

EXPLORE MORE SUMMIT 2020 PRINTABLE SCHEDULE

MONDAY APR 20

PRENTIS HEMPHILL

Coming home to ourselves, somatics & embodiment, pleasure as healing, & moving away from innocence and guilt.

AMBER RICE

Amber's fun way of connecting with the parts of ourselves we've abandoned or ignored, how to work with our inner board room, and tools for finding self-compassion.

KAI CHENG THOM

The performance of virtue in our communities, validating our humanity in our relationships, somatic sex education, pleasure, & the complexities of consent.

TUESDAY APR 21

DR. JENNIFER MULLAN

Decolonizing therapy, the oppressive legacy of modern mental health, ancestral healing & alternative healing for BIPOC, and why community healing is so important.

CLEMENTINE MORRIGAN

Trauma-informed polyamory, our relationship to shame, the importance of safe love, finding the magic and possibility in trauma thru disability justice, & how most polyamory lit gets it wrong.

GRAEME SEABROOK

Why mothers need more support, stop grading men in your life on a curve, what it means to be an equitable partner, why motherhood is broken, and raising resilient kids.

WEDNESDAY APR 22

MARIA PAREDES

Eating disorder recovery, how your body is waiting to make peace with you, body trust after infertility/ miscarriage, Maria's very personal story, & the harm of gatekeeping information.

VANESSA ROCHELLE LEWIS

Ugliness and uglification, desirability politics, what it means to worship our own pleasure, embracing our lush fat bodies, and moving through the fear of our own ugliness.

SPRING UP

How binaries of good/bad get in the way of accountability, what it means to honor our trauma AND our healing, finding pleasure in our activism, breaking up immediacy, & self-accountability.

THURSDAY APR 23

BE NOURISHED

What Body Trust means, sneaky ways diet culture & fatphobia show up in our lives, body liberation, why it's important to LIKE what we eat, boundary work.

AIDA MANDULEY

The fictions we tell ourselves, how sex is impacted by systemic issues, what it looks like to have deep ambition for pleasure & connection, accountability and justice, and how to improve at repair in our relationships.

JOELLEN NOTTE

Myths about depression & sex, why it's not depression that kills relationships, ways to support people struggling with depression, low libido shame spirals, & medical gaslighting.

FRIDAY APR 24

RACHEL COLE

What it means to be well-fed in all of our hungers, cultural body submission & what body sovereignty can offer, intuitive eating, the wisdom of emotional eating, & pleasure as healing.

DR. ROBYN

Pleasure plays in our activism, why we need to break up with authority and certainty, how microdosing T has helped Dr. Robyn be more embodied, & building bridges across difference.

ILYA PARKER

The ways we punish ourselves with exercise and what joyful movement can look like, the ?'s Ilya is asking about gender and toxic masculinity, and the barriers many trans people face around access and support.

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SATURDAY APR 25

HEATHER PLETT

Holding space & what it offers us, the power of ceremony & ritual, how to allow messiness and ugliness in our relationships, & being in right relationship with ourselves.

RACHELLE BENSOUSSAN

What grief literacy means, why we're so grief-averse in Western dominant culture, the difference between grief and mourning, how grief can offer us deeper connection & intimacy, and the importance of pleasure for people who are grieving.

SUNDAY APR 26

SEXOLOGIST SHAMYRA

What intimacy means to Shamyra, how people can break up with 'should' and create their own relationships, entitlement around sex in dating & relationships, and how we can better weather the discomfort of conflict.

GWYNN RAIMONDI

What cultural-relational trauma is, Gwynn's feelings around the word healing, how we can begin moving trauma through our bodies, simple methods to explore embodiment, soothing our nervous systems, and how we can all be better stewards around our healing work.

MONDAY APR 27

LAMA ROD OWENS

Intergenerational trauma & coming home to ourselves, connecting with anger & rage, masculinity & patriarchy, saying no as an act of love, and what happens when we stop running from the pain.

ANDREA GLIK

Restoring connection to all parts of the self - even those we rejected to survive, consensual non-consent & healing trauma through BDSM & kink, attunement in our relationships, and attachment theory.

DARCEY STEINKE

Menopause & how it led Darcey to killer whales, the de-gendering & freedom menopause, and how menopause invites us to reconnect with our wildness.

TUESDAY APR 28

MCKENSIE MACK

How we're culturally groomed to people please, boundary work as worthiness work, what it means to choose vulnerability, why imperfect boundaries are crucial, & dismantling white womanhood.

GINA SENARIGHI

Why curiosity is crucial for our relational toolkit, cultivating shared meaning in love, why quick fixes are not the way forward in our relationships, and rebuilding trust after betrayal or infidelity.

CAFFYN JESSE

Somatic sex education, the power of erotic touch, how to relate outside of our trauma, loving skillful touch & why our nervous systems are ALWAYS co-regulating with the world around us.

WEDNESDAY APR 29

TURTLE TANK

What it means to operate FROM desire rather than moving towards it, building lives of desire & soul purpose, dying into desire & pleasure, self trust, and the importance of play in connecting with our aliveness.

NORA SAMARAN & ARAVINDA ANANDA

Relational responsibility in our relationships, what it means to belong as our whole selves, why worthiness work has to come before accountability, & building a culture of nurturance.

PLEASURE MECHANICS

Enduring and tolerating touch, ways to move towards pleasure, their personal story of chronic pain in relationship, and developing the skills of personal & collective pleasure.