



Post Office House, The Square, Blackness, West Lothian EH49 7NG
0515 683 0737 (m) 07713 643971 email: chris@chrisgrady.org

Revelation / Clothing Optional Workshop 25th & 26th April 2020

"How do we choose to reveal our bodies and our selves through life, performance and art?" This question has prompted practice-based research for me for three fascinating years.

I am a naturist, theatremaker, and explorer of sacred sexual spaces. Since 2003 when I joined British Naturist, I have found a greater understanding of my life, my body, my self-worth. Thereafter I began attending many workshops which explored the body - tantra, couples, group, massage. Each taught me about myself, and each was a piece of living sculpture, art, theatre in itself.

So then I hosted a series of Open Space workshops where we discussed any issues which resonated from the big question above. And I summarised the work here. <http://www.chrisgrady.org/cotheatre/>The workshops were clothing optional. We gathered theatremakers, people who worked in yoga, tantra, massage and other aspects of sacred and sexual exploration, a few academics who were exploring the body, and naturists who led workshops or were interested in deeper exploration of self. That was whilst I was in England. I moved back to the Edinburgh area in 2018.

We have a small studio in our house and for the weekend of 25/26th April we have the house to ourselves, and I thought it would be a great opportunity to run a two day Open Space workshop with practitioners and interested individuals who would like to experience some of the work we have been exploring, and to bring their own issues and topics for discussion and exploration.

Each day will be run Clothing Optional - so it is up to each person to choose the level of clothing they feel most appropriate at any time. The only three things everyone needs to sign up to is:

- a) an acceptance that they will be in a workshop where nude bodies will be present
- b) no harm to self, other, or the "sacred space" we will be seeking to open and create
- c) whilst contact/touch will be welcomed as part of the exploration, we will introduce and absolutely adhere to the consent model of "yes, no, maybe". There will be quiet space for personal reflection. There will be time to integrate and feed back.

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Day One will be a mix of introductory exercises, and a series of sessions where topics can be explored in discussion, or through movement, painting or other expression. Day Two will begin to gather some of this wisdom and creativity and lead to a short ritual/event at the end. The space holds 15-20 people. It will be warm and welcoming. We will have a mix of people who are immensely experienced at being in and holding space for others, and we may have people present for whom any workshop like this is a first.

I am delighted that my wife, Kath Burlinson, a massively experienced workshop facilitator and theatremaker, is available to co-host with me.

My hope is that there will be three results for the weekend:

- (i) each individual will feel seen, heard, better understood, have gained a better understanding of self through the experience - and had a good, safe, fun time
- (ii) A small group of individuals will emerge who would like to see more of this work happen, and may be able to champion it in unexpected places
- (iii) I will see the best way to take this work forward into workshops which may, one day be open to the public as clothing optional events - with some key responses as to why this could be good for community.

We will charge a small course fee for the weekend, but I don't want to make it prohibitive for anyone who would benefit from, and contribute to the work we do.

If you would be interested in attending, please email chris@chrisgrady.org with a short introduction which illustrates why this work resonates with you at this time. We will be selective to create a mix of people to move the ideas forward. This will not be chosen by age or gender identity, but purely on a basis of having a good mix of experience and interest in the space.

Thank you

Chris
5th Feb 2020