

PLEASURE HQ WORKSHOPS

OUR LIST OF WORKSHOPS & PRIVATE PARTYS OPTIONS @ PHQ.



Our delicious list of offerings as pop-up workshops, private events & Pleasure HQ parties!

WELCOME



"Sex is sacred. Sex excites us, connects us, unites us with our primal self. Sex opens people's minds, lets us experience pleasure, explore our limits, it even helps us find ourselves through self love and self pleasure.

Sex is a special thing,"

Below you will find a delicious list of workshop / party offerings.

email lahneepavlovich.com for enquiries

www.pleasurehq.com.au

/ **pleasure HQ**



DANCE ON ME

LAPDANCE WORKSHOP

Dance on Me is a 2.5-hour workshop where you'll explore the art of seduction, sexy ways to spice up date night and the cherry on top; you will learn how to give a simple, spicy lap dance and perform for your partner. Dance on Me workshops are designed to guide you outside of your comfort zone while having a whole lot of FUN. Sex Therapist & Pleasure Connoisseur, Lahnee Pavlovich will take you on a sensory journey while you discover the art of seduction, platonic intimacy with strangers (who become friends), sensual touch, eye contact, consent/trust + more. Experience new ways to interact with your partner and move your body to stir up erotic energy. Explore your own confidence through movement and dance. These workshops are typically done in collaboration with various male performers so both the women and men get a chance to explore something new, learn a simple lap dance routine and perform together.

Dance /



LIBERATE

EMBODIED DANCE WORKSHOP

Liberate workshops are created with women in mind to provide a safe, empowering space to ignite your creative energy, get you out of your head and in to your body and connect with other women to celebrate sisterhood. They are run as a women's circle with beautiful engaging partnered activities, self-love sessions and embodied movement practices. This culminates with the teaching of a simple + sexy dance routine so you can feel liberated! These workshops are run by Sex Therapist & Pleasure Connoisseur, Lahnee Pavlovich and sometimes in collaboration with other incredible female dancers who use some of the fundamentals from Latin styles like Salsa and Bachata, reggaeton, Afro Beats, some floor work and even a bit of twerk to provide the ultimate, liberating, embodied experience.

Female /

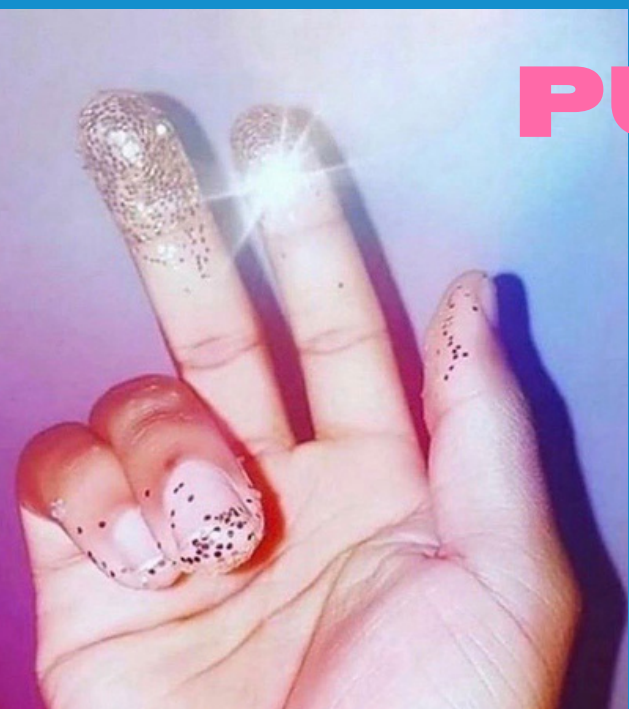
LIKE A BOSS

Like a Boss workshops are created with women in mind to provide a safe space to release stagnant energy, heal and manage stress through breathwork. Ignite your creative energy, manifest your deepest intentions, experience new ways to connect back into your body and mind, rekindle your feminine essence & find your flow. Come together in these workshops to experience a delicious dose of celebration, movement, breathwork, journaling, meditation, crystal healing, divinity cards, and of course...FUN. All while celebrating sisterhood, networking and learning how to LEVEL up like a BOSS.



PUSSY & PINOT

A dinner party with a difference. Gather with your fellow wild women to nourish your body with a delicious feast, plenty of pinot and learn all about your anatomy and your pleasure. This is a discussion style empowerment workshop, dinner party style!



DESNUDO

Lahnee's signature experience. Desnudo is an encounter like no other designed to push the boundaries of expression and liberation.

Desnudo is a Spanish word that translates to nude. And we believe the freedom of nudity expands far beyond the simple act of being naked. So, we have created a unique nude dining experience in a liberating environment designed to honour love, creativity, connection, expression and of course, fantastic food.

The purpose of Desnudo is to bring you a safe space to strip away the layers that confine us, literally, and in doing do, explore our authentic selves on a deeper level.

Each dining experience will be curated a little differently from the last or the next. But no matter the theme, you can leave your inhibitions at the door and turn strangers into friends.

Nudity is an act of surrender and Desnudo will explore this vulnerability without the sexual connotation that often goes hand in hand with the naked body.

Here is what you can expect....

A warm (clothed) welcome, a tittle to tantalise the taste buds and deep, thoughtful conversations to stimulate the mind.

A shared meal, cooked lovingly by our revolving chefs and to theme so no meal is ever the same. Activities offered by a diverse range of educators and professionals in their field, designed to establish connection and encourage all to let go while tuning in to their body, mind and surroundings. Plus learn something new.

Activities might include movement & dance, breathwork & meditation, sound healing & crystal work, pleasure & tantric education, yoga, music, poetry, art, life drawing, photography and so much more. Each facilitator and each dinner party will take you on a different journey and you will leave feeling rejuvenated, liberated and energised.



Female /



GO LOVE YOURSELF

SELF PLEASURE WORKSHOP

This delicious workshop is a flagship for Pleasure HQ and like nothing you would have experienced before. You are invited to surrender, tap into your erotic energy and explore self-pleasure in a safe, nurturing environment. Learn how to slow down and explore yourself and your body, reconnect to your womanhood and your sensual side. Discover new ways to enjoy your body and reclaim your pleasure by learning the ins and outs of desire and arousal, pleasure anatomy and self-love techniques, the various types of orgasms and how to achieve them through juicy rituals. Become multi-orgasmic and share in this experience while celebrating all that it is to be a woman.

This workshop does include real time demonstrations and discreet self-pleasure practice.

Couples /



GET LOVED

EROTIC WORKSHOP

This workshop has been designed for all couples to come and learn about intimacy, tantric practices or fantasy and kink. Discover how to better pleasure both a cock and pussy, the art of the blow job, pussy massage and erotic touch. Explore aspects of BDSM, restriction play and other fetish play. This is a hands-on workshop in a safe space with plenty of fun, love and laughter sprinkled on top a smorgasbord of modernised sex and pleasure education.



GET IN TOUCH FOR WORKSHOP DATES
OR TO BOOK YOUR OWN

www.pleasurehq.com.au
[@pleasure.hq](https://www.instagram.com/pleasure.hq)
lahneepavlovich@gmail.com