



# ESSENSUAL MOVEMENT & EXPRESSION

## In-Person

A Six-Week Exploration for  
Women & Vulva Owners

## Starting

9TH MAY 2024, ALJEZUR  
SW Portugal

Limited Spaces!



[www.arantxajoseph.com](http://www.arantxajoseph.com)



[@arrantxa.joseph](https://www.instagram.com/arrantxa.joseph)



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ALJEZUR, MAY 2024

Welcome home to the wisdom of  
your body & sensual innocence!

## ESSENSUAL . . .

refers to Sensual pleasure as a source of vitality & joy which is essential for our personal nourishment & well-being as women & vulva owners.

The demands of the world can be a very heavy burden to carry on our shoulders as we are expected to be in full-time servitude to others (family, work, home etc...) and little time is left for prioritising our own needs & desires.

## THE EXPLORATION

A six week experience, for women & vulva owners, dedicated to the exploration of the THE ESSENTIAL SENSUAL through movement & expression.

An opportunity to prioritise your own well-being- as an act of love from you, to you. An opportunity to give your self that much-needed self love & attention.

After all, no one can love you the way you want to be loved, other than YOU!

Held in a circle of other women & vulva owners, you will realise that your burdens are not yours alone & that your gifts are a blessing to be revealed & shared with others.

Principles of creative & authentic movement will be combined together with practices of Somatic Sexology & safe space is intended to be created for you to explore, play, open, get vulnerable and be fully seen in your sensual essence.



# YOUR FACILITATOR



ARANTXA JOSEPH

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 [arrantxa.joseph](https://www.instagram.com/arrantxa.joseph)  [arrantxapjoseph](https://www.facebook.com/arrantxapjoseph)

# ARANTXA | Facilitator

Introducing Arantxa, a mesmerizing fusion of artistic prowess, maternal warmth, and linguistic finesse. A virtuoso of movement, she effortlessly transitions between the roles of dancer, singer, and performing artist, all while nurturing three vibrant souls as a devoted mother.

Fluent in English, Spanish, and Portuguese, she paints her world with a vibrant tapestry of cultural richness and diversity. Yet, her canvas extends beyond the stage and into the realm of holistic healing.

As a 3rd year student of Somatic Sex Education, Arantxa's journey is a testament to her relentless pursuit of mastery in the art of body-centered personal growth.



Arantxa's essence pulsates with an unbridled passion for facilitating transformative journeys. Through the prism of Laban Creative Dance and West African Dance, she invites others to delve into the depths of their being, to unearth the dormant wellsprings of joy and erotic expression.

Her teachings transcend movement, serving as gateways to the sacred chambers where truth and wisdom converge. At the heart of her philosophy lies ESSENSUAL Movement & Expression.

With unwavering conviction, Arantxa advocates for the liberation of self-expression, inviting others to revel in the unabashed celebration of pleasure through movement. Hers is a dance of liberation, a symphony of unapologetic embodiment, where every gesture becomes a testament to the profound interplay of body and spirit.

As a facilitator and practitioner, Arantxa radiates empathy, compassion, and ethical integrity. Her presence offers solace to those navigating the seas of self-discovery, nurturing future practitioners dedicated to spreading love and compassion. Arantxa's legacy transcends time and space – a radiant beacon illuminating the path towards a world suffused with the love of life and the love for humanity.

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## COURSE CONTENT

During the six weeks we will cover...

- Dance & Creative Movement
- Somatic Awareness
- Anatomy of Arousal
- Understanding Sexual Energy
- Breath-work
- Body Poem
- Sound & vocal pleasure
- Conscious self touch exploration
- Mindful meditation
- Community Reflective practices
- ESSENSUAL M&E Celebration

\*NOTE:

No overtly sexual practices will be facilitated or nudity encouraged.

ALJEZUR, MAY 2024

## SESSIONS & TIMETABLE

### ESSENSUAL MOVEMENT & EXPRESSION STUDENTS

In-person | Dates 6th Edition

Thursdays 10am-12 noon

May 9th, 16th, 23rd, 30th

June 6th, 13th

### ESSENSUAL CELEBRATION

Thursday 20th June: 10am-1pm

## REGISTRATION FORM

Please go to the bellow link & fill in the google forms & proceed with the payment for registering with the upcoming ESSENSUAL MOVEMENT & EXPRESSION.

FORM:

<https://forms.gle/iPPN6FFQVQeGStsS8>

### PAYMENT DETAILS:

To save your place, pls pay in full to one of the following accounts and send proof of payment via whatsapp or telegram to: +351 964 588 588

NAME: Arantxa Joseph

IBAN: LT24 3250039582413859

BIC: REVOLUT21

Or if you have a Revolut Account: @arantxaw7fl

Or Mbway: 964588588 (and send proof of payment).

\*Payment plans & reduced prices for those with financial challenges will be considered.

\*NOTE:

In case of last minute cancellations, payment is non-refundable.

Under extenuating circumstances, the deposit can be transferred for a future cohort but it cannot be refunded.

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# LOCATION



The Womb with a View is a healing vessel of Soma da Terra, located in the heart of the SW Coast of the Algarve, just outside Aljezur.

It is located near Aljezur, surrounded by wild hills in a supportive environment for the exploration into Essensual M&E & other embodiment healing arts modalities.

The facilities are simple, functional, and comfortable.

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# TESTIMONIAL

"I still can not comprehend that 2 hours of dancing for 6 weeks can contribute to such a profound shift in myself and my life.

Before starting this 6 week training I had no real idea what I signed up for, I just felt I had to be there.

The discovery over the weeks have been endless...  
From feeling bodily out of shape, tight and closed around the pelvis and hips, to feeling vibrant, energised and having hips that just move by themselves. From feeling shy, insecure and vulnerable around the topics of sensuality and sexuality to feeling released, more confident and empowered to not only express myself, but also communicate about that part of myself.

I feel more empowered to speak out for my truth no matter which area of life.

(...) I am now (re)discovering how much life force, energy joy lay in that sensual beautiful energy source of my female body and am truly sensing it's positive impact on the relationship with myself, my partner and in my life in general.

Arantxa her guidance and companionship on this journey have been amazing. Her grounded presence, trust and art to hold space made me feel safe and seen.

Exploring this work in the presence of a group of beautiful, vulnerable and strong women makes it even more special. I grew more comfortable to gradually show more, peel of more layers and express myself while being held by the non judgemental presence of these amazing group of women.

It was such an honor and joy to see each and every women move through their own layers and stories, starting to feel free and blossom in their own unique sensual way. And this is just the beginning...:)

Something magical happens when women get together in a space like this and this 6 week training is every prove it of!

Arantxa, much gratitude for sharing your work, skills and beautiful self in this profound and important field! I wish for every women to have the possibility to (re)discover this part of herself."

# THE EXCHANGE 222€ or 444€

The exchange for the 6 week ESSENSUAL M&E Exploration is 222€ and includes:


1. Weekly 2 hour in-person sessions at the Womb with a View at Soma da Terra, Aljezur, for 6 weeks.
2. ESSENSUAL MOVEMENT & EXPRESSION group study.
  - I'll invite you to share your reflections on what it was like for you. What you learnt about yourself.
  - I will invite you to engage in home-play practices, share your reflections on how that went and again, what you learnt from yourself & what you would like to explore next.
3. BILINGUAL FACILITATION  
All sessions will be facilitated in Portuguese and in English. I am fluent in both languages and find it manageable to communicate in both languages simultaneously.
4. Whatsapp /Telegram group to share the above-mentioned reflections with me and each other (those who prefer to share only with me are also welcome to DM me), in a few sentences or a paragraph, share music & SM (Social Media) profiles.
5. Resources to support your embodied learning.
6. ESSENSUAL CELEBRATION: joining together all present and past students in a 3-4hour gathering with ceremonial grade cacao, to connect, celebrate and network, weaving minds, hearts and wombs.
7. SUPPORT: When needed, I'll be available directly for support online. (VM/DM).
8. 1:1 COACHING /BODYWORK (optional):  
For those of you that would like to sign up for 2 additional 1:1 Somatic Sexology | Intimacy & Pleasure Coaching/bodywork sessions with me, one at the beginning of the 6 weeks and another at the end of the process.

I'll be offering a 25% off the value of these sessions.

This option is 444€

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# Looking forward to welcoming you!

Photo Credits : Pedro Correia |  @mysmoothvision

Manon Zampieri |  @zmfreespirit

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