

# Pelvic Embodiment and Movement: an exploration of the genitalia and anus

with Alexander Hahne and Nicole Bindler



Alexander Hahne

Four morning classes, no single drop-ins available:  
Mo-Th, 22.11.-25.11.2021 from 10:00-12:00  
Somatische Akademie, Paul-Lincke-Ufer 30, 1st backyard,  
4th floor (no elevator) 10967 Berlin-Kreuzberg  
Sliding scale: 60-120 Euro (payment in advance).

To register email: [kontakt@alexanderhahne.com](mailto:kontakt@alexanderhahne.com)

**Note:** participants will be fully clothed, our covid safety strategy is 2G (recovered or vaccinated), and this workshop will be held in english.

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This workshop is for people who want to learn more about their pelvic anatomy. We will explore the anus and genitalia through self-palpation (fully clothed) and somatic movement. Nicole – who is a cisgender queer with a personal practice around gender fluidity – will teach the embodied anatomy and embryology of the genitalia from a nonbinary perspective, exploring underlying biological explanations for sex and gender fluidity. Her teaching is inspired by her work as a Body-Mind Centering® Practitioner, and it includes lecture, images, somatic meditation and movement, journaling, and discussion. Alexander – who is a gay trans man – will focus on the ass: the sphincters, breathing and the connection between mouth and anus. His teaching is influenced by his work as a somatic sex educator, trans activism, butoh dance, and trauma pedagogy. His work includes self-touch above clothing, breathing exercises, anatomy lessons, movement, and discussions.

All gender identities and sexual orientations are welcome, including particularly transgender, nonbinary, and intersex people.

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