

静性道

**sei sei dô**

**Support for male sexuality**



An observation :

- male sexuality is not as simple as we usually think ;
- it is big preoccupation (and sometimes obsessive) in the lives of many men ;
- there is too little support for male sexuality and this is seen as a lack in our societies.

Why is it particularly important to offer this type of support ?

- Contemporary life brings many upheavals in the field of sexuality : diversification of "models" and ways of living, growing importance of the internet and social networks with all kinds of repercussions on sexuality, especially among the younger generations, sexual problems linked to the environment, stress, etc.
- Taking care of a man in the field of sexuality, accompanying him to get better, also allows us to take care, indirectly, of our sexual partners, companions. I am thinking in particular of women who, all too often, suffer from many of the ills that come from men.
- We have fundamental challenges to face in this century (a turning point for humanity). If men of good will are better in their bodies and in their minds in the area of sexuality, they will be more available to carry out life projects, to explore new paths and to propose solutions for living together today.



My long experience of more than 20 years has led me to understand and conceive various ways of approaching questions of sexuality and bodywork.

The work I propose, as well as the way of understanding, listening and calming, aims at allowing :

- a relief, a liberation, a better well-being in the field of sexuality ;
- to explore new ways of conceiving sexuality, the relationship with oneself and with the other ;
- to accompany people who express the desire to do so on the (sometimes new) paths of life that they are building.

What are the aspects of this support ?

- Aspects of information, discussion and exchange, rooted in biology in particular, but also in knowledge of the field. This is essential for a good understanding of things, avoiding any kind of "rambling".
- Bodywork sessions (using various approaches), to relieve, soothe, harmonise and show ways that each person can appropriate and adapt to their own way. The work on the body is the basis of the approach (but body and mind are linked).
- The coaching is done by mutual agreement and is adapted to each individual situation.

For more information or to make an appointment : [contact@seiseido.fr](mailto:contact@seiseido.fr)

