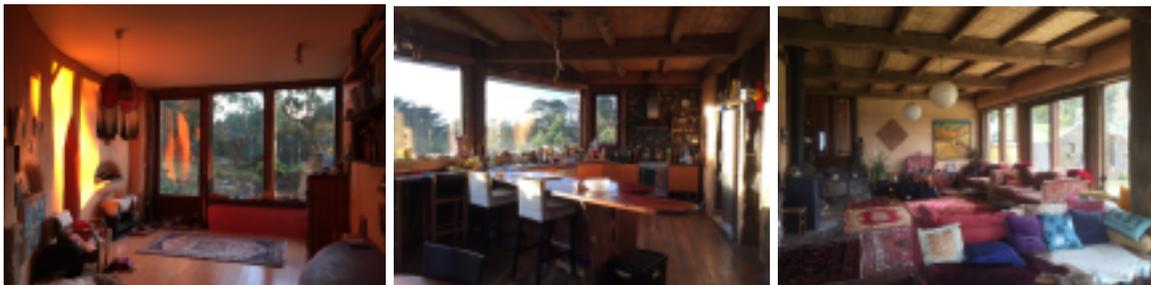
- Your intentions might change as you sit with them - this is also perfect.

- There will be an invitation to share intentions at the retreat. There is no obligation to do so. Please feel into what is right for you.

## A little about the Land



The retreat will be held on unceded Wurundjeri-Woiwurrung land on the Southern Slopes of the Macedon Ranges, which is very close to the border of Dja Dja Wurrung Country to the north and north west. It is about 4 km outside the small township of Riddells Creek. According to an Aboriginal Archeological Survey that was done on the land about 12 years ago, this land was a meeting and gathering place. There are sheltered spots and a seasonal creek along one side. It is about 27 km from Wil-im-ee Moor-ring (stone axe place), a very important Wurundjeri green stone quarry that traded stone through much of South East Victoria.



## A little about the people who live there

Kaggi is English born and has had the privilege and good fortune to live on this land for over 22 years and birthed her 3 children either outside on the earth or in birth pools on two houses on this property. Her children's father, grandfather and great grandparents, of Euro and Sri Lankan descent have all loved and lived on this land going back to the late 1940's. Now Kaggi lives here with two of her children and her partner Patrick, whilst her ex-husband lives next door.

Kaggi has spent the last 20 years or so welcoming people onto the land for a variety of rituals and ceremonies, chanting and meditation experiences, as well as occasionally opening it up for others to bring their potent offerings to the space. Her experiences here have deepened her connection to the Earth and informed her world view. She believes that the Earth loves to be sung, with our presence, intention, love and our voice, our very being. She marvels that humanity is a part of Creation that has a consciousness that seeks to know itself and everything around us. Just as the Earth calls for our love, when we love the Earth we open to more pleasure, discover, hear and follow our inner knowing and live in more harmony with each other and our planet. She is very excited to be hosting an Earth based Eco-Sexual retreat where people of all genders can explore their own relationship to the Earth, in a non judgemental, sex positive, space.



# Logistics

## What to bring

- Comfy clothes
- Something warmer for the evening
- All weather gear.
  - This includes a waterproof coat, an umbrella or parasol for sun shading.
  - Hats for sun or rain
  - Outside shoes
- Sunscreen
- Water bottle
- A blanket/picnic rug, cushions that you are happy to lie on the ground outside on
- Something of significance for the altar (from the earth)
- A notebook and pen
- Towel
- A plate of lovingly home cooked food for lunch (dinner is provided).
- Any treats, snacks for yourself and/or to share with others