

Rooting Resilience

Erin Fowler

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- Somatic Embodiment Guide
- Certified Somatic Sexological Bodyworker
- Sex educator
- Individuals, Couples & Groups

DeSomatized? Experienced body shame, pelvic floor tension, numbness? Engage the flight/fight reflexes?

Have any scars: episiotomy, C-section, breast augmentation/reduction, circumcision?

Disassociate or feel disconnected, notice distractions while being intimate with self or others?

Experience sexual frustration, porn addiction? Find it difficult to ask for what you want?

Considered *non agenda* touch? Ever mapped states of arousal, fear, tension or pleasure with a sense of curiosity? Intrigued by Core Erotic Themes? What about your resilient edge of resistance....?

SEXOLOGICAL BODYWORK as a one way touch, supportive environment, is a client directed, normalizing series of somatic explorations. Safe boundaries for every session are established by setting intentions while negotiating clear learning objectives. Soma, meaning bodily perception in Greek, is the sensate experience and proprioception of each individual's non-agenda, self witnessing discovery of their body. Practitioners are co-creators in helping students explore personal agency; knowing and expressing what they need/want. They are not surrogate partners and will not fulfill the desire for partner engagement. Supporting instead more awareness of the body as a source of wisdom; practitioners believe that sexual health and erotic education are basic human rights.

Erin offers her clients a creative atmosphere, fine tuning the clunky with curiosity, where feeling states of the entire body are welcomed. She is a trauma informed practitioner who nurtures a deep sense of calm while offering pelvic floor mapping, Scar Remediation and Shame Reclamation. Her nurturing appreciation of somatic expressions assists clients in unlearning chronic constrictions with embodied states of comfort, safety and bliss. Acting as antidotes to sensory-motor amnesia, or numbness, she may encourage clients who tend to avoid authentically asking for what they want to explore a Bossy Massage. Complying with the Association of Certified Sexological Bodyworkers (ACSB) and Somatic Sex Educator's Association of Australia (SSEAA), Erin adheres to their ethical standards; believing greater sensory appreciation for erotically malnourished humans will deepen understanding of self, others and therefore the beautiful world about us.

free 20 minute consultation

RootingResilience.com