

SPEAKERS



Founder of Eros Coaching, **Dr. Martha Lee** is the only Clinical Sexologist in Singapore who has a doctorate in human sexuality. Often cited in the local media, Dr. Lee is the appointed sex expert for Men's Health Singapore, Men's Health Malaysia, Durex Singapore Facebook page as well as Durex Malaysia Facebook page. She has a weekly column with PublicHouse.sg and blogs for Good Vibrations Magazine. She was recognised as one of 'Top 50 Inspiring Women Under 40' by Her World in July 2010, and one of 'Top 100 Inspiring Women' by CozyCot in March 2011.



Heiko and Selina Niedermeyer are International Releasers who have successfully facilitated individuals and groups around the world since 1999, to release emotional and mental negative programming and belief systems about themselves that cause issues in their relationships, sexuality, careers, businesses, finances, physical health and other areas of their lives.



Dee runs Sex Coaching and Therapy in Brisbane, Australia, and runs workshops throughout the region. Drawing, from somatic sex education, Tantra, Taoism and sexual shamanism, his work focuses on supporting people to overcome distractions and obstacles to access more pleasure in their lives, and to learn skills to connect more fully with their physical, emotional, and erotic selves, to the people in their lives, and to the environments that support us. Although he works with people of all genders and sexualities, he is an expert on men's sexual health issues, and regularly facilitates at men's events in Australia. He teaches the Certificate in Sexological Bodywork training in Australia, and is the President of the Somatic Sex Educators' Association of Australasia.



Based in Australia, **Uma Furman** is an experienced Tantrica and a certified sexological bodyworker who works with individuals, couples, and groups. She provides training in sacred sexual practices like Tantra Taoism and sexual shamanism. She is passionate about educating people from all walks of life to experience a deeper connection with themselves, their partners and their environment. She is a faculty member on the Sexological bodywork Australian training program and a member of the Somatic Sex Educators' Association of Australasia.

Organiser: **Eros Coaching** is the only sexuality and intimacy coaching company based in Singapore, which believes in the innate solutions we each already hold in achieving and enjoying a fulfilling, healthy and pleasurable life. Eros Coaching listens, informs, facilitates and empowers you to spread your wings.

Check out

Workshops by Dee and Uma (16 - 18 March)
<http://www.eroscoaching.com/2012/02/marchworkshops/>

Workshops by Uma (22 - 24 March)
<http://www.eroscoaching.com/2012/02/march-2012-workshops-by-uma/>

Check out

Meet the speakers at our
Sex and Consciousness Preview

Date: Wed 14th March 2012

Time: 7.30p.m. – 9.30p.m.

Venue: Wasabi Yoga, 54c South Bridge Road Singapore 058685

Fee: \$20 per person at the door

More details
<http://www.eroscoaching.com/2012/02/preview-sex-and-consciousness/>



For more information,
 please email register@eroscoaching.com
 or call 81677015.

You can also visit www.eroscoaching.com to find out more.

sex and consciousness

You will learn:

- Conscious sexuality and learn how it can be practiced
- To differentiate between female and male sexual anatomy through visual aids
- Intimacy skills that can be immediately applied to the bedroom
- Ejaculatory control for men through breathing

March 17, 2012

Saturday • 9am - 5pm

**Punggol Room HDB Hub Convention Centre Basement 1
 480 Lorong 6 Toa Payoh, Singapore 310480**

<u>Time</u>	<u>Programme</u>	<u>Speaker</u>
9:00 am	<i>Registration</i>	
9:30 am	Releasing your Fears around Sexuality	Heiko and Selina
10:30 am	<i>Tea break</i>	
10:50 am	Introduction of Conscious Sexuality: what is it, why do we do it, how you would benefit from it?	Uma and Deej
11:30 am	Accessing More Pleasure (Through the use of breath, touch as ways to come out your head, into your body)	Uma
12:30 pm	<i>Lunch</i>	
1:30 pm	Sexual Anatomy for Men and Female + Pleasure strokes (Vulva puppets will be featured)	Dr. Martha Lee
2:30 pm	Intimacy Skills for Men (Eye-gazing, paying attention, heat of body before touch)	Deej
3:30 pm	<i>Tea break</i>	
3:50 pm	Lasting Longer: Learning More Ejaculation Control	Uma and Deej
4:50 pm	<i>Lucky Draw</i>	
5:00 pm	<i>End</i>	

View sexuality in a positive perspective! Know yourself, know your body, and know your partner. In this one-day event, couples will learn sexual skills that will enable them to connect more authentically with each other. A perfect venue for both men and women to discover and embrace conscious sexuality through learning and discussing all things intimate, helping couples express themselves more successfully to each other and a mature audience.

SYNOPSIS

9:30am - Releasing your Fears around Sexuality (Heiko and Selina)

The doorway to experiencing great sexual fulfillment and intimacy is often blocked in varying degrees by deep subconscious "negative" or limiting beliefs, programming from society and pain or fear from past experiences.

This session will explore what some of these subconscious "blocks" are and how to release and let them go in order that you can allow your sexual energies to flow easily and naturally to enhance your pleasure, deepen your intimacy with your partner and increase your creativity and magnetism.

10:50am – Conscious Sexuality for the 21st Century (Uma and Deej)

Many ancient traditions such as Tantra from India and Taoism from China teach us about sexuality. Many of these teachings have been adapted in order for them to be practical for us in our busy modern world.

In this talk we will introduce Conscious Sexuality as a modern, practical way for accessing pleasure, healing and growth. We will explore what Conscious Sexuality is and how you could benefit from it.

11:30am – Accessing More Pleasure (Uma)

Through the use of simple everyday actions we can expand sensation in our body and experience pleasure like never before. By brining awareness to what we do with our bodies and our minds we can connect with ourselves and those around us on a much deeper level. Not only does this increase the pleasure you experience, leading to a healthier and more relaxed life, but it allows us to be more productive. This talk will explore simple skills for achieving this.

1:30pm - Sexual Anatomy for Men and Female (Dr. Martha Lee)

Now that you have learned how to begin to return to sensation, it is time to be familiar with the different parts of our sexual anatomy before going any further! You do need to know where is what before we can have any decent conversation about what to do! This talk covers not just the sexual anatomy of men but also of females. Where is the G spot? What is the frenulum? How do you navigate the nether regions of a female with some oh-so-yummy pleasure strokes? For the first time, vulva puppets (great stuff!) will be featured in one of Dr Martha Lee's talks!

2:30pm – Intimacy Skills For Men (Deej)

As men we want to be close to whoever we feel attracted to, but we are often unsure of how best to go about this. This talk will examine the fears that isolate us, and how to move beyond this. We will look at how we can approach people with confidence, awareness and presence, in order to get more of what we want in life.

3:50pm – Ejaculation Choice for Men (Uma and Deej)

Ejaculation for men is often the peak of their pleasure. Many men that we speak to feel that they reach their peak too soon – both for their own enjoyment and for their partner's. In this talk we will explore the different possibilities that are available to men when it comes to orgasm and ejaculation. We will also share with you some techniques that will allow you to have more control and choice, allowing your body to experience more pleasure.