

A RETREAT FOR EMBODIED BEINGS AND  
THEIR LASCIVIOUS MINDS

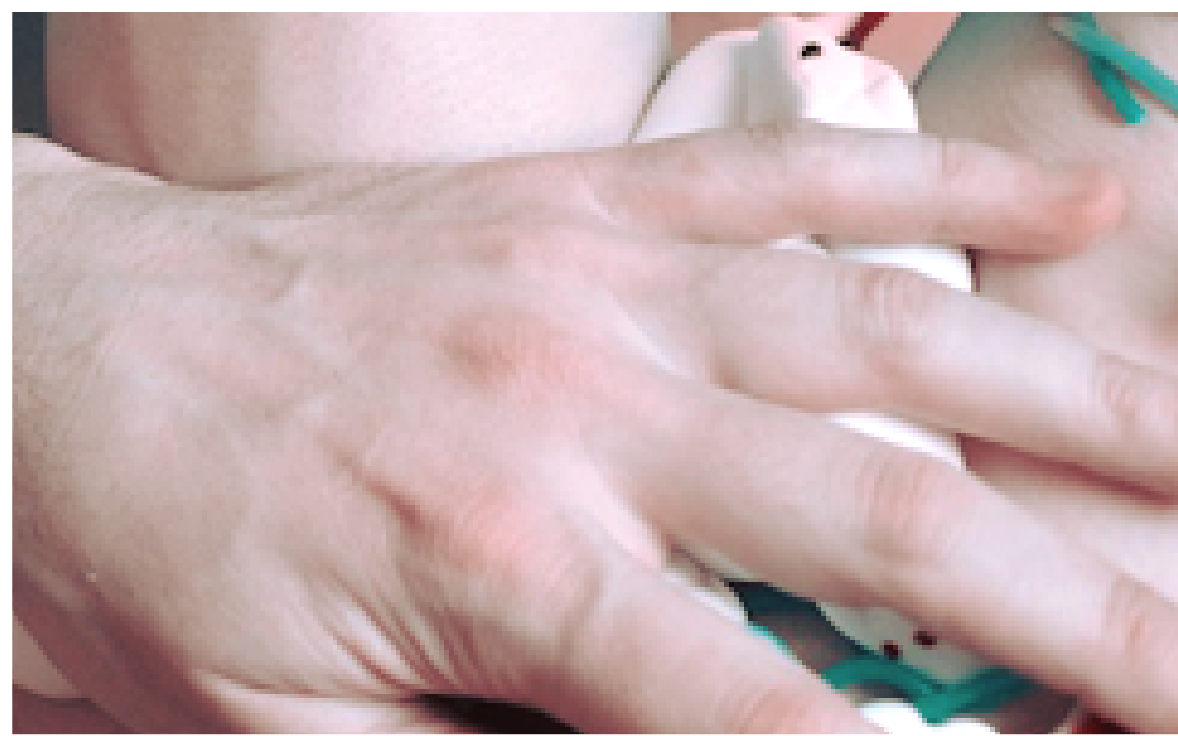
# Breathe, Sense, Fantasize

SEPTEMBER 18-24 2021  
El Cortijo, Caseria del Mercado, Las  
Alpujarras, Granada, Spain

*lukmen d'arc*



## **Introduction**





Oh, life! Welcome back.

We went through something like hibernation. Carefully we now blink our eyelids, stretch our limbs, crawl out of our nests and dare to slowly open ourselves up to a new world. This is exciting. And overwhelming. And a fascinating chance to reinvent.

Where do we begin? Why not at the beginning: it all started with your breath and with your senses. Feeling, hearing, seeing, smelling, tasting.

Fundamental as they are, they tend to be taken for granted. But once we give full attention to them they generate powerful visceral pleasures and carefully ground us as sentient beings in the here and now while at the same time unlocking delicious realms of imagination and dreams.



# Structure



Every day will start with breathwork, and each new dawn will be dedicated to one of the five senses with their very own materiality.

Lovingly we will guide you through playfully modified somatic bodywork treatments and inspiration for introspection, sensual nature walks and artful crafting of unconventional interconnections between ourselves, each other and the landscape.

Think: massages guided by the most interesting sounds.

Think: bacchantian blindfolded food-orgies.

Think: the unknown pleasure of dry poppy seeds carefully being poured over your closed eyelids and groins.

Think: slowly making your way to another by following a scent rather than a thought.

Think: unfolding the manifold possibilities of using your eyes - to touch, to swim in their sockets, to be a portal, to zoom in and out...

***Daily structure:***

***All classes will be given in English with German explanations if needed.***

***Mornings:*** breath-work or movement meditations

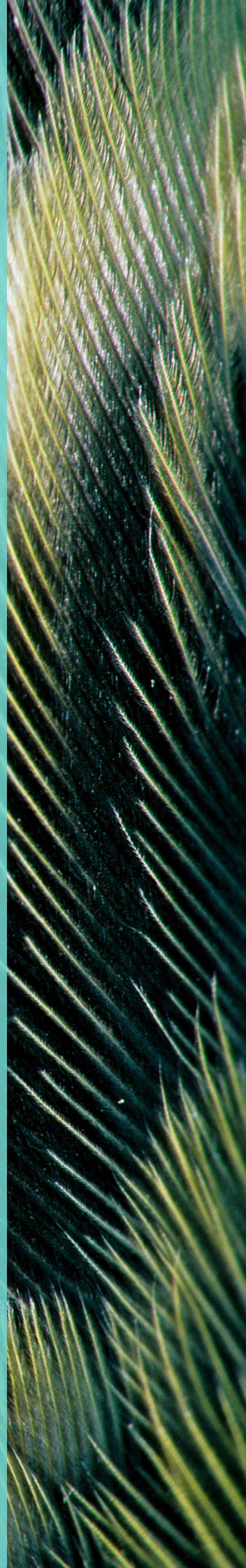
***Daytime:*** intensive explorations of one of our five senses via somatic practices, nature explorations, introspection or playful arts of relating to ourselves and the other

***Evenings:*** rituals, play spaces, sharings, cool-downs

Our practice can lead to clairvoyant experiences, a heightened awareness of our receptors - the ground from where we'll dive into evenings of improvisation and play.

We will create safer and braver containers of festive rituals, indulging what our bodies offer: experimental play spaces with room for the sensual, erotic and kinky; slowed-down sharing circles of unfolding what is alive in the moment; comforting and thought-provoking storytelling or simple nourishing me-time at the pool or fire.

Freed from efficiency we'll be inviting thinking that conspires with wildness, fusing the fundamental with elegant and creative approaches to giving a form to our fantasies. We'll be guided by trial and error/eros, sense and non-sense, biting attention to details, surprise and letting-be, laziness and flow: a promise of life.

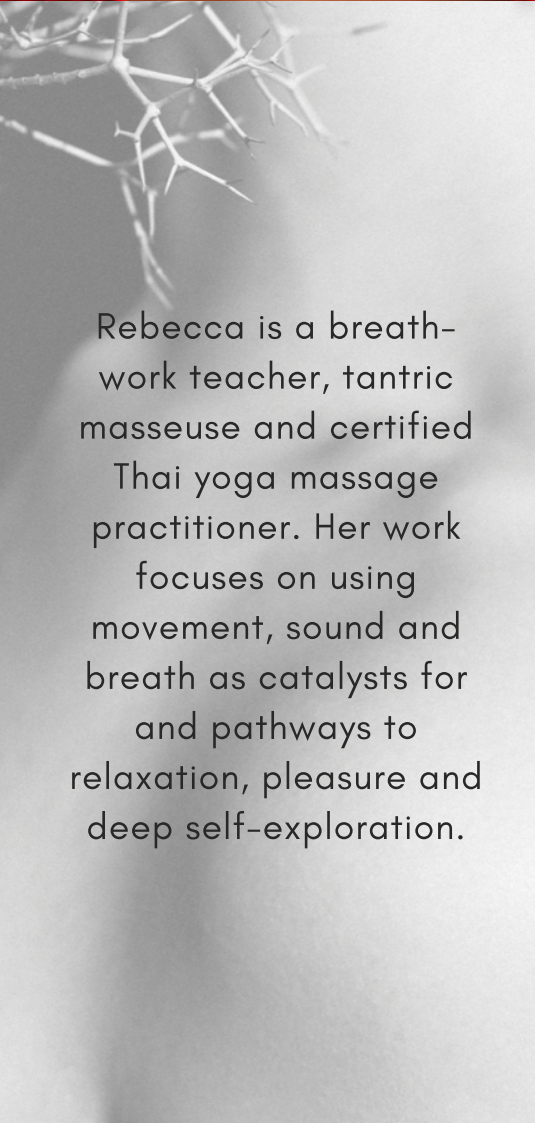




# Facilitators



Beata is conducting sensory ethnography of consent exercises in queer-feminist spaces as a researcher in cultural studies. Her theoretical interests are inspired by her practical experiences in Bodywork, Kink and Play. She arranges her workshops and sessions as collaborative processes. Seemingly silly questions and imperfections are warmly welcome, while harvesting the most interesting experience will be encouraged, so you can find your own unique style and situational nourishment.



Rebecca is a breathwork teacher, tantric masseuse and certified Thai yoga massage practitioner. Her work focuses on using movement, sound and breath as catalysts for and pathways to relaxation, pleasure and deep self-exploration.







## **The Location, Rooms and Logistics**

# LAS ALPUJARRAS AND THE SURROUNDING AREA

Nestled safely high up in the mountains of the Alpujarras, the Cortijo retreat centre is a refuge of fresh air, organic food, and wide-open spaces, equipped with swimming pool, sauna, and breath-taking views. In September, expect mid-20's temperatures, bright sunshine, and complete disconnection from the outside world (with wifi of course... because the internet is our friend...).

There will be plenty of space and time to explore the local area, hike, or just relax by the pool.

The Alpujarras mountain range boasts majestic scenery. Foremost is the amazing vertical nature of the area with deep gorges, precipitous valleys and beautiful white towns which cling to the mountainside.

It is a perfect destination for hikers and although some of the routes are challenging it provides some of the best walks of the region. Official tours offer guided walks stopping for lots of views, coffee, chocolate, a great sampling of local jamon and sausage with local wine.

Granada itself is a gritty, compelling city where serene Islamic architecture and Arab-flavoured street life go hand in hand with monumental churches, old-school tapas bars and counterculture graffiti art.

The Alhambra citadel is one of the most famous buildings in Spain: a Moorish fortress with grand archways and delicate ornamental mosaics.

And, if the beach is your thing, Malaga is not far away.





## ROOMS

The venue is a converted Spanish hacienda (farm house) with a rustic and eclectic room selection spread out over the venue.

Rooms are allocated on a first come first served basis. Camping, shared, twin and double rooms are available. Most bathrooms are shared. Only 2 rooms have an en-suite.

## TRAVEL TO AND FROM THE VENUE

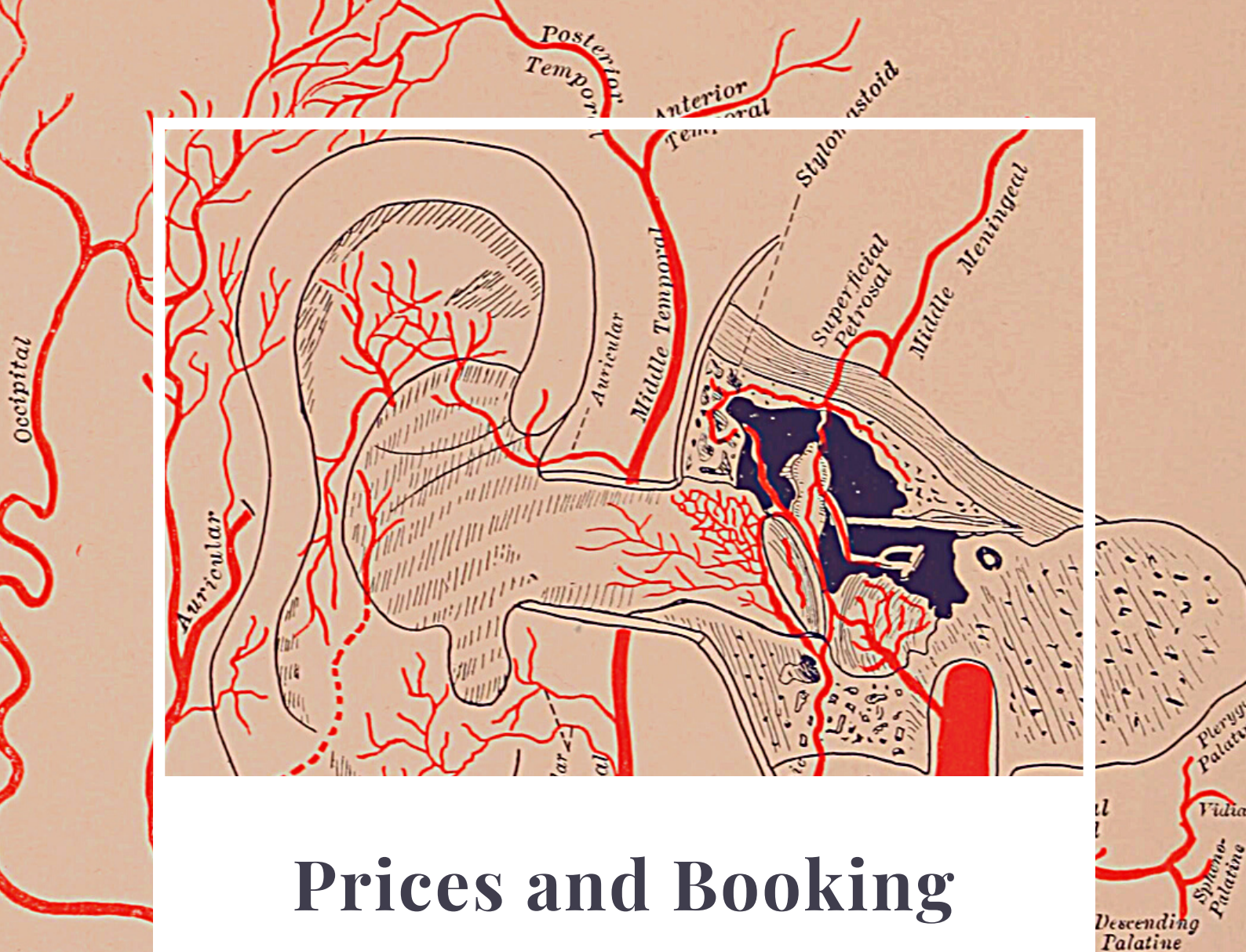
The Caseria is accessible from either Granada or Malaga airports. We recommend car hire as the Caseria is quite remote. Detailed road directions & bus timetables are available on request.

The closest airport is Granada, a little over an hour drive. Malaga is about 2 hours away. From Granada you can catch a bus to Orgiva. We can arrange to pick you up from Orgiva or provide a taxi for €50.

## OUR CORONA RULES

We will require each participant to arrive with a negative PCR test no longer than 72 hours old. Our corona measures are subject to change according to local and international requirements nearer the time.





# Prices and Booking



## WORKSHOP COSTS

We are so much looking forward to spending embodied time together again that we didn't want to make money a burden for people affected by the big C.

Our regular prices apply if you are in a financially stable position despite it all:

Workshop Early Bird Fee, until July 1

**€350**

Workshop Fee, after July 1

**€450**

Lower prices for whomever couldn't join otherwise, to reflect both the importance of this moment, and pay homage to the reality that many of us have faced financial difficulties over the past 18 months.

Workshop Early Bird Fee, until July 1

**€190**

Workshop Fee, after July 1

**€290**



## ACCOMMODATION COSTS

To be paid **in cash upon arrival**:

Prices cover **6 nights accommodation and 3 meals a day** (with vegan and vegetarian options) and range from

Single occupancy (double or twin room)

**€500**

Shared (dormitory style)

**€330**

Double occupancy (per person for double or twin room)

**€410**

Camping

**€250** (with own equipment, rental equipment is available at extra cost)

## HOW TO BOOK

**Sign up here:** <https://www.luhmendarc.com/events/breath-sense-fantasize-retreat-20210918>

Any further questions, and in order to ensure the accommodation meets your personal needs, please email us directly:

**beata@luhmendarc.de**

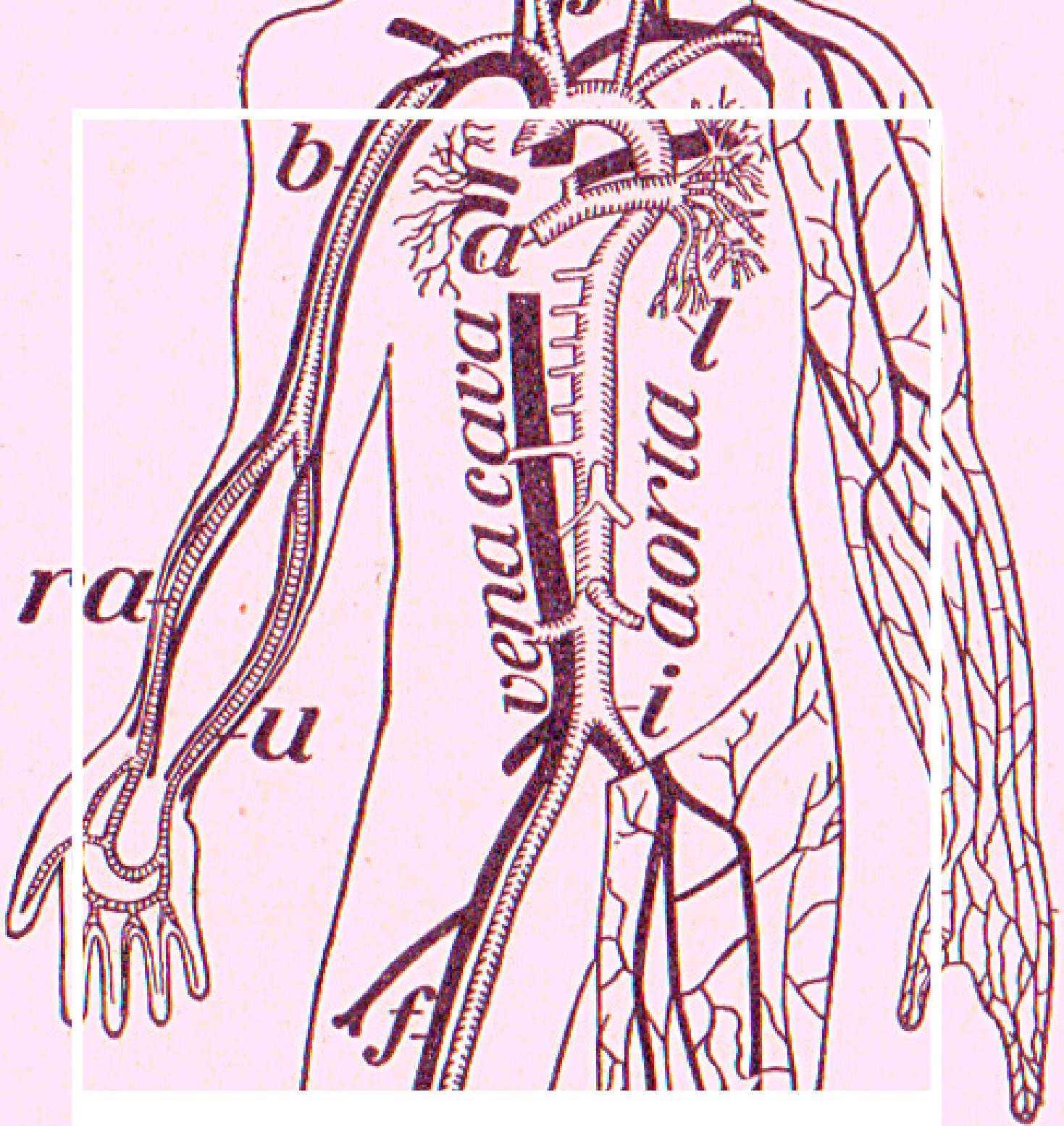
## CANCELLATION POLICY

When booking the event, there is a **non-refundable administration fee of €20**.

To secure your place, please pay the workshop fee. Accommodation fees are to be paid in cash upon arrival.


If you need to cancel your participation for any reason, you can do so free of charge up to 8 weeks prior to the event (July 24). We retain a 20% charge for cancellations up to 6 weeks prior to the event (August 7). We retain a 50% charge for cancellations up to 4 weeks prior to the event (August 21). After this, there are no refunds but you are welcome to find someone to take your ticket and we will transfer the ticket to their name.

In case of cancellation by the organizer, the course fee will be refunded in full.



**More background**





***"To accept sensuousness is to lend one's body to the world and accept its complexities, tastes, structures, and smells ... sensuous scholarship is ultimately a mixing of head and heart. It is an opening of one's being to the world - a welcoming."***

*Paul Stoller: Sensuous Scholarship*

## WHY THE BREATH AND THE SENSES?

It has become a common phrase in the last months: "These are challenging times." Going back to the basics, to find moments of grounding and relief and full-bodied-solutions to challenges has become an important daily practice.

Shifting attention to the breath and the senses is a common, meditative practice to literally come to your senses when feeling scattered all over the place or losing oneself.

Taking a moment to pause and realize:  
What do I hear - without judging it, just observing? Cars, birds, a fly... What do I feel? The temperature in the room, my clothes, my hair tickling my ear... What do I see? The darkness of my eyelids - and still, some sparks and colors in it... What do I smell? Suddenly realizing that I don't pay much attention to smells if they are not prominent... can I smell my own clothes, the dust in the room...? What do I taste? Some toothpaste leftovers, my own saliva,...? What power do I have? To up-regulate or down-regulate myself...to speed up my breathing or slow it down...to change the pace of my heart...of my thoughts... Breathing in, breathing out.

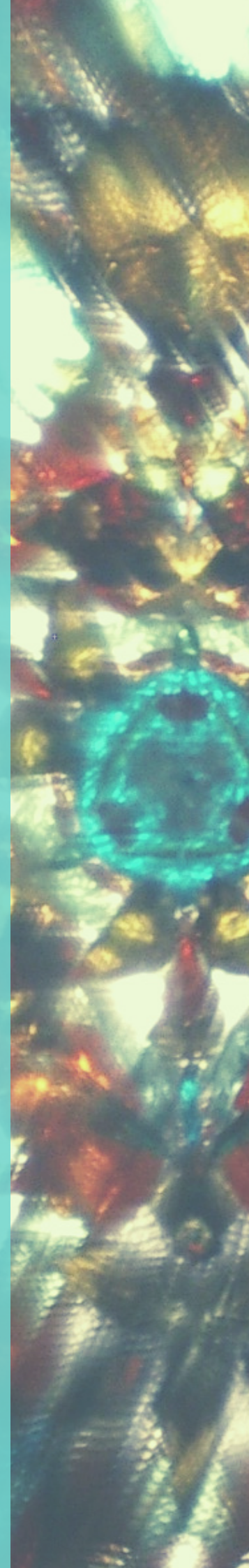
The shift is not only a calming down and feeling closer to oneself, but also becoming curious about the sensations again, being in wonder and awe with the richness of the elemental, entering a beginner's mind.

Also evoking feelings of gratitude. What a gift to be able to get so much interesting information via those portals of the senses! Their diversity, generosity, exuberance, force and sweetness interconnecting us with the world.

So we were curious to take this daily simple practice further, to add different stimulating flavours, think up exciting, extravagant, challenging, silly and absurd, libidiously perverse scenarios. We met regularly, walking through thrift stores, buying crazy materials to build wondrous tactile art pieces we used for our private sessions of tactual experiences that move beyond tickling the other with a feather...

We experimented with ASMR - pleasuring the other only by using intriguing sounds: the cutting of a shepherds wool-scissor, the breaking of the chocolate of a magnum ice cream, the creaking of hemp rope...

We walked through the woods with kaleidoscopes, mirrors and blindfolds and simply fell in love with unlocking our imagination, touching some deeper layers of the unconscious and learning about ourselves and the other through those dedicated and unconventional sensual encounters, that were at times humorous and exuberant, at times erotic and at times quietly contemplative.






# Reimagining our approach to intimacy



Realizing how knowledge of ourselves, others and the place we inhabit is inextricably shaped by the senses – and so can be reshaped. This allowed us to re-imagine our approach to intimacy that has been changed due to the new politics of touch and distance. Instead of wanting things to get back to some kind of “normal”, we wanted to prepare for a new world of experimenting with what is pleasurable and exciting, also enjoying the new interplay of distance and closeness, without rushing anything.

From this the idea for our retreat was born – to harness the breath as a tool for grounding, returning, expanding and dreaming, and to make a collective tribute to the aural, visual, olfactory, haptic and taste. To find new ways of relating to ourselves, each-other and our surroundings – knowing that we are not the only ones feeling, thinking, listening. Creating shared encounters of deep listening and deep responding.





A retreat is time out of time. It's an invitation to experience yourself differently than in everyday life and open yourself up to unrepeatable situational processes that can not be planned in advance. It's also a time to restore, reset, recharge and rediscover. To harvest what is nourishing and letting go what is no longer needed.

The framework we provide aims at weaving poetics of the interrelations of the body, the mind and the environment. Guiding attention towards perception, interpretation and the unusual to remember the richness and nuances of our sensoria. Encouraging attitudes of openness, presence, curiosity and absence of presuppositions.

In solitude as well as in pairs, trios and groups, using a blend of techniques ranging from Physical Theatre and Relational Art, Sexological Bodywork and BDSM, Contact Improvisation and Ritual Play, Butoh dance and Tummo breath, relaxing down-regulating breathwork and Feldenkrais-inspired movement meditations.

Our days will feed our nights. Each evening we will offer a space to integrate and expand upon the practices and experiences we have introduced that day. This may take the form of a guided meditation or breathwork session to send you to sleep, or the opening of a play space to escort and inspire you into the night.

Story-telling by open fires, howling into the valley, melting into the sauna or just relaxing in silence by the pool as the fauna find slumber, each day we will guide you to sleep and welcome you anew when you wake.

# DISCLAIMER

Gender identity, sexual orientation, age etc. are not criteria in the registration process or selection of participants.

Couples and any other kinds of partnerships or constellations are welcome, but we address each participant as an individual. Participants should be generally open to work with anybody and any body. Exceptions can be discussed.

We work with a framework of care, communication, consent and caution.

We do our best to meet different needs, still our resources have their limits. Contact us if in doubt.

We reserve the right to ask participants to leave, should their behavior be harmful. Workshop fees would then be fully refunded, further claims are excluded.

Any kind of hate speech will not be tolerated.

Please bring candy speech.

## IMAGE CREDITS

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