

*Sunday, June 11, Session 3 Workshops continued:*

“mechanical” issues.

**Being an Assertive Submissive – Room 215**

Presented by: Jen Sadique

Description: We will discuss assertiveness and empowerment for bottoms and submissives. Subtopics: determining what you want, communicating those desires, really examining and defining your limits, resources available, and how to avoid creepy tops and dominants. We could also discuss the differences between bottoming and submission and whether they are relevant.

**Aphrodisiacs – Room 240**

Presented by: A prominent local chef

Description: Chef S thinks food is sexy. Do you? Come experience the sensual power of your palate. Bring an appetite and a sense of curiosity as we explore the many different ways food can be used as an aphrodisiac.

**SESSION 4 WORKSHOPS**

**Erotic Biting: You want to nibble where? – Room 210**

Presented by: Darklight

Description: Come discuss the finer points of the art of erotic biting. From nibbling to really sinking your teeth, we'll chat about ways to create erotic effect and to minimize/maximize marks, and pain. Feel free to bring along your teeth and someone to practice on, but neither are required.

**Topping Tutorial – Room 215**

Presented by: Mistress Mara

Description: This workshop is geared towards folks looking to access their top energy. It will focus on a playful and explorative approach towards S/M with techniques that can be put to immediate use.

**Creating a Feminist Business Model – Room 240**

Presented by: Jennifer Pritchett and Jessica Giordani

Description: Join the owners of The Smitten Kitten in a discussion about what it means to operate a feminist business! We'll cover topics such as: \* History of The Smitten Kitten \* Making your passion your career \* Utilizing the skills you already have \* Importance of role models \* Politics as practice. Come with questions! We're excited for this to be an especially interactive discussion!

**GUERRILLA WORKSHOP ROOMS**

205, 220, 230, 235, and 245 – Signup sheets are on the doors of these rooms.

If you would like to hold a workshop please sign up there and also see a Sexy Spring staffer in room 250 so that we can publicize it and provide a safer space staffer.

**Acknowledgements:** Sexy Spring wouldn't exist without generous commitments of time, money, and materials from many different people and organizations. Thank you to everyone who has helped to make Sexy Spring III possible!



## SCHEDULE OVERVIEW

9:30-10:00	Welcome, snacks, etc.
10:00-11:30	Workshop Session 1
11:30-1:00	Lunch
1:00-2:30	Workshop Session 2
2:30-3:00	Break
3:00-4:30	Workshop Session 3
4:30-5:00	Break (Friday and Sunday only)
5:00-6:30	Workshop Session 4 (Friday and Sunday Only)

**Blegen Hall** is in the West Bank of the University of Minnesota just south of Washington Avenue and north of the Wilson library. The address is 269 19th Avenue S in Minneapolis. All daytime Sexy Spring events take place in Blegen. See page 5 for a map of the area.

**Room 250 is Sexy Spring home base** – Come here to hang out between workshops, get snacks and lunch, find safer sex information and supplies and schedule information.

**Activities for children** will be available in **room 255** during educational events. Activities will be available for kids of any age and will be held in the same building as the educational events. Pre-registration is requested.

**Room 330 is the Quiet Room** – a place to go to decompress – there will be comfortable places to sit or nap and to take a break from fluorescent lighting. A Sexy Spring staffer will be present in this room during all educational events and will ensure that the room is stocked with tissues, snacks and drinks, and relaxing reading material. Please keep this room quiet.

**Sexy Staff Office** – Sexy Staffers can meet and find information about safer space, volunteer schedules, and other items of interest in room 260

**“Guerilla Workshops”** – Remember, you are Sexy Spring – help us fill in the gaps! We encourage spontaneous discussion! If you’ve got a topic that you’d like to discuss with people simply sign up on the sheet on the door of one of the available rooms and invite others to attend, and let the Sexy Staffers in Room 250 know when and where you plan to hold your discussion so that we can publicize it and provide a safer space staffer. On Friday, Rooms 105, 115 and 125 are available, and on Saturday and Sunday rooms 205, 220, 230, 235, and 245 are available.

*Sunday, June 11, Session 1 Workshops continued:*

### **Sexual Negotiation for Survivors: Assertiveness and Self-Esteem, Getting What You Want and Need Out of Intimate Relationships** – Room 240

Presented by: Diane Long

Description: In this workshop we will explore ways to: Create safe space for ourselves and others; Recognize and communicate feelings, wants and needs; Identify personal triggers and stressors; Practice physical and emotional boundary-setting; Respond to the “inner critic;” Transform and release emotions held in the body; Set clear intentions to invite the things we want into our lives; and, Share strategies and resources with each other. This workshop is limited to self-identified survivors.

## SESSION 2 WORKSHOPS

### **Kids in Community: Pregnancy & Parenting** – Room 210

Presented by: Rebecca Trozky-Sirr and Beth Stenglein

Description: Forum for pregnant, planning, seasoned parents, childcare providers, partners of parents, and our allies. How can we identify and create resources for parenting in our communities? This workshop will address both the emotional and physical needs of families and is inclusive of queer, young, poor, artist, activist, single, and people of color.

### **The Reluctant Dominant** – Room 215

Presented by: Gregg Lind and Tara

Description: Many people find taking the dominant role difficult. Even if asked, they fear that what they are doing is abusive and question their own motives and the motives of their partners. A legacy of feminism and changing gender relations has been to emphasize “relationships between equals”, and renegotiating this compact in a play space can be liberating, courageous, and empowering for all involved. I hope to help people liberate the dominants within themselves, and help people explore these feelings without guilt. Submissives may also benefit by hearing the ambivalence many dominants feel.

### **Communicate Gender** – Room 240

Presented by: The GenderBlur Collective

Description: Participants will explore issues of communication around gender, body and sexuality in relationships. Possible topics to be discussed are language, assumptions, body image and perceptions of self and others.

## SESSION 3 WORKSHOPS

### **Sex & Physical Disability** – Room 210

Presented by: Tiffany Carlson and Michael Wilkes

Description: This workshop will include lecture and open discussion. We will specifically focus on physical disabilities and sex, as the term “disability” covers such a broad range of impairments a smaller direction was needed. A relatively large portion of the workshop will focus on sensation loss, positioning advice, confidence in the bedroom, as well as cover basic

SUNDAY, JUNE 11

9:30-10:00	Welcome, snacks, etc. – Room 250		
10:00-11:30 Session 1	Roots of Body-Negative Discourse: celibacy and transglobal community, 50 - 500 AD – Room 210	The Joy of Kissing – Room 215	Sexual Negotiation for Survivors: Assertiveness and Self-Esteem, Getting What You Want and Need Out of Intimate Relationships – Room 240
11:30-1:00	Lunch – Room 250		
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3:00-4:30 Session 3	Sex & Physical Disability – Room 210	Being an Assertive Submissive – Room 215	Aphrodisiacs – Room 240
4:30-5:00	Break		
5:00-6:30 Session 4	Erotic Biting: You want to nibble where? – Room 210	Topping Tutorial – Room 215	Creating a Feminist Business Model – Room 240

**SESSION 1 WORKSHOPS**

**Roots of Body-Negative Discourse: celibacy and transglobal community, 50 - 500 AD – Room 210**

Presented by: Jeffrey Eichholz

Description: Jeffrey will give a brief lecture about gender and sexuality in early Christianity and Judaism followed by a discussion.

**The Joy of Kissing – Room 215**

Presented by: Lisa and Eric

Description: Come prepared with a partner (or partners) to practice with, water, and lip balm! Lisa and Eric will discuss the different types of kisses and guide you through several exercises designed to improve your enjoyment of kissing. Learn what it's like to be told what a great kisser you are!

FRIDAY, JUNE 9

9:30-10:00	Welcome, snacks, etc. – Room 250		
10:00-11:30 Session 1	Premature Ejaculation – Room 205	Self Defense Skillshare for Self Defined Women – Room 225 (continued during workshop session 2)	Massage: Sensual/Sexual Experience? – Room 245
11:30-1:00	Lunch – Room 250		
1:00-2:30 Session 2	Challenging Rape Culture – Room 205	Self Defense for Self Defined Women (Continued) – Room 225	Booty Dancing – Room 245
2:30-3:00	Break		
3:00-4:30 Session 3	Planned Non-Parenthood-- Considering a Life without Motherhood – Room 205	Transpositivism: Envisioning a Trans-positive Society (Part 1 of 2, continued Saturday) – Room 225	Fuck the Pain Away – Room 245
4:30-5:00	Break		Break
5:00-6:30 Session 4	Self-Care for Relationships – Room 205		Dirty Talk for Clean People – Room 245

**Sexy Spring Art Show Viewing and Potluck**

8:00pm, Belfry Gallery (3753 Bloomington Ave)

Peruse the wonderful art in the Sexy Spring Art show, snack on food (bring a dish if you can!), and discuss the art with the artists themselves (many are expected to attend), and enjoy some after-hours mingling with your fellow Sexy Springers at this fun event.

**SESSION 1 WORKSHOPS**

**Premature Ejaculation – Room 205**

Presented by: Zac

Description: An exploration of the issues, both physical and emotional surrounding premature ejaculation.

*Friday, June 9, Session 1 Workshops continued:*

**Self Defense Skillshare for Self Defined Women (Continued during Session 2) – Room 225**

Presented by: Sin

Description: This workshop will be focused on practicing exercises and sharing strategies surrounding self defense. It is open to women of all abilities, body types and levels of experience. Wear clothing you can move in. \* Please note that this workshop is closed after it begins and that only those who participated in the first session will be able to attend the second session.

**Massage: Sensual/Sexual Experience? – Room 245**

Presented by: Susan Miranda

Description: Susan Miranda invites all interested in this topic to attend this workshop whether your experience is as a client of massage, bodywork or therapeutic or healing touch or a professional practitioner of a form of massage, bodywork or touch. Join this conversation to discuss the fine lines of sensuality and sexuality when utilizing or receiving massage or touch in a therapeutic way.

## SESSION 2 WORKSHOPS

**Resisting Rape Culture via Anti-Oppression Work – Room 205**

Presented by: Emily Lindell

Description: Emily Lindell will lead a guided discussion focusing on sexual assault education and rape culture resistance.

**Self Defense for Self Defined Women (Continued from Session 1) – Room 225**

Presented by: Sin

Description: See Page 3 – only those who participated in the first session will be able to attend the second session.

**Booty Dancing 101 – Room 245**

Presented by: Garrett

Description: This workshop will teach some basic techniques and etiquette for gettin' nasty on the dance floor. There will be some warm ups, open time to teach and share moves, discussion on consent and then some lightly facilitated practice time. All efforts will be made to make the class fun and comfortable for beginning dancers and shy people. Active consent will be a priority.

*Saturday, June 10, Session 3 Workshops continued*

lots of products so I shouldn't worry about my sex toys. In this workshop you'll find out the story behind these statements and more. Learn about sex toy materials and get the information you need to make smart decisions about what you choose to play with and how you choose to invest your money.

**Radical Monogamy and Other Enigmatic Ideas – Room 215**

Presented by: Jenn Welna

Description:

rad.i.cal, adj.:

1. departing markedly from the usual or customary.
2. favoring or effecting fundamental or revolutionary changes in current practices, conditions, or institutions.

Polyamorous, queer, master/slave, open, married, kinky, vanilla, closed, triad, pervy, straight, monogamous... how do we create and define healthy, radical relationships? in this workshop we'll explore the ways in which what we label our relationships effects how we relate in them. we'll discuss different strategies to dissolve binary gender roles within relationships and share how different relationships challenge the traditional allocation of power in our culture.

**Transpositivism: Cleaning Our Wounds (Part 2 of 2) – Room 225 (runs until 5:00)**

Presented by: Hazel T.

Description: This workshop seeks to engage a trans-identified people and other people personally impacted by trans issues. We will share the ideas that hurt us and have power over us with two goals in mind: to help each other in our journeys toward self-acceptance; and to come up with alternative ideas that support the whole trans community, and thereby heal the rifts and form a more inclusive and supportive community. You may participate in this discussion if you feel that trans issues impact you directly, whether or not you identify as trans, and regardless of your gender determination. Allies who do not feel that trans issues impact them directly may observe, but are asked to refrain from speaking.

## GUERRILLA WORKSHOP ROOMS

205, 220, 230, 235, and 245 – Signup sheets are on the doors of these rooms. If you would like to hold a workshop please sign up there and also see a Sexy Spring staffer in room 250 so that we can publicize it and provide a safer space staffer.

*Saturday, June 10, Session 1 Workshops continued:*

**Kinky Play for Novices** – Room 215

Presented by: Mistress Shannon

Description: Learn how to confidently and safely take those first steps into this wonderful world of new sensations and experiences. Mistress Shannon is a lifestyle Dominatrix with decades of kink experience. She will finish with a short demonstration and ample question and answer period. Bring an open mind and your imagination. You won't be disappointed.

**Revolution in Reproductive Health** – Room 240

Presented by: Rebecca Trozky-Sirr and Anne Johnson

Description: What should we do if Roe v Wade falls? Can we do our own abortions? Should we? Is birth control a part of consent? How can we access the services we need? Is there such a thing as a free vasectomy? Does natural family planning really work? How to teach your friends to become condom experts in 5 min. How do I know if I have an STD? Where can I go? What diseases& infections are prevalent in our community?

**SESSION 2 WORKSHOPS**

**Harm Reduction** – Room 210

Presented by: An expert in STI (sexually transmitted infections) prevention

Description: An experienced STI prevention trainer will guide attendees in a discussion about what behaviors and practices put us at more or less risk for transmission of STIs. Learn what you can do to decrease the risk of both getting and transmitting STIs.

**Cervical visualization and self-exam** – Room 215

Presented by: Rachel Tell

Description: I plan on giving a short presentation on human female internal reproductive anatomy and the basics of a cervical self-exam then going through the procedure for cervical self-viewing with possible demonstration on myself (depending on the comfort level and needs of the participants). I plan on bringing along cervical self-exam handouts, nitrile gloves, non-glycerin lubricant, hand lights, mirrors, and a number of new plastic specula in varied sizes (hopefully enough for all participants). Everyone who attends should have the opportunity to try the cervical visualization during the workshop if they so choose (and time permits).

**SESSION 3 WORKSHOPS**

**Smart is Sexy: How to be an Informed Sex Toy User/Consumer** – Room 210

Presented by: Jennifer Pritchett and Jessica Giordani, proprietors of The Smitten Kitten

Description: True or False: If you use a condom on a "jelly" sex toy it's safe. True or False: All lubricants are created equal. True or False: Chemicals are in

*Friday, June 9, Workshops continued:*

**SESSION 3 WORKSHOPS**

**Planned Non-Parenthood--Considering a Life without Motherhood** – Room 205

Presented by: Professor Carolyn Whitson

Description: In this session, Prof. Carolyn Whitson of Metropolitan State University will give a talk regarding choosing a life without parenting and then open the floor for lively discussion. Issues to consider: social hostility toward non-mothers, living in a world of creeping non-choice, challenging stereotypes, intersections of race, sexuality and class issues in discussions of non-motherhood, discussing one's decision not to parent with a partner, developing a female self in the face of sexism.

**Transpositivism: Envisioning a Trans-positive Society (Part 1 of 2, continued Saturday afternoon 3:00-5:00)** – Room 225

Presented by: Hazel T.

Description: Explore and discuss what a trans-positive society/community would look like and how we should get there. This workshop is open to participation by trans-identified and non-trans-identified individuals. This workshop will continue tomorrow with "Transpositivism: Healing Our Wounds," a session open to participation only to people who feel that trans issue impact them directly.

**Fuck the Pain Away** – Room 245

Presented by: Garrett

Description: This facilitated, yet open, discussion will encourage participants to examine the many ways that sex, sexual/sensual exploration, kinky play, kinky relationships and supportive, sex/body-positive community can lead to healing, liberation, empowerment, heightened awareness, recovery, and other dramatic changes. Digressions and details will be welcomed. The session will only be loosely structured so that it can follow the ideas and focus of the group that attends. Demonstrations, storytelling, and other explicit forms of personal expression will be welcomed. Confidentiality and ongoing consent will be priorities.

**SESSION 4 WORKSHOPS**

**Self-Care for Relationships** – Room 205

Presented By: Suzanne Fischer

Description: Participants will discuss and develop strategies around self-care in the context of intimate relationships, including communication and setting boundaries.

Friday, June 9, Session 4 Workshops continued:

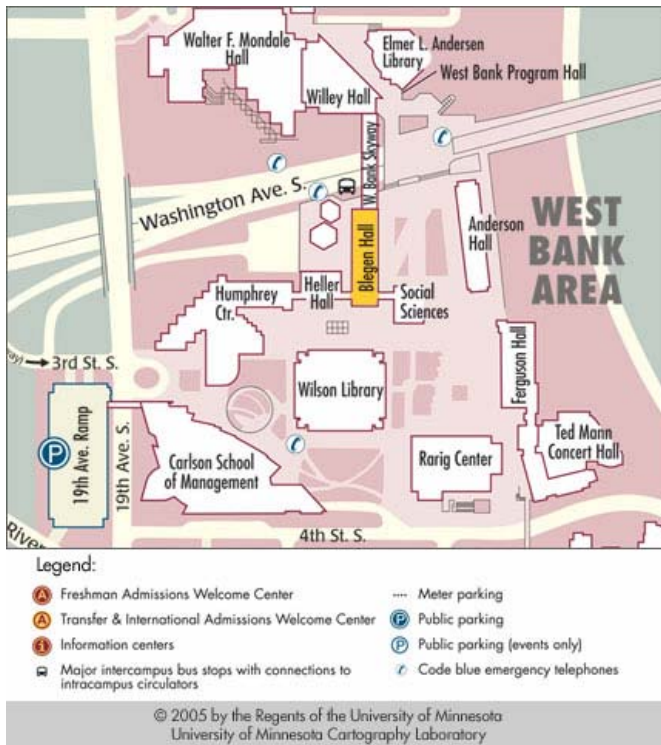
**Dirty Talk for Clean People – Room 245**

Presented by: Gregg Lind and Charlie Copper

Description: Conscientious, caring, liberal people, concerned with equality and mutual understanding in relationships can be surprised at how much they enjoy “nasty,” “dirty,” and even non-“politically correct” word play. We will discuss how to start exploring dirty talk with your partner/s, and how to have fun with it, and how to best avoid offending anyone who you’re trying to turn on.

**GUERRILLA WORKSHOP ROOMS**

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**Wild Wild Midwest Cabaret and Dance Party**

Doors open at 7:30, Cabaret at 8:00, Dance Party to follow at 10:00

Patrick’s Cabaret (3010 Minnehaha Ave S.)

The ‘Wild, Wild West Cabaret’ features burlesque, drag, musicians, performance, and spoken-word performance focused on sex- and body-positivity, gender and relationships. The Cabaret will be ASL interpreted. A dance party will follow the Cabaret. This will be a fun opportunity to meet the Cabaret performers, use the moves learned in the ‘Booty Dancing’ workshop, and generally have a good time in a safe environment. Patrick’s Cabaret is wheelchair accessible.

**SESSION 1 WORKSHOPS**

**Consensual Sensuality: The Joy of Massage – Room 210**

Presented by: Diane Long

A hands-on experiential workshop to learn and practice a variety of massage techniques to relieve pain and stress, promote relaxation and provide a safe context to explore the pleasure of touch.