

## **Thank you for your interest in Coalescence!**

See below for instructions to register, preparation and details for the class, and a brief description of the modules we will be exploring together.

### **1) To fulfill your registration for this class, please follow simple instructions below:**

~ Please pay me a \$90 deposit to hold your reservation for the class here:

<https://www.paypal.com/paypalme2/kellieryanlmt>

(you can leave a note in your payment that tells me who/what it is for, as some people's email does not match their name.) The remainder of the cost will be due on the first class.

~ Please email me [HERE](#) to share your name, your partners name, and any information you might want me to have before we begin, as well as any questions you might have.

### **2) Details about Coalescence:**

The class meets at the *Good Medicine Collective*

**Located at: 231 York St. Portland ME 04102**

**Time: Friday, Jan 17, 24 and 31 @ 7pm to 9pm**

(Please arrive a little early for the first class to orient to parking needs and the facility.)

#### **For preparation:**

- 1) Bring a water-bottle (if you're the hydrating type)
- 2) Wear layers (as the temperature in the room may vary)
- 3) Leave your cell phones silent during class
- 4) Let me know if you need any accommodations before the class begins.
- 5) Bring a journal ( I will also supply paper and pens when we need it)
- 6) I ask that you come with an open mind, and an awareness that this space and time we share is both facilitated and curated but also leaves room for improvisation and responding to the group's needs. There will be aspects of the class that invite being in the experiment of not knowing, and to trust the process.

**Modules on next page...**

## **Coalescence: Expanding intimacy by bringing down the walls of our relationships.**

### **Module 1: Presence**

In the first class we examine what presence means in practice, and how it feels to receive one another's presence.

We get to explore through discussion and embodied practices;

- ~ boundaries
- ~ safety
- ~ permission
- ~ connection
- ~ attraction

### **Module 2: Curiosity**

In the second class we open ourselves up to being curious about our own perspectives and our partners and our communities perspectives.

We get to explore through discussion and embodied practices;

- ~ being vs. doing
- ~ movement and breath practices that help increase creativity
- ~ writing and introspection
- ~ sharing and listening

### **Module 3: Imagination**

In the final class we play. We remember what our partners woke up in us and what we see in them now as a gift to our lives.

We get to explore through discussion and embodied practices:

- ~ exploring what erotic means to both partners
- ~ play, to induce laughter and innocence
- ~ imagine your future together