

A close-up photograph of a pomegranate branch. The branch is covered in vibrant green, glossy leaves. Several bright red pomegranate flowers are in various stages of bloom, showing their characteristic five-petaled structure and numerous stamens. Some flowers are fully open, revealing the yellowish-orange center, while others are still in bud form. The background is a soft, out-of-focus green, suggesting more foliage.

Kasia Kopanska
Dr Kasia Kopanska

ROUTE: EXPERIMENTATION

SEXOLOGICAL BODYWORK

SEXUALITY - THE RIGHT TO FEEL

Our sexuality reflects who we are: free or inhibited, open or closed, alienated or connected, avoidant or attaching. It reveals our will power and the capacity to surrender.

Embodied sexuality is a process of liberation, act of intimacy with ourselves, partners, and life. It allows us to create, and to move through life empowered, authentic and fully alive.



Sexuality directly connects us to the ecstatic intensity of life that is flowing through our bodies.

WHAT IS SEXOLOGICAL BODYWORK?

In a lively, creative, and very effective form of somatic bodywork, we combine body-oriented sexual counselling with bodywork.

As sexological bodyworkers, we help people to feel their body in a more conscious way. We support our clients in their learning to experience new ways to expand freedom and satisfaction in their sexuality and relationships.

With various methods of touch, breathing, movement, sound, mindful massage, and communication, you will find more body awareness and an authentic expression of your sexuality.



Sexological Bodywork is a profession recognized by the State of California. It has been taught in Switzerland, and Europe at the International Institute for Sexological Bodywork IISB® in Zurich since 2009.

WHO IS SEXOLOGICAL BODYWORK FOR?

- **Do you crave more fulfilment and intimacy in your relationships?**
 - **Do you wish to feel more alive, enthusiastic, creative?**
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Yes! I want to:

- Discover and expand my sexual potential
- Develop self-affirmed intimacy and sexuality
- Deepen intimacy and sex life with my partner(s)
- Learn how to give and receive sensuality
- Self-accept my body and gender
- Learn in topics related to arousal, orgasm, erection and ejaculation
- Regain sexual functioning and pleasure after childbirth, surgery in the genital area, breast area, prostate
- Release pain and scar tissue in the pelvic and intimate areas
- Explore anal health and pleasure



WHAT TO EXPECT FROM A SESSION?

Depending on your needs we start with



Embodiment Inquiry

1.5 h

or



Taster Session

3 h

- get to know each other
- understand your current situation
- inquire about the status of your body and mind

- get to know each other
- specify learning fields and goals
- dive into somatic bodywork (including pelvis area, genitals, breasts) to see your embodiment state

In the next step you can choose



Mentoring

3 x 3h
5 x 3h

or



Single Session

3h

ideal for

- deeper transformative work
- sustainable learning
- sessions recommended every 2 - 3 weeks

ideal to

- rework a very specific subject
- best for sustaining learning process after deeper mentoring work

The full session contains: introductory talk to specify together the learning field and goals, mindful full bodywork (including genitals), closing talk: sharing, reflections, future direction, home exercises. I work fully clothed.



Prices

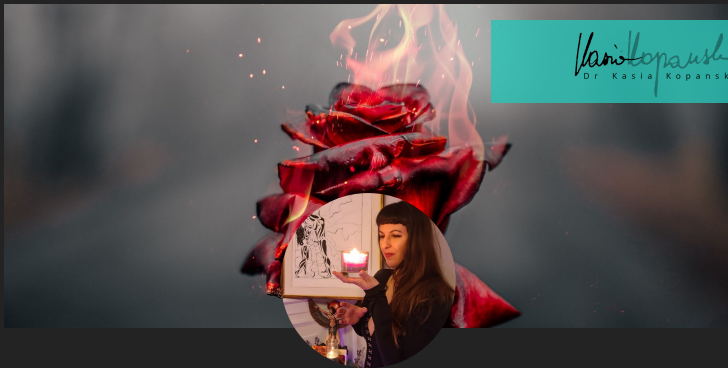
- I am currently in the certification process (International Institute of Sexological Bodywork).
- Current session room rent is CHF 50 for 3 hours plus costs of massage oils, towels.
- I accept other types of energy exchange. Ask me!

Certification Special

Pay what you can

Regular Price

Embodiment Inquiry - 1.5h	CHF 160
Taster Session - 3h	CHF 340
Single Session - 3h	CHF 380
3 - Sessions Pack - 3 x 3h	CHF 1080
5 - Sessions Pack - 5 x 3h	CHF 1700



Welcome dear Traveller, I am Kasia Kopanska.

My purpose is to support you in uncovering of your true potential.

I am a scientist, bodyworker, ecstatic shaman. I combine sexological bodywork, mindfulness-based approaches, somatic and body centred learning, conscious movement, individual and collective trauma healing, and shamanism. My mission is to reunite consciousness-based healing practices with modern science, just like yin works with yang. I have 15 years of scientific experience in the area of biomedicine. I dedicated the past 6 years to study integrative approaches to heal myself. My learning path continues.



Eastern Body | Western Mind
embodiment - science - sexuality

Dr Kasia Kopanska

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Location

Golden Spirit Praxis

Albisstrasse 166

8038 Zürich, Wollishofen

Switzerland

Info

- There is a bathroom with shower.
- Provided: towels, toiletries, lungi (fabric to wrap during the bodywork), tea, snacks.
- The room is thoroughly cleaned and disinfected before and after each session.

Arrival

- Car: There are public parking spots around the location.
- Public transport: Stop Dangelstrasse (8 minutes from Bahnhof Wollishofen).
- By foot: 23 minutes from Bahnhof Wollishofen.