

# ASPEX | 2019

Advanced Sexological Personal  
Exploration Xperience



A 6 DAY INTENSIVE FOR SEXOLOGISTS  
LED BY DR. PATTI BRITTON



# WELCOME TO ASPEX 2019!



ASPEX is an intensive for sexologists led by Dr. Patti Britton.

It's an experiential personal journey of sexual self-discovery to truly heal the healer.

This year, in 2019, we are adding an additional day to the ASPEX program! For the first time, you are invited to join us for 6 days and 5 nights.

ASPEX expands your boundaries and lets you dance with your sexual soul among enlightened peers in joyful expression of limitless possibilities. Based on the successful events in May 2015, 2016, and 2018 in Poland, and June 2017 in the Czech Republic this training is what we sometimes call "SAR FOR GROWN-UPS"! ASPEX will truly leave you feeling "FREE" in a way you have never felt before.



# WHO IS ASPEX FOR?

ASPEX is open to you if you work in human sexuality and need to take time for yourself. It's a safe space for if you're feeling burned out and need to be with people *who really understand you*.

ASPEX is great for:

- Sexologists
- Sex coaches
- Sex therapists
- Sexological bodyworkers
- Counselors
- Therapists
- Tantrikas
- Dakas/Dakinis
- Sex workers
- Surrogate Partner Therapists

“

*If you sometimes feel your work and your mission to bring positive sexuality and healing to the world is a lonely one, come to ASPEX and you will realize that there is a huge powerful tribe there to support you!*

”

Anka Grzywacz, Switzerland  
[www.lovesexbaby.com](http://www.lovesexbaby.com)

This is an open space where all feelings and desires are welcome. Come as you are to take stock and be amongst your sexological peers.



# WHAT YOU'LL GET FROM ATTENDING ASPEX

- Expand your boundaries about what you feel about sex, sexuality, and sexual expression
- Enrich your acceptance of sexual humans—yourself and others
- Illuminate your fundamental sexual needs as a person first then as a clinician or educator for others
- Empowerment as a sex-positive change agent
- Lavish yourself with joyful shared connection and a pathway to personal sexual ecstasy
- Enable Sexual Self Realization as the ultimate result
- Experience emotional clearing of past wounds
- Engage in the exploration of female/male genitals and the Sexual Response Cycle
- Discover how to move into a state of personal embodiment
- Learn sensual movement and touch for personal liberation
- Acquire a plethora of techniques for freeing your sexual self
- Discover a community of like-minded, open-hearted, soulful peers
- Meet world leaders in personal growth, erotic exploration, and sensual awakening
- Explore BDSM practices in a safe, supportive environment
- Learn specific tools for self soothing
- Gain high level tools for freeing the old blocks to your sexual bliss
- Enjoy a natural setting and healthy lifestyle
- Enlarge your network
- Learn to describe your own work and how to maximize its impact
- Be available to treasure being in the present moment and much more...

# HOW DO WE DO THAT?

ASPEX follows Dr. Patti Britton's MEBES© model as its theme and uses the shamanic MEBES© wheel as the center of all process work in the space:

**MIND:** What you need to know

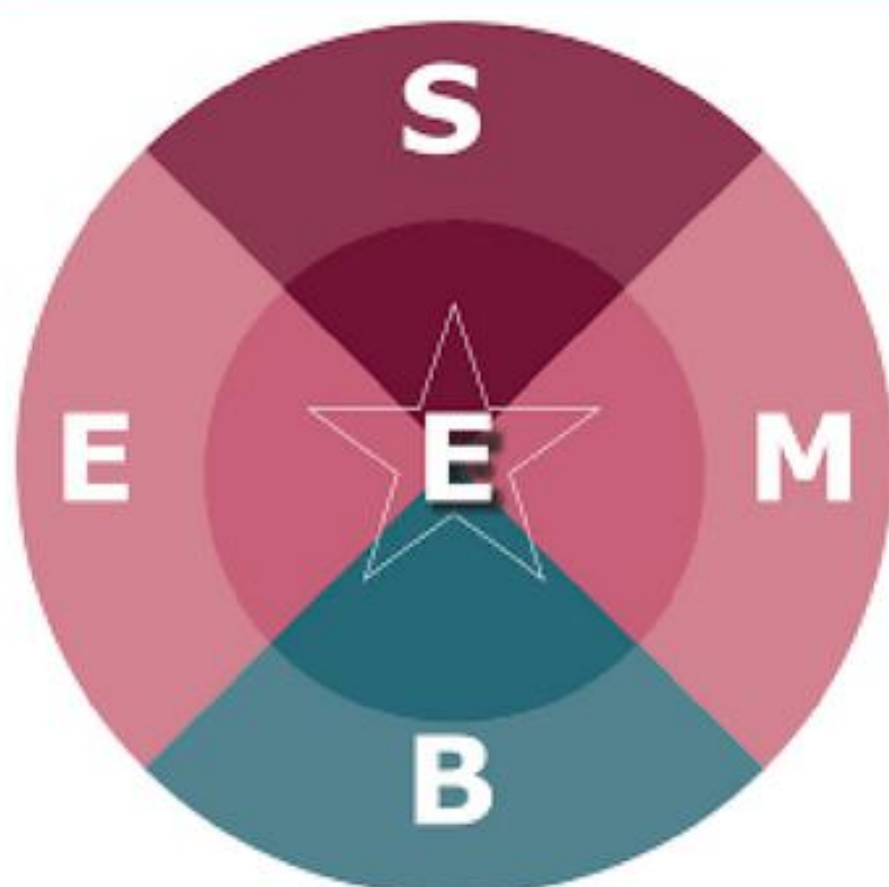
**EMOTIONS:** Explore your feelings

**BODY/BODY IMAGE:** Know your sexual patterns and awaken your body

**ENERGY:** Access energy

**SPIRIT:** Evoke spirituality

## The MEBES Wheel



Mind

Emotions

Body

Energy

Spirit

“

*ASPEX is a complete transformational experience. I was healed without knowing I was wounded.*

Teddy Curle, New Zealand

”

# OUR FOCUS AT ASPEX IS:

- De-bunking myths
- De-shaming
- Unraveling personal blockages
- Liberating body-based sexual energies
- Building sexual intelligence
- Finding balance in giving/receiving
- Soaring into sacred space
- Touching spiritual freedom
- Exploring touch in safe space
- Unleashing sensuality
- Finding your sexual voice
- Reveling in joyful, sensual play

This training is a journey in self-discovery toward sexual self-realization, through mini-lectures and demonstrations, self-awareness techniques, personal journal writing, dyads, small and whole group discussions, experiential exercises, playful art expression, movement and dance, sounding, shamanic drumming and journeying, sexologically-based bodywork, and sacred ceremony.

“

*Before the workshop I was a bit skeptical. Afterward, I was sure I couldn't have spent them better! As expected, there was a bit of exploration of new experiences. Though what turned out to be much more profound was dive into deeply entrenched insecurities, often stemming from childhood. Touching them was painful, but fruitful - allowed me, and my relationship, to grow.*

”

Piotr, Data Scientist, Warsaw, Poland

# WHAT WILL YOU EXPERIENCE?

Using the MEBES mandala wheel system, you will discover sexual healing for yourself and how to apply this system with your clients or your own sexual experience.

Expert speakers will present their areas of specialization during three of the six days. Nudity will be part of the event. No sexual touching WITHOUT CONSENT will occur - touching only takes place with the permission of the participants involved.

**This is an advanced training. To protect the integrity and safety of the “container” for this group, we have some ground rules:**

- No one will be permitted to attend without an approved application.
- No one is permitted to participate who cannot attend all 6 days (the full training).
- No late arrivals or early departures are allowed.

“

*ASPEX is an unbelievable experience that not only every sexologist, sex coach, and sexpert--but every erotic creature in this planet and every thinker about sexuality should have it. It's a hypnotic journey to the real nature of human sexuality and to eroticism. I returned from ASPEX a completely different person, free from shadows and fears. After ASPEX, I decided to take my job some steps further and to help my country and my culture to leave behind all these centuries of sexual shame that imprison people and keep them away from happiness.*

Eirini Cheirdari- Sex editor and sex coach at IA  
(International Andrology Institute)  
Athens, Greece

”

# YOUR INVESTMENT

Tuition is **\$3,500**

A limited number of places for ASPEX graduates and residents of Poland are available at a generous discounted rate of **\$1,750**

A deposit of **\$500** is required to secure your place.

A Payment Plan is available for 6 months or 3 months, equally split payments of the balance after the \$500 deposit is paid to secure a place.

# HOW TO APPLY

Are you ready? Let's go! Click on the button below to send your application.



**I want to go to ASPEX 2019!**

“

*ASPEX is the most powerful, well put-together event I've ever been to. I help organize retreats/workshops and I felt so safe, so nurtured and so grateful.*

”

Dominique Peters, Hawaii, USA  
[www.dominiquepeters.com](http://www.dominiquepeters.com)