

## Melbourne Tour:

Dr Martha Tara Lee returns in September!

Join Dr. Martha Tara Lee on her Melbourne Tour this September! With seven workshops over seven days, there's something for everyone. Whether you're new to exploring your sexuality or have more experience, Dr. Lee's workshops are open to people of all gender identities and sexual orientations.

### Workshops:



Mon 4 Sept 2023 | 7 – 9p.m.

#### The Art of Self-Healing for the Sensitive Soul

Dr. Lee is offering The Art of Self-Healing workshop. In this powerful event, she'll teach you practical tools and techniques for grounding yourself, releasing negative energy and emotions, and creating a powerful energy shield to protect yourself from future negativity.



Tues 5 Sept 2023 | 7 – 8:30p.m.

#### Laugh and Cry

As a certified Laughter Yoga leader, Dr. Lee brings her expertise in emotional healing to this session, where you'll learn how to let go of inhibitions and tap into your body's natural ability to release emotions through laughter and crying.



Wed 6 Sept 2023 | 7 – 8:30p.m.

#### Orgasmic Breath

In this workshop, you'll learn how to take conscious breathing breaks to center yourself on the present moment and invigorate your mind. By mastering four different types of breath – Charging Breath, Relaxing Breath, Circular Breath, and Step Breath – you'll be able to articulate the role breath plays in our lives and bodies.



Thurs 7 Sept 2023 | 7 – 9:30p.m.

#### Body Love Exploration

This workshop is for anyone who is keen to explore their thoughts, beliefs, attitudes and emotions in relation to their bodies and sexuality. Participants will be guided through content and exercises to help connect to their relationship with their body to cultivate body confidence and acceptance.



Fri 8 Sept 2023 | 7 – 9:30p.m.

#### Orgasmic Yoga

Dr Martha will demonstrate and guide you to embody the deliberate use of the following elements (pelvic floor squeezes, breath, movement, sound, touch and intention) into your self-pleasure practice. The workshop will end with each participant self-pleasuring on their own mats for 30 minutes and ending with 'The Big Draw' culmination exercise.



Sat 9 Sept 2023 | 9a.m. – 5p.m.

#### Penis Pleasure

Unlock the secrets of the penis and take your pleasure to the next level with Dr Martha Tara Lee, Relationship Counselor and Clinical Sexologist of Eros Coaching. This full-day workshop is open to individuals and couples of all sexual orientations and gender identities, including penis-owners who want to learn more about their anatomy and those who want to pleasure them.



Sun 10 Sept 2023 | 9a.m. – 5p.m.

#### Vulva Bliss

In this workshop, Relationship Counselor and Clinical Sexologist Dr Martha Tara Lee will help you to understand the vulva and the vagina better (and how to give pleasure with touch), regardless of your gender or sexual orientation. You will feel more comfortable with this part of the body and more in tune with your own needs or that of your partner.

## Facilitated by Dr. Martha Tara Lee

Dr. Martha Tara Lee has been a passionate advocate for positive sexuality since 2007. With a Doctorate in Human Sexuality and a Masters in Counseling, she launched Eros Coaching in 2009 to help individuals and couples lead self-actualised and pleasurable lives. Her expertise includes working with couples who have unconsummated marriage, individuals with sexual inhibitions and discrepancies in sexual desire, men with erection and ejaculation concerns, and members of the LGBTQIA+ and kink communities.

Dr. Lee welcomes all sexual orientations and is available for online and face-to-face consultations. Martha speaks English and Mandarin.

