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Panoply panorama panpipe pansy aha pansexual: knowing no boundaries of sex or gender, sound interesting? Then join Sally on Sundays at noon for out of the pan. All those gender questions making you think too hard? Whether it's transgender bisexual polyamorous or beyond we'll throw those questions into the pan and cook up the answers for you. So go on push that gender envelope. Only on 3 CR 855 am digital and 3 CR dot org dot au

3 CR 855 am 3 CR Digital 3 CR dot org dot a u 3 CR on demand out of the pan with Sally first broadcasting noon through one Australian eastern daylight savings time. Yes, for those states and territories on this big island and smaller ones surrounding. Yes, welcome to Daylight Savings Time and yes, slightly croaky voice. No one has less sleep didn't do that to me at all. It was nothing to do with that party. Go with it. It's night

3 CR broadcast from the lands of the Kulin nations at the overlap of the Wurundjeri and Bunnerong peoples and we pay respects to elders past, present, and emerging. Hello to any Aboriginal Torres Strait Islander First Nations people tuning in from whatever lands you are listening upon from. And we acknowledge that this always was always will be Aboriginal land.

I'm Sally Goldner. I am the host out of the pan a show as I like to say covering pansexual issues which I say is knowing no boundaries of sex, sex characteristics gender or genre and we opened up today with the Black Sorrows cover of the track Maybe Tomorrow. And well today I'll introduce my guests in a second but if you want to get in touch with me or I guess to, we put a query to the them which we love on this show.

You can do so lots of ways to do it out of the pan 855 at gmail.com, you can SMS 6, 1 4 5 6, 7 5, 1215 on posts going up as we speak on Twitter, Mastodon, bluesky, and Instagram at salgoldsaidssso and that's the bottom line. And look for posts on Facebook my page, Sally Goldner and out of the pan 3 CR 855 am. If you want to send mail to 3 CR we're communications diverse PO Box 1277 Collingwood 3066 any opinions I express on the show as strictly my own. I'll give don't think they'll be any content notes, but will give notes purpose, specific content as needed

...and my guests in the studio wll, they are definitely right now and it is my pleasure. Pleasure to welcome the co-founders drivers and joint directors of an amazing. I'll say organizations setting called queer erotic embodiment and I'll get in get each of you to if it's okay to ask which pronouns you use and introduce yourselves to our listeners.

Beautiful was like me to go first, awesome I, my name is Sam are the pronouns. I use are they she and he and I am. Yeah along with Tia one of the most proud, how do we describe ourselves as facilitators teachers educators? Yeah, somatic sex Educators and together we teach erotic embodiment classes. Quiz for quiz? Yes, which you know, which all of that simple, as it may be He leads us to all sorts of questions. I might start first. How did the two of you meet first of all? I'm regardless of queer. Erotic embodiment is that one of those questions in like we're erotic embodiment? Kind of space. It was a workshop. It was a multi-day workshop with an amazing, amazing somatic sex.

Inhuman from the u.s. named Barbara careless, who runs a training called Urban Tantra indeed. And and yeah. Tara and I met, we were in the same. We're in the same pod. Yeah. Yeah. It was such a beautiful training. So it's a seven day, I believe in person. And yeah, it was, it was such an incredible cohort of other practitioners and sex workers and kink stirs, and somatic sex Educators. So yeah, that's where we first met many years.

As ago. Yeah, it was a good now 2019, I know we've grown up so much. Well I mean that leads to a park a question there because that does lead to something in itself. But so you met there and you know, sort of where are we 7 years ago? And when was I'm going to go either query rhotic embodiment or occasionally? We've been known to use abbreviations in these communities QE. When did you start it?

So QE started in February of this year and where it came from was Deja neuroma who are teachers of ours through into psychological body because you know, DJ new my yeah. Yeah awesome humans or some humans? Yeah awesome teachers 10 years ago as a little baby queer. I attended a queer erotic embodiment, two-day workshop with Dijon rumor and it was a room of 20 queer and trans people mmm-hmm

Yeah, doing erotic embodiment and doing somatic practice and doing beautiful body work table work, Hands-On experimentation. Yeah, and there were, there were many people in that space who were like very experienced in, many people who are very brand-new to it. Mhm. Myself included, and having trained with the Asian rumor recently and psychological Bodywork. There was kind of this, like, impetus of like

What would it be like to kind of bring queer erotic embodiment back because they run this two-day kind of as a standalone. And then not again, I mean they do other incredible work in community ongoing so it felt like the right time to bring that back in an online format. We're doing it currently. But yeah. Yeah. And there are, I have taught erotic embodiment classes for a few years. I previously taught with another group of teachers but it wasn't a queer specific.

Space. I love the possibility of meeting online of people being able to come from their own, like, attend from their own spaces, and there's something really wonderful about having that also as a space for for queer people to congregate. Yeah, and this is the thing, right? Like, Sam's been running. Yeah, with the, for robotic explorers. Incredible online classes. And so does room are in terms of EE, and there is something then about, using that similar model to then create

The quiz and trans people where, you know, like I hear over and over I think we both do that. There's something quite unique about being able to do. Erotic practice, be an erotic practice with fellow queer people without actually having to explain while being able to assume kind of a shared basic understanding of lived. Experience, sexuality, bodies, Etc. So it does feel really meaningful I think I can speak for both of us. Yeah, absolutely offering that yeah look utterly. So I mean it's you don't have to

Do the 101 of you know I'm sure. Now there is no systematic stuff, sex-positive staff embodiment stuff where there's this. Well, if there's pairing off its instantly, I'm assuming that person's a mile that's female pair of pair of pair off. And of course that might not be the go for LGBT. Any of lgbtqa+ people by any, well, that's things. We spoke about in the introduction of the show, sex sex characteristics, sexual orientation, romantic orientation all those things. So, yeah, just to be able to go in there and it's just with buying lunch to people is so so awesome. So we've sort of covered the the queer part. But here's, here's the which of well, which of 64,000 answers are there. But I'm going to get you to try to Define erotic embodiment because some people may not have heard the term before. Yeah.

There's a tough questions. We asked the incisive questions on through so you have to find your terms up front. Yes. And I'd look up. We're heading into exam season for the year 1112 and uni students. So, sorry for giving you advance, see Pete, Advanced triggers, what something? But seriously I mean, what exactly is, you know, what are we talking about with erotic embodiment? Yeah, I mean look, there's two words, their write erotic and embodiment, and I think erotic erotic for me,

Feels like this, lovely word that's more expansive than sexual like we can talk about this as I got sexual learning or somatic sex class like we could call that's another maybe in some ways synonymous, there's something really like fluid and a lot of possibilities and not necessarily focused on genitals stuff that the erotic brings forth at least for me. Hmm. But it will feel different for everyone.

One. What is erotic is different for everyone and we can say that this is a queer definition of absolutely, right? Yeah, hmm. And what I would say about this also is I'm in for me, the embodiment is the foundation of this and embodiment to be embodied. Embodiment practice. I think at its foundation can be erotic, there's something about the aliveness or something about orienting towards pleasure that I think at its very core.

Can be understood as a rhotic or something that I understand as an erotic, right, which can, which is very different to me than say, a normative or mentioned conception of sexual sex, sex or sexuality. So that we're really holding a lot of potential. I think with this language such as possible not like, being being present to the possibilities of pleasure in every moment in your body. Yeah, yeah, hmm. And that's only possible when we were truly present to the body, right? That's why the embodiment pieces are crucial.

Mmm, how that I suppose then leads to a the critical question, you know, might and yeah, plenty of listeners might not have thought about this what might be preventing us from being present in our body. And then how do we get back to that point of being in the present, NS without giving away too many Trade Secrets? Because we will want people understandably to come to your sessions, which we're going to talk about, and when they happen.

And how they happen and what you do. But how do we get back to being present a body? And I've again, I'm sure that it's a nice non-binary career answer, but what are some thoughts? I think before? We answer that question, maybe we can all take a breath.

And feel our feet on the floor. Yeah.

And leave some space. Yeah. Check in with the body and a sensation and it's really that simple is creating space for the body to communicate to notice sensation to be present. I think we live in a culture that can get really heady and we thinking all the time I'm moving fast and we're focused on doing. And when we're in that mode there's not a lot of space for the body to Zeke. Hmm, so carving out time, whether that's, you know, day-to-day taking a breath before you move onto the next thing or coming to a weekly class where someone's going to guide you to be present with your body sensation to relax to maybe explore some movement. Touch, see how that feels? Yeah. Yeah. I love this. This answer and I'm

Thinking about this question of like why aren't we in our body is or why do we need something to kind of bring us back? And I mean, I'm sure, we all kind of know, all the reasons for this right likes time. You spoke to it about. There's a cultural piece in here, we're not actually that well, supported in the culture to to be inside of our bodies. It's actually not that productive. I think a lot of us have this kind of productivity thing that we're called to in the culture to really use our body to do to produce as a tool. So,

I really like, it's quite. I think it's quite groundbreaking actually, to, for us, to inside of our lives inside of our communities, to actually create space to come back. Which does require a slowing down, which, in terms of kind of like, capital is less productive. But as we know, like, we're also in community is that hold a lot of trauma, you know, where there's trauma, it can be really challenging to be inside of the body, it can be really painful and there's lots of really

Good reasons why many of us don't spend much time in the body and so I think it's really important to to us to really normalize that too. And not create this binary where there's kind of a should happening of like actually it's not good that you're not in your body and you should be in your body and you just need to bring your attention back and it's just as simple as that. And you know, there is actually a thing of like, you know in our space of titrating to it might feel really supportive for you to have some space to come back to the body and it might be that

You also need to then Orient away because we can only be with the body for a moment at a time, and that's beautiful. And we can really celebrate that too. Yeah, absolutely without judging it. Yeah. Yeah, no look. I mean, I'm with some degree of irony and number of thoughts, went through my head as you were talking there and I was taken in. Yes, we need to be in our body more, we had, and I totally agree with significant frustration. We live in a society

That thing's efficiency, you know, sort of getting another point, one of one percent faster is better and it may not be. And the other thing that strikes me as people with neurodivergent sand, I'm wondering we know the huge overlap of new forms of neurodivergent sin, queer communities, as I always say, it's like a Venn diagram. We can barely where you can barely see any non Eiffel? Have I'm wondering if neurodivergent particularly ADHD how does this coming? Might this come into you know sort of getting back into our bodies a bit and what sort of things might happen there and love this question. I'm gonna get me a big grin on my face. I mean as someone who's autistic and ADHD as well. I think about this quite a lot and we know that people who are neurodivergent can have more challenges with interception which is awareness of our internal body state.

And also more perceptive challenges and, you know, in an embodiment practice in general. And I think in these classes, we really give a lot of option for how to engage an embodiment practice and really normalize this thing that for some people, this is going to be easier than others. And there isn't one way or one goal that we're trying to get to. And for some people. Embodiment practice might be orienting to their room shooting into listening. What can they see for other people, it might

Might be tuning into internal body signals. And I think this is like the, so at the core of erotic embodiment, is that you're orienting in each moment to what actually feels good for your body and not the way your body should perform? Yeah, it's pleasurable. Yeah, exactly. Yeah. I like that, that the, it's what's pleasurable. That's, you know, this is really good that, you know, there's not one way to be. I mean, I think you hear of people, you know, we often hear about meditation which

It's nothing, of course, wrong with it. But some people say I try to meditate and I can't. Well, okay, so it didn't work in that moment. Something else could, we've got choices. We don't have to be a certain way. It's nice if we can, it's beneficial, but it's not the end of the world if we're not, that sort of thing, and it can be nice and beneficial for some people, and for the people, it can like actually feel pretty horrible. Hmm. And this is where we might differentiate between, say meditation,

Practice and embodiment, I think this comes up a lot, like people ask me this question a lot. Just my work in general because they hear embodiment and they think or meditation, I've tried that I've tried to sit still and my body doesn't want to do it and that might relate to neurodivergent Divergence for a number of different reasons and embodiment, practice there tends to be a lot more movement and mobilization practice than there is in conventional meditation where there's a requirement to kind of impetus to sit still. And this actually,

I like working with movement and posture and like mobilization. If we also think about neurodivergent folks, that's often going to be more supportive than this, we just need to sit still and come to the body and stop our thoughts, which is like, they both fall under the umbrella of awareness yeses. But what you're doing in that awareness practice will look quite different. Whether you're crawling at meditating or whether it's embodiment. And there's all different kinds of embodiment, practice as well. And erotic embodiment is

I whole umbrella in and of itself with lots of wonderful practices, you know, and all of our work could also be called a meditation because it's an awareness practice as you say, right? So there is some semantic stuff in there too. Yeah, but yeah again, coming back to this thing of actually doing what feels good, which for some people might be sitting still coming into Stillness resting in this way for other. People wouldn't be jumping around the room. Exactly. Making lots of noise vocally. Yeah, that's one of the best.

Things about teaching. These classes is you can be giving guidance, like I'll find myself giving guidance and I'll glance at the screen and I can see people doing completely different things and they're all doing the same practice, just taking it in the direction that feels right for them in each moment. It's like so beautiful. Yeah, and there's something about choice in that to write.

Like, these classes are choices. So, so, important and embodiment choices. So, so important and to see people really picking up their choice and agency, and how they're engaging and how Relating to their own body is just magic. Yep. I'm going to actually pause right there and I think we'll just have a breather and come back. Come back. Clear. A couple of messages and I couldn't think of a better time to play this track that I thought was kind of appropriate for today. It's Eiffel 65 move your body. That's 3 CR 855 am 3. CR dot org, dot U 3 CR on demand and This is out of the pan with Sally and guests. Sam and Tia talking queer erotic embodiment

Hi, my name's Robbie Thorpe.

I'm doing black and deadly on Fridays from 11:00 to 12:00. Look at all the best black and deadly music entertainers and performance around this country. Join me then I'm 1112 Rider Community radio 3 CR 855 on the am dial.

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3 CR 855 am 3 CR Digital 3, CR dot org, dot U 3 CR on demand out of the pan with Sally first broadcasting known through one every Sunday afternoon and I'll continue my conversation with Fab guests, Sam and tear from queer erotic embodiment in a second but just want to acknowledge during last week's pre-recorded new program, how a message in from From Jenny and I'm just going to bring it up as we speak because of course, last week was the day after the Grand Final and Jenny's comment. I think was on the proverbial button in that as I try to find that message which has of course, decided to disappear is she said at the time Amazing colleague was the Grand Final. Now, I would have as Jenny as a long-suffering. I mean long loyal listeners this program and other long loyal listeners will know that. I don't play a lot of sort of poppy dancing music and look, I don't hate Kylie Minogue but no she's not. I've got to Kylie tracks in my entire music collection, but in response to your message, how good was Kylie the G and the gayest footy Vibe ever? I'd have to agree with that. And look, it was A very memorable Grand final performance in terms of that and yes it would be greater for player or players came out to mark that auspicious occasion. But yes it was a really good performance that probably will stick with me for a while where it's a lot of them don't. And I should I will say, rest in peace, Angry Anderson and maybe may you ride into the bat car which was the halftime entertainment at the only Grand Final at Waverley park. Now a housing estate There's some history for everyone. Sort of. Make sure yes in rest in peace. But yeah, really good show and a really good event and unloved obviously a great match as well. And of course, when you're when you're in a, if you are a sporty person and your team is not playing, your you want is a good close match and we got it as a long time. Football commentator would say it's good for football or

All right let's come back to. The topics is of today's focus and that's my guest Sam and tear with queer erotic embodiment and lots of things to talk about. We after we heard Eiffel, 65 move, we moved our bodies. A bit and shifted, some energies, and things are going to get into, you know, just not in some of the sort of specific things that might happen in your query, erotic, embodiment, classes, how those classes have

And what sort of thing, you know, those sorts of things. So we can just drill into some more. Specifics. Who wants to start? Mmm, I can take it.

So we kind of conceptualize these classes as a place to get in your erotic embodiment, practice each week kind of your solo practice. So we really leave a lot of space inside of a facilitation. So at the beginning, we tend to lead with an opening practice that one of us guides and it's an

opportunity to for people to kind of land in their bodies and start to bring intentional when it inwards and kind of let go of wherever they've come from earlier in the day or earlier, Before class. And usually that practice is built around, a topic. Every class is built around a particular topic. And this opening practice kind of gives them a taste of like, what we're actually going to be exploring today. And from there, we have a lot of space for reflection for group reflection people to reflect on what that was, like, for them what they noticed in their body and we start to kind of explore this topic verbally before then going into kind of a maybe slightly longer more Dynamic practice where there's really the invitation for touch.

Movement, kind of more expanded we would call somatic pillars. Yeah. Where people have a lot more Choice than also in kind of self directing their practice. Yeah, towards pleasure and whatever, that looks with them. Yes, there really is. This movement from being in your own experience, in your own, practice back into connection with the group where you get to hear about others experiences and have an opportunity to, perhaps your own experience in the practice and back into a practice where you're focused on yourself focused on what feels good to you and back in the group. So the class really runs in this lovely wave which for the nervous system can be really, really settling and and wonderful to have some social engagement. Come into your own noticing in your own body social engagement again, back into your own body. And this group engagement feels like a really important value actually, is a values.

He's about quick connection and getting to know each other and getting to hear about the variety of ways that people are enjoying their bodies and and relating to what we're offering. Yeah. And sharing and creativity. And I mean, if we were to talk about last week's class, for example, we were doing a full body, pleasure, mapping, and it's a great example of some of the shared practices we might do where there was an invitation for someone to suggest a part of Of the Body for the group. Each we do a little so we do a little pleasure mapping. Yeah. You want to L? Yeah sure. All right, well, how about we how about we start with a hand and if the hand doesn't feel good for you to explore then you can pick another neutral feeling part of your body, maybe it's your knee. Hmm. All your elbow. All right, now I better say if you're driving at the moment it's just please be careful if you're driving, save it for later.

Later. Yeah, but I I'm going, I'm going to join in this, you know. The presenter is not above above anything, I say. Okay. So let's let's do this together, beautiful. So take one hand and place it on the part of your body that you'd like to explore. You might just have it still to start. And notice how it feels.

You might go. I don't know how it feels. I don't know how to describe that. That's totally fine. Any words that come up, even just anything that you notice that's perfect. Even if you're not noticing very much at all,

And start to explore this part of your body getting curious about.

The kind of structure and texture and density of it. Just so your hand gets used to touching it. So our hands love picking up information, that's what they're doing all the time. So let your hand do that.

And then,

Put your awareness or let your attention be in the part of your body that's being touched. So maybe that's the other hand or your knee or your elbow.

And get curious about a touch that feels good on this part of your body.

What feels good.

She might experiment.

With a touch that feels familiar to you, maybe that's stroking touch or some tapping and see how that feels.

I can see t.i. tapping on their Palm. How does it feel to hear? What are you noticing? Hmm, I'm enjoying the pressure. Actually is my fingers tap. Yeah, Sally, what are you noticing? It is just shifting little bits of energy. We were saying off here, that I had a my therapy session yesterday, but it's always bits of

Well, tension or whatever that build up even in a few hours. And it's just feels like it's moving. You notice intention moving. Yeah, and also feeling warm where I'm touching, so, yeah, it's just, it's soothing great. And if, if you were to give that like a rating from like -3 -3 being unpleasant 2 + 3 + 3, being like that's some really good stuff.

Zero being pretty neutral. What would you write that sensation? All will say one to one and a half one to one-and-a-half. Awesome, Tia, Mmm, Yeah, I've moved to kind of gentle stroking with my fingertips and that sitting at mmm, between my fingers. When I do it in that particular spots, I go on and a half if I go on ahead. Yeah, I'm going to try that sticking to. That feels really interesting to me and

When I really slow down.

And remember to breathe because I've been talking.

Right on the webbing of my fingers. It feels like about a one-and-a-half closer to the end of my fingers. It's more like a one. Yeah, let's all take a breath.

Thank the hand that was giving us with all the hands that we're giving this information or the other body part. And so, just like a really small taste of how what, like, one of the practices that we were exploring in class of pleasure, mapping where we're creating our map of where pleasure is available and how it's available in the body. Yeah, amazing. Yeah, you and if you imagine, when there's a whole group of us, you know, just as Sam was kind of guiding Me, guiding Sally, take on a share. What we were noticing some was also bringing their experience into when you have a room of quiz all in their own spaces. But collectively doing this verbally, Trucking out loud. What then noticing? And also the kind of touch they're experimenting with. It's really something about the collectivism of that and the shed community in that which for me, it feels really powerful. It's a celebration. It is like, oh my goodness, these amazing bodies. Yeah, together feeling what they're

Are feeling? Wow, yep. Those look very, very much as you can. This guy in so many thoughts happening there. That we need. I mean, even in better times we do a quiz, need some good energy, we need to be together. We know that where there's sadly negativity out there for us so this can help on that. The thing that I like is the sort of fact that this nice balance of

One group it's you know, it's something for the introverts, something for the extroverts and then we all get a bit ambivert this which is so lovely. You can participate to the extent that feels right you know like you know there's no obligation to be sharing about your experience. I mean I kind of put you on the spot. A bit thing is really context but in class I wouldn't put people on the spot like that. You're more than welcome to just be present and some people do some people come when they're really sick and they just come and they had speed in the way that they want to.

And they said,

And listen and they have their own practice and other people will share verbally, a lot. Right there is again, so much choice in the space. Yeah, you've actually touched on something there to hear that I wanted to ask about have there been any? I'll just say experiences in the classes that and I'll start with you and then I'll go back to Sam that have stuck in your mind where someone's had something happen and it was like a real light bulb om goddess moment.

That's such a great question.

I feel like you have those five. It's just. That's where my mind went. Yeah. So there's something off of it. There's something beautiful about the way that Sam. And I facilitate why find it beautiful in that? When one of us is facilitating, the other will step in as a participant and we'll do the practice that's being guided. Yeah, that there's been many times and I'm trying to think of one one specific example, but there's been many times where I'm inside of the

Practice that Sam's been leading beautifully and I come up against an edge, or a challenge or a learning piece in like it really floors me. And I'm like, wow, like I get so much from his face as both a facilitator and a participant and the gift of actually getting to come out of the practice and share alongside other participant of participants and be like, I just found this thing or like wow

that was really challenging and I just learned something new about myself. Yeah. So there's something about the structure that really allows for

To which? Yeah. Just in the same way that people are learning from us. I think we're really learning from them to me to hey and like I were talking a lot about pleasure and about finding what feels good, but a lot of the time the road to experiencing more pleasure, you can face a lot of resistance or discomfort. And that's like so welcome in the sharing of that experience. As welcome as you know, T is speaking from that. Place of like oh yeah I come up against that in class. I mean I'm sure people come up against that just in

The idea of at the idea of attending a class, let alone attending a class and this is often what informs, how are writing these lesson plans to write? Because this is all practice that we've done instead of our own bodies inside of our own communities. So to get to plan classes with this in mind, thinking about the different challenges that come up for us and that do come up for people in general around eroticism, around embodiment or on queerness and gender like all of these pieces. Yeah yeah. Yeah.

Well, look like, I totally agree and I'm, you know, I think that sounds like a nice time for me to come in and do some self disclosure. I have attended one of your classes and think and thank you for the Pay It Forward option on the first class because it was just needed at the time and it was about positive embodiment and it was just something that helped me immensely at the time. It just must have been me.

Meant to be and, you know, I get your email every week on the Sunday which this week's is sitting in my inbox as we speak with tells us what's happening and it just worked and it helped gave me. Give me a met, a sort of practice. It's the broad word. I would use to help me in the mornings where I, for whatever reason have, I'll just say perky mental health, some people have it. At three in the morning, I have it on waking up, and then maybe a bit after

And it gave me a practice to just help steady myself, get the body into the present moment. Stop the head or at least reduce the head going round and round in circles, and was croute incredibly helpful. And it's actually just reminds me of another time. I can do it as well. And this is one of those occasions where the my boring pet topic comes in. I'm going to start doing it before wrestling training just to get myself in there. Because, you know, I know that,

I'd just drive there and I'm thinking about the road and, you know, obviously got to focus on that, and then just settle myself before I get into training and get in, you know, we try to do training as much as possible in character. So, well, for once the wrestling reference, which came up at around 12 44, and 30 seconds is actually relevant and not in any way, a segue into the program, but it's just such a wonderful thing and I'll also share that. Yeah, my not in the same year as yourselves, but if

Have done Urban Tantra and wow, it brought up stuff and I didn't know was there which, you know, sort of dropped hints and help me move forward and achieved personal growth. Now that may not be what everyone happens for everyone, and we and might happen on different levels, but it's just such an amazing practice that. Yeah, it's an incredible experience and so I'd highly recommend, you know, look as much as

I'm trying to be an objective interview from a personal level. I'd obviously highly recommend people go along to a queer erotic embodiment class and will tell people how to do that. After we have another track, which was one that came my way during the week and I have to thank a friend Lisa for this one. I sort of stumbled on she sent a bit of the clip and I kind of

Hold on to it. And I don't know why I have not connected with this band before the cow gaze, which Just Apps and it's a great clip and they've got all sorts of Great Clips, and great songs and This song is called being done. Did that. It's just absolutely as a person of loving mute pan genres music of all genres was absolutely awesome. So let's give that a will have a couple of messages and come back and close our conversation and the show with Tia and Sam you're on out of the pan with Sally 3 CR digital 855 am 3 CR dot org dot a you and On Demand

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3 CR Community radio is dedicated to exploring the issues that affect our future because I think it is something we just need to be talking about 855 am tune in and listen up.

3. CR 855 am 3 CR Digital 3, CR dot org Dot 3 CR on demand out of the pan with Sally and guests Sam and tear and we just heard. Yes. Make sure you are tuned in and listening to 3 CR. You know you're doing that because you're hearing this now and if you continue to listen to 3 CR after 1:00 Australian eastern daylight savings time, you will hear freedom of species and freedom of Species this week has an awesome topic for discussion. This week, they are discussing issues of animal animal Liberation movies, and analyzing movies through an animal rights lens as they do so. Well covering all things that are animal rights, vegan vegetarian animal advocacy. I also forgot to thank the crew from out of the blue diving deep for the Marine use as they always

Do and the show about grills in The Fringe Festival. Sounds absolutely awesome as well and 2:00 rotations and what will rotate in musically today you'll have to tune in and find out. 3:00 clearing the air and 5:56. Salaam radio show. That's the huge diverse lineup on 3 CR on this Sunday afternoon and we are now into our 51st year. Let's keep it Rockin and Rollin and all sorts of music because that's what but 70 it with, you know, we are nearing the end of our conversation, it's just been amazing. And the thing is now people hopefully would say it sounds like something. I could try this queer erotic embodiment, how do people get involved? What do they need to do to join a class online and any other classes? And any other things that you need to cover, the easiest way to find us would be by going

To our website now website is www.squealsonwheels.us embodiment.com, so it's all in the name, really, we're also on with, with the website. The best way to keep across, what we're offering each week is to go to the website and join our mailing list. And so as I was mentioning earlier, you'll receive an email each week. It says what the class is that's coming up how to book all of that. Good information, everything.

Could possibly need? Yes. Yes. And we also have an Instagram. We also have a Facebook just queer erotic embodiment. Yeah. And if you're still curious about queer erotic embodiment, and not quite sure if you're ready to attend a live class, when you sign up for the mailing lists to also get a free practice, so a free practice that you can listen to and do at home to give you another taste of what might happen in a class and a nice dose of queer erotic embodiment.

Mmm. That's it. And you're also welcome to reach out if you're also unsure or have questions, we're really more than happy to have a chat to see if this is a good fit for you when. Yeah offer any support we can too. Yeah, yep. Just to get through any queries which were, of course, we always love. I mean this is just been absolutely an awesome conversation. I mean I don't know if there's ever been a queer erotic embodiment live.

To live live to air radio. We're taught in radio, never have quite are, but I think today, sorry teachers this is one where I have to go against you radio teaches that was very, very good to have. And I just think the idea of slowing down when we're sort of. So it's sort of blasted with information in this day and age with different social media channels and email addresses and whatever else there is. I just think we can't get enough of it.

It and yeah, I know, I just think, yes, bring it on and let's have more of it. And do you do in-person work? As part of query, erotic embodiment, are you doing anything on that front? Or is

that something you do each and your own auspices? Yeah, so this is a great question so we will be running in person workshops under queer, erotic embodiment next year. So keep an eye out for that. If you're on our mailing list you'll be the first to know,

And both Sam. And I also facilitate other things online and in person too. Yeah. So you can find each about information at our yeah. Silat 8nc, clients, individuals, or apples and yaxha and it's almost magic counselor Sam's, a psychological body worker. So my website stearic lower com.au and Sansa integrating intimacy.com. Yes, you can find out all about our client work and I'll group work there as

Well beyond QE. Yeah. All right then we'll all make sure. The links for queer erotic embodiment.com and your two websites. Go into the podcast will hyperlink those in. Well we have to break the link now so to speak and in the class it's been absolutely awesome Sam and tear. Thank you so much for coming in. May you find the Stillness in your day and so much for having a really wonderful to have a chat. And it's

Absolutely awesome. I I feel well still laughs honestly feel still a for and I came in was well rushing around, headless headless took sort of thing and now I'm not so yes it's breathe out and take it out with the Saints, from one of their compilation songs of Salvation. Although yes we want our heads to be a little still a we can still have the music that goes around my head as per the Saints. Thanks for tuning in to out of the Pan Up an OB guest next week. Watch the socials. I'll tend to find out who it is. And I'm Sally Gardner, stay difficult and stay happy. Thanks for tuning in to out of the pan, catch you next week.

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