

# Katherine Zitterbart

## Workshop List Fall 2019

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Katherine has been working with Bodies and Breath for over 30 years. She teaches workshops on communication, consent, using a non-dual framework for Relationships, and cultivating sexual polarity.

Katie's Work draws on decades' study of Taoism, Buddhism, curricula design and delivery and facilitation.

Katherine's work trauma-informed, sex-positive, body-positive, LGBTQIA+ affirming, and rooted in the pillars of compassion, communication, and consent.



Note: Yoga and Kink Workshop Lists are also available

### **Compassionate Communication**

Back, in school, we learned how to do quadratic equations. Many of us learned how to diagram sentences. We even learned what a water molecule is made of. How many of us learned how to communicate without getting defensive - without minimizing or negating someone else's experience, and in such a way that makes the bridges between people stronger, even if there is a conflict? If you want to understand others more - and to be better understood, then this class is for you. Katie will introduce you to techniques used by different spiritual traditions as well as those by a PhD who coined the phrase: Non Violent Communication.

### **Dealing with Negative People**

We all know at least one person who is just awful to be around: hot-heads, gossips, people who are passive-aggressive, and more. This workshop provides a framework for understanding the thoughts, behaviors, and emotions of difficult and gives you a chance to practice some language, compassion and mind-mastery so you can be free from the bother of negative people.

### **How to Give and Receive Feedback**

This is a highly experiential class that focuses in on a feedback mechanism that is aimed towards giving data to your partner(s) in such a way that they can use it to help co-create more fun the next time you interact. With Katie facilitating and live demos, learn how answering three simple questions can give a wealth of information.

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## **What does Sex-Positive Mean?**

Contrary to what you might believe, being sex-positive doesn't obligate you to having more than one partner. In fact, sex-positivity isn't really even about sex. It's about sovereignty and agency. It's about using anatomical terms for body parts. It's about consent-culture (asking permission rather than forgiveness). It's about more than that, too. Come to this workshop and let's have a conversation about what it means to be sex-positive.

## **Sex-Positive Sound Healing**

Using Crystal Healing Bowls, Katherine will expertly guide you through an inner journey aimed at using the sounds from the healing bowls to 'tone' to the energy centers in your body while using mindfulness and relaxation techniques to help you unwind, relax, and renew in a sex-positive and body-positive context.

## **Intro to BDSM from a Bottom**

If Katherine has learned anything in her 35+ years' experience with kink, it's that a majority of kink education is heteronormative, cis-gender biased, and usually has to do with 'how to do the thing' (topping). This class seeks to give an introduction to BDSM/Kink from the perspective of bottoming/submitting. We will cover general vocabulary, types of play, ways to vet potential partners and more, depending on the time we have the the folks in attendance.

## **The Way of D/s : A Context for Power and Authority Exchange**

Taoism is a philosophy of contrast and polarity, and it is through the contrast of yin and yang, that Taoists find The Way - the path of balance. Balance doesn't mean equality - and it doesn't map to identity. It is about energy, tendencies, and 'natural order'. In this class, Katie will present a primer on this ancient tradition, define the poles of the Tao, and offer a Taoist model for authority and power exchange which is based on the qualities yin and yang.