

Moss Beynon Juckes

(SOFTCURE) offerings 2026/27

YOGA OFFERINGS

YOGALATES - *Core Strength and Flexibility*

This class combines practices from Pilates and Yoga with the focus on building strength and then flexibility. This class concentrates on the pelvic floor and building core strength

YIN YOGA (and voice) - *Patience and Release*

Using props and a changing sequence of postures, we go on an inner journey to build inner calm, patience, and deepen the release of tension through breath and visualisation

YOGA REPAIR - *Repair and Recover*

This is a personalized and guided yoga space with a focus on breath and self awareness designed for people of all ages that are post injury- any kind of mental, physical and spiritual- in order to integrate self care and recovery into their weekly body work routine. This class begins as a guided meditation followed by a guided repair yoga session attuning to each individual's needs. [Find the playlist here](#)

FITNESS/WELL BEING - DANCE - BODY OFFERINGS

SOMA-HIT 1-3

Connect your inner and outer awareness through a dynamic combo of somatic and fitness practices

This one hour class combines your classic Hit-Timer bodywork session with a somatic enquiry into the body. It combines the regular warm up, cool down, aerobic fitness and classical hit class, with breath work, free movement, interpersonal play and self awareness, all inside a curated hit timer. This class includes music

ECSTATIC DANCE + DJ can include cacao ritual

Dance your freedom to choose how to move

This one hour guided dance is dedicated to high intensity movement and trance forms that emerge from your own need to move and express yourself how you want. Get ready to sweat to loud music and release to relaxing sounds afterwards.

PLAY TO DANCE

Life is a game, did you forget to play?

This class is a one hour guided session on playfulness in movement. A short guided warm up will be followed by movement games to discover the playfulness within, followed by partner and group plays to integrate this playfulness in connection with others. This class may include contact with others. This class includes music. [Find the playlist here](#)

FREESTYLE *Ready to face your demons and dance for the world*

This one hour class is about expressing yourself with vigor and intention in freestyle movement. We will begin with embodiment practices while exploring different styles of music and movement genres to discover the range and choice of movement expression. This class is based on urban styles of movement and is open for people who want to step into their soloing power as we will be dancing for each other.

PHYSICAL THEATRE WORKSHOP

This is modified depending on the level and age of the group. Based on bespoke methods from body to text work. Specific to people who want more confidence on stage or in public eye and or developing actors

CONSENT into CONTACT IMPROVISATION/CHOREOGRAPHY for dancers or those who like to dance

Determine and deepen what your body wants and does not want in relation to movement, dance and playing in and out of contact with someone else

This class combines different somatic practices from breath work, authentic movement, to soft acrobatics, floor work, verbal sharing and Betty Martins consent practices to support coming into relation to others through energetic connection and human touch. You can learn how to navigate your inter- personal boundaries while also gaining some technical insights into how to lift, spiral and fall consciously in connection to self and other. This class can be extended towards choreography. Using the above methods towards choreographing dance work.

VOICE- BODY- MUSIC OFFERINGS

VOICE LESSONS

One on one guidance to opening the voice

MANTRAS

Accompanied by guitar or violin we will sing together and introduce a variety of old and new mantras to open expression and connect to higher vibrational forces

THE SONIC BODY

Learn how to use your voice and your body together to unblock fear

This is a one hour guided class which uses principles from kundalini yoga and mantra meditations with voice and movement integration to rediscover the voice and body connection. This includes a physical warm up, a vocal warm up, exercises to understand one's own voice and body integration, guided improvisation and finally a group sound meditation. This class does not include music

ARTIST UNHINGED- BESPOKE WORKSHOPS

COLLECTIVE SONIC BODIES

Learn how to sing and move in a group to unblock collective fear and build trust in yourself

This is a group workshop integrating voice and the body for collective expression. Using principles drawn from diverse practices, we will tune into ourselves, each other and then the collective with voice and movement. The session can include circle songs, improvisations, simple scores and breath and embodiment practices.

EROSOMA

Connect to your life force, your root sensuality and grow confident in your body intelligence

This class is a one hour workout that will make you sweat. Through movements that bring self awareness and energy to your personal sensuality and eros, combining classical aerobics with other urban dance forms like twerking, shaking and belly dance we will adventure through a warm up, a guided movement investigation, body strengthening work and cool down. This class does not include contact with others. This class includes music

[Find the playlist here](#)

THE ART OF COURTSHIP

Expand the vocabulary of flirting and intellectual heavy petting

Traversing a plethora of games inspired by ancient to modern courtship rituals from Inuit intimate breath exchange, to mirroring and eye gazing, erotic texting or the Victorian *Red Ribbon* dance, the *Art of Courtship* aims at a deep exploration and expansion of the notion *to flirt*. Observing the dynamics of suspense, tension and release while engaging in attraction, connection and deep revered respect, vulnerability, and awareness, these hybrid rituals inspire play, freedom, and reflection as participants embody the histories of courtship in their own bodies as techniques to learn about their desires and those of others.

THE SONIC EROTIC choir. High level or **TOUCHED BY SOUND**

Collective sound and movement meditations from the animal pack to the Gregorian choir

The Sonic Erotic Choir: Touched by Sound

A collective, clothed journey through sound and movement meditations, from animal calls to transcendent chanting.

In this workshop, we move and vocalize together through embodied physical and vocal scores, realigning the voice and body through the principles of evolution. We will re-discover extended vocal techniques, circle songs, screamcore, group sounding, and the verbalization of collective psychosomatic experiences. Through *slow* technique, specific time based scores and group exercises, we create an intimate and psychedelic sonic space, culminating in a sound design that closes with an intimate exploration of singing into the body, fully clothed. This workshop is clothed, though not touch-based, touch may emerge organically as part of the experience and you will have the verbal physical skills to take care of your boundaries. This is an invitation to explore and embody new possibilities for sound and movement.

More details here

Who Is Invited? – A Sexual Healing Ritual Through Sound, Movement, and Ancestral Channeling

This workshop is a sacred invitation to those seeking to channel sexual energy, deeply exploring the ways in which our bodies, voices, and ancestral lineages hold the wisdom and trauma of our sexual histories. It is specifically designed for individuals who are ready to work with their energy in an intimate, collective space—inviting the ancestors, astral forces, subtle energies, and trauma bodies into the ritual of healing.

Through sound and movement, we create a container where the physical and spiritual realms meet. The workshop guides participants through a ritualistic process of acknowledging and honoring sexual energy as both sacred and transformative. We will engage in embodied practices that bridge ancestral knowledge with present-day healing, using vocal techniques, breathwork, slow movement, and group improvisation to channel and release energy.

Participants will enter a space where the sexual body is understood not just as a site of pleasure or trauma, but as a powerful tool for transformation, connection, and healing. We will work with collective physical and vocal scores that allow us to embody sexual and ancestral energies, through practices such as extended vocal technique, group sounding, and embodied rituals. These scores will be based on principles of evolution—healing and liberating the body and voice through slow practice and time-based exercises.

The ritual will unfold by invoking both the personal and collective trauma bodies, creating a space where individual stories and ancestral legacies can come into alignment with the present moment. Through a series of meditative and embodied explorations, participants will be guided to understand what actions they need to take to heal themselves—not only physically but spiritually and emotionally. This process includes creating a safe space to confront the inherited sexual patterns and wounds within our ancestral lineages, addressing them through sound and movement as vehicles for transformation.

As the ritual progresses, we will call upon the subtle realms—ancestral spirits, astral guides, and energetic bodies—allowing their presence to inform our movements and vocalizations. This collective ritual is not about individual healing alone, but about the sedimentation of these energies within the group, allowing the shared experience of sexual and ancestral healing to manifest as a communal shift. Each participant becomes part of a greater collective body, carrying the wisdom of the past, and a renewed connection to their own sexual power and healing.

The closing of the workshop will invite a quiet, intimate moment of integration—sung into the body, where we offer the sound and energy back into ourselves as a form of deep, grounded closure.

Who is invited?

This workshop welcomes those who feel called to explore the intersection of sexual energy, ancestral healing, and collective transformation. If you are ready to confront, release, and

celebrate the energies that shape you, this space is for you. It is open to individuals from all walks of life, all genders, and sexualities—especially those who are ready to work with the unseen and subtle bodies, and those who are willing to surrender to the process of collective healing.

In the studio, we will draw upon a rich blend of somatic and vocal methods—slow, deliberate practices, mapping of the body, extended vocal techniques, game construction, ritual enactment, and improvisation—all designed to connect participants with their sexual energy, ancestral power, and healing potential. Through this process, we build a collective understanding that healing is not just individual—it is intergenerational, and it lives in the body,, and movement.

TOUCH OFFERINGS

HUMAN TOUCH- *understanding the power of touch- know what you want and how to say no*
We shall start with a group meditation on breath and self awareness, followed by games and exercises in eye contact, non verbal communication, consent awareness, contact and play. This class may include contact but does not revolve around contact as we are also developing our energetic and psychic connections during this workshop. This workshop explores communicating the boundaries of touch inspired by Betty Martins Wheel of Consent.

INTIMATE OFFERINGS TBContinued

CYCLES OF LIFE

This is a workshop to discover your menstrual cycle for couples

MONEY AND LOVE

This is a workshop for couples to be assisted in bringing awareness and transparency to how their economic entanglement affects their intimate entanglement

Please join my Telegram Group for updates

Body & Magik

<https://t.me/+eQWjBewEh8AzNTY6>

LOBE BLOCK RETREAT IDEAS

RETREAT FOR PROFESSIONALS

RETREAT FOR BUSINESSES/COORPORATIONS

RETREAT FOR WOMEN