

culture

Body and Soul

Sex educator set to fight "marriage bed death"

by Theresa "Darklady" Reed

Bay Area sex educator and Somatic coach Felice Newman has long been a radical woman. The might and magic behind sex-positive Cleis Press has promoted many a "radical notion" during her life, but she'll be in Portland next month promoting what might be one of her most radical to date: the idea that sexuality is a learned and not innate skill.

By "learned," Newman doesn't mean the how of using one's mouth or hands; she means the how of using one's communication skills and knowledge of self. "If you don't have a sex life that makes you happy, you can learn," she assures. "It's within your reach."

Newman will be in Portland offering 60- to 75-minute Somatic coaching sessions with singles, couples or multiples of any sexual or romantic inclination in order to find the mind-body link that will help them successfully identify and articulate their needs and desires.

According to Newman, many people are not fully "embodied, meaning that they actually live in their body and not just from the neck up." In order to have a full-body life, it's often necessary to strip away emotional armor that serves to keep vulnerability at a distance. While this armor might at some time serve a purpose, as circumstances change, it can leave people feeling shut off to their sexual energy and desire, unable to sustain quality sexual relationships and uncomfortable with intimate touch or emotional situations.

Newman says happily sexual and embodied people can also benefit from the customized blend of fully clothed body work and introspective dialogue. With her guidance, couples can begin or grow healthy and productive conversations about fantasies, desires, goals, preparations for commitment and transition, and how to consciously design sex lives that work.

"If people plan for a life together, it's different from dating," she points out. "So, we know there's going to be times when we're not feeling sexual." By exploring specific questions or issues within a Somatic coaching environment, Newman believes everyone, regardless of gender or partnership status, can avoid "married people's bed death." 10

Those interested in scheduling an appointment with FELICE NEWMAN can e-mail her at felice@feliceneuman.com or call Regina Perata at 503-235-3143. Newman is a member of the American Association of Sex Educators, Counselors and Therapists.

THERESA "DARKLADY" REED is a professional sex writer, erotic event impresario, Web radio personality, assistant editor at YNOT.com and Ms. Oregon State Leather 2004. Learn more about her plans for world conquest at www.darklady.com.



Felice Newman helps people find the mind-body link to successfully identify and articulate their needs and desires.

The Boob Tube

This month Here Television launches *Lesbian Sex and Sexuality*, a six-part, groundbreaking original series that will run through March.

Award-winning filmmaker Katherine Linton offers an unblinking look inside the world of lesbian culture in this provocative and unprecedented documentary. *Lesbian Sex and Sexuality* will take viewers on an uncharted journey where the subject of lesbian sexuality and desire isn't whispered but celebrated.

In a nation where sexuality in general is taboo, lesbian sex, lust and sexual representation are even more marginalized. By visiting writers, academics and "sexperts" and going inside sex shops, erotic dance clubs and lesbian-owned porn companies, this series will go beyond mass appeal to find out what really turns on lesbians and perhaps any woman who has ever had a girl-on-girl fantasy. 10



Lesbian Sex and Sexuality explores the taboo.

Hearts Cracked Open

Just in time for Valentine's Day, *Hearts Cracked Open: Tantra for Women Who Love Women*, the first-ever documentary on tantric sex for lesbians and bisexual women, is coming to town.

Q Center is presenting the Portland premiere of this award-winning film and has arranged for the director, Betsy Kalin, to do a tantra demonstration and DVD signing after the screening. In the demonstration, she will teach tantra techniques for breathing, raising energy and connecting to oneself or one's partner.

Hearts Cracked Open tailors the teachings of tantra, an ancient spiritual practice that has been mainly the domain of heterosexuals, specifically to lesbians and bisexual women. The documentary takes viewers behind the doors of women-only workshops with the most renowned tantra teachers in the field as they reveal the secret of how to live in a daily orgasmic state of being. Included are ancient tantric techniques for increasing intimacy in relationships, solo practice, extended orgasms, sexual healing and personal transformation.

The film features Annie Sprinkle, the prostitute/porn star turned acclaimed artist/sexologist; Pamela Madison, sexual healer, tantric sex expert and founder of the Women's Sexuality Center; Evalena Rose, metatherapist, channel and founder of LoveJourney: The Healing Path of Tantra for Women; Marcia Singer, director of the Foundation for Intimacy; Bruce Anderson, author of *Tantra for Gay Men*; and Sharon Neal Williams, artist and LoveJourney teacher.

Hearts Cracked Open has a far-reaching appeal for anyone interested in tantra of all genders and sexualities. The film is filled with humorous anecdotes and favors a down-to-earth perspective that makes tantra refreshingly easy to understand as well as enjoyable entertainment. 10



Hearts Cracked Open tailors the teachings of tantra specifically to lesbians and bisexual women.

Q Center screens HEARTS CRACKED OPEN: TANTRA FOR WOMEN WHO LOVE WOMEN 7 p.m. Feb. 2 at 69 S.E. Taylor St. The suggested donation is \$10. For more information visit www.heartscrackedopen.com.

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