

# M a k e L o v e N o t W a r

## W e l c o m e

While I was teaching a workshop during our last festival called “Intellectual Bondage” a man came up to me and told me very quietly that he had just been called up to go to war. It was October 8. He was very emotional and could hardly focus on what was being said. He wanted to leave. I encouraged him to stay.

I was very emotional too.

While demonstrating in that workshop how to wrap a rope mindfully around my partner’s head, I heard myself say: “This is peace work.”

I’m not sure I can explain exactly where those words came from. Perhaps in that moment I felt a certain calmness in my body. Perhaps I felt a reprieve from an endless war with myself. For a few moments I could just relax, appreciate, breathe and be attentive.

Perhaps these kinds of artistic erotic practices, and the language we use to speak about them, really still have a revolutionary potential. For they not only challenge the shame around sexuality so prevalent in our culture, they lead us to “imagine” other ways of thinking and being with one another.

Remember how Yoko Ono and John Lennon sat in bed for a week singing to oppose the war in Vietnam.

We are undoubtedly living through a period of **acute political polarisation**, as Esther Perel has remarked. This polarisation puts our friendships and relationships under a great deal of pressure. Not only are there wars going on in the world, but also inside ourselves and our communities.

I thought I must do something.

Make Love Not War has one of the richest and most exciting festival programs I've curated in many years. I am honoured that so many of the performance artists, therapists and sex educators I respect have said 'yes'.

Come and join us! Welcome to our Playground!

Peter Banki  
13th January 2024

# Make Love Not War

Friday, January 26, 2024

Glebe Town Hall

	Main Hall	Southern Hall	Chamber Hall
11:00-12:30 a.m.	Energetic Play w/Jacqueline Hellyer	Skinfulness w/Lian Loke	Claiming Your Authenticity w/Alex R
12:30-2:00 p.m.	Lunch		
2:00-3:30 p.m.	Pleasure Activism w/Tash Ver	Awakening Queer Spirit w/Dabacco Sunset	Painting Music w/Ruslan & Katherine
4:00-5:30 p.m.	Modelling For The Camera w/Alessandra Massi	To Forgive the Unforgivable w/Peter Banki	Two Faces of Shame w/Tash Ver
7:00-9:00 p.m.	Make Love Not War - An Evening with Tony Yap, Victoria Hunt, Jacqueline Hellyer & Dan Wei		



# Make Love Not War

Saturday, January 27, 2024

Glebe Town Hall

	Main Hall	Southern Hall	Chamber Hall
11:00-12:30 a.m.	ĀHUARANGI... rising and falling in relational space w/Victoria Hunt	Opening the Heart w/Jacqueline Hellyer	Modeling for the Camera w/Alessandra Massi
12:30-2:00 p.m.		Lunch	
2:00-3:30 p.m.	Pleasure Activism w/Tash Ver	Awakening Queer Spirit w/Dabacco Sunset	Exploring the Sounds of Sex w/Peter Banki
4:00-7:00 p.m.	Serenity by Sensuality   Touch and Massage w/Shivani Ma & Cenk Baban	The Sexiness of Risk   Role Play w/Alessandra Massi	Animal God   A Jouney into Trance w/Tony Yap
7:30-8:30 p.m.		Closing Ceremony	



# Lian Loke



Lian Loke is a multi-disciplinary artist, working across dance, durational and site-specific performance installation, costume, interactive digital media and mechatronics.

Her practice questions the role of the body in contemporary society, and how our notions of self are open to transformation through inter-cultural, inter-species and inter-media relations and rituals. Her performance works are physical explorations of different ideas and images of the body and self, informed by her 15 years of training in the Japanese Bodyweather dance methodology with de Quincey Co and earlier somatic-infused dance performance with American choreographer and teacher Annetta Luce.

Her new passion is learning Contact Improvisation. She is adept in performative modes of improvisation, inhabitation, ritual and spectacle. Her working processes are often bottom-up, generating actions, meanings and new movement languages from interactions with props and costume. Her approach to costuming the body in performance explores costume as sculpture and environment, opening the sensuous space between the body and cloth.



# Skinfulness



with Lian Loke

The skin is boundary, envelope and exquisite potential for sensual bliss and connection. Drawing on sensing, feeling and moving techniques from Body-Mind Centering, Contact Improvisation and Bodyweather somatic and dance practices, you will first get to know your own skin. You will then practice contacting through skin with other bodies.

No training is required, simply a curiosity to be present in your own delicious skin.



# Jacqueline Hellyer



Jacqueline is a Sex & Relationship Geek, having dedicated her life to understanding sex, love and intimacy in all its aspects, from the biological to the psychological to the spiritual. Founder of the LoveLife Clinic, Jacqueline has been seeing clients for psychosexual therapy as well as running workshops and retreats for over 20 years. With four academic degrees, including Masters degrees in Sexology and Transpersonal Psychology, she is also experienced in spiritual and alternative sexualities, including Tantra and Kink, has a background in Aikido and is a proficient Tango dancer. It is her passion and joy to open people up to love and connection and the beauty and power of their sexuality.



# Energetic Play



with Jacqueline Hellyer

In this workshop we will move beyond physical touch to explore connection in a more mystical, energetic way with others and with ourselves. We will learn to feel connection in the spaces between, and to relate “etherically”.



# Opening the Heart



with Jacqueline Hellyer

To make love not war one needs to free one's heart of anger and fear and open it up to compassion. This embodied workshop will help you connect with your heart and free it to enable self-connection, compassion for others, and tapping into universal love energy.



# Alex R



Alex R is a trained Authentic Relating Facilitator, an Improvisational comedy performer and an experienced educator. He is an Australian, currently based in Canada with experience of living in five countries and on four continents. He speaks two languages, both with an accent.

After the catastrophic failure of his first marriage in 2014, Alex fully committed to the journey of personal and interpersonal growth, learning direct lessons from intentional space communities, such as Kink, Tantra, Authentic Relating, Orgasmic Meditation, Dance, Massage, and Improv. He also studied the communities in which he is not currently an active participant. He has been a member of Erotic Living community since the Sydney Festival of Really Good Sex in 2016.

Alex discovered that - despite disparate practices - the communities he explored overlapped in their need for clarity of communication, safe-space creation and brave-space explorations. His ongoing passion is in interweaving lessons and practices from multiple communities to create supportive scaffolding experiences for people early in their journeys of self-discoveries. He takes joy in being the catalyst for other people's transformative journeys, and in giving back to the communities and individuals that served as catalysts in his own journey.



# Claiming Your Authenticity



with Alex R

This workshop is about connection through easy, fun, and expressive games from the Authentic Relating and Improv training repertoire. You will get the energy to leave behind the outside world and the focus to open up your mind, your heart, and your body for the rest of the festival day. You will practise the Connection to self in discovering personal boundaries, and inner sources of imagination. Connection to others through shared experiences, seeing and being seen, and authentic storytelling. And connection to the group through the experience of an emergent group mind. No prior experience in either Improv or Authentic Relating is required.



# Tash Ver



Tash is a committed yogi and believes strongly in experience-based learning. She has a Masters in Communication for Development from Malmo University in Sweden. Her academic work focuses on housing justice movements in Europe and South Africa and her political work is focused in Environmental Justice movements. She has been involved in many short and long-term experiments with individual and collective freedom and lives in an autonomous occupied space in Northern Europe, that works with direct democracy and participatory decision making. She has organised community-based sex and body positive spaces and events and has been a community educator around polyamory, social change and non-violence for around 15 years.

# Pleasure Activism



with Tash Ver

In times of such intensity, nurturing our erotic lives can feel like escapism or excessive self indulgence. Yet embodied pleasure is fundamental to our humanness, it can resource and sustains us and can even be an important site of resistance. For Adrienne Marie Brown who coined the term pleasure activism it is “the work we do to reclaim our whole, happy, and satisfiable selves from the impacts, delusions, and limitations of oppression and supremacy” (brown, p. 13). Come and explore the power of doing this work collectively and what we might integrate into our daily lives to sustain us through these times of conflict and upheaval.



# The Two Faces of Shame e.

with Tash Verco

Shame can act as a restriction on our erotic freedom, which we might learn to carry more lightly. On the other hand, we can dive into shame- exploring it in play. This workshop will give you opportunities to do both.



# Dabaco Sunset



Dabaco Sunset is an embodiment counsellor and psychotherapist in-training helping you connect deeper with your body, sexuality and sensuality.

He combines somatic psychology, pillars of awareness and yogic principles in his practice. Dabaco also draws on meditation techniques, intuitive movement and creative mediums to empower participants to explore untapped areas of themselves.

Dabaco holds a Diploma of Counselling and is currently undertaking post-grad studies in Gestalt Therapy. He also facilitates workshops and retreats for NAKEDMAN and is a trained Yin Yoga teacher.

Alchemizing the world of creativity and somatic therapy, Dabaco is facilitating himself and countless queer and curious folk into a new paradigm of embodied artistic liberation.



# Awakening Your Queer Spirit



with Dabaco Sunset

Before it becomes an identity queer is a special kind of permission that may have ethical and political consequences. The term comes from the German “*quer*” meaning across, at a right angle, diagonal, out of alignment. It may refer to an agency that questions social norms and lets go of values that are no longer serving, a person who plays on a different basis.

In the end, queer is not just about gender and sexuality, but a state of mind, a spirit that transcends boundaries, labels and limitations - a way of being *vulnerable, but at the same time strong*.

This workshop is an invitation to let go of how you think you should move, feel and express yourself. Allow your curiosity to take the lead. Dabaco will guide us through an energetic journey of movement, contact, release and gentle rebirth. By learning to anchor our eros deep into the earth we can let our unique, queer spirit soar.



# Ruslan & Katherine



Ruslan is a long-time aficionado of algorithmic music. His deep dive into the genre ended up with building his own livecoding system from the ground up, which is used these days to accompany contemporary poetry performances and to inspire Katherine's mystical art.

Katherine is a psychotherapist, artist and dedicated Runes/Tarot reader and teacher. In her native Russia, she earned a PhD and spent a decade working at Tula University, specialising in art history. For the past twenty years, Katherine has been a passionate practitioner of Runes and Tarot. She invented her unique multi-dimensional approach to working with imagery, revealing the inner power of the subconscious. She is currently studying for a Masters in Counselling and Psychotherapy at ACAP.

Incomparable Australian nature and Ruslan's experimental soundscapes serve as two primary sources of Katherine's inspiration in art. She has discovered that watercolour, with its property of forming unpredictable and unique images, is the ideal medium to represent both these influences. Her art-making process, in turn, enhances her professional roles as a psychotherapist and a Tarot/Runes reader.



# Painting Music



with Ruslan and Katherine

Making art involves a voyage of discovery, encompassing both the artistic medium and our inner selves. By tuning into the exploration of aural landscapes, we immerse ourselves in a fluid wave of creativity as we delve into the medium of watercolour. In the workshop, by leaving marks and stains on the paper with enjoyable curiosity, we shall paint collaboratively the mysterious landscape of algorithmic experimental music.

When we experience more than one sense simultaneously, we create **synesthesia**.





# Peter Banki, Ph.D.



Peter Banki, Ph.D was born on Gadigal Land, Warrane, (Camperdown, Sydney) and currently lives on gadigal, bidiagal and birrabirragal lands (North Bondi). His ancestral affiliations are Hungarian, German, English and Scottish.

He is founder and current director of Erotic Living. In 2016, he also founded the Festival of Death and Dying with Victoria Spence. He has also curated Love and Disability (2017), Into the Wild (2018-19), Really Good Sex (2016-17) and Xplore Sydney (2011-13). He has taught and performed locally and internationally at Xplore Berlin, Stretch Berlin, Erosphère, Taste of Love.

Peter has a background in Iyengar yoga, dance and the martial arts (Tai Chi, Capoeira Angola). His somatic and movement practice forms the basis of his work in the erotic field.

Peter has also been a scholar and teacher of European philosophy and literature for much of his adult life. Philosophers such as Friedrich Nietzsche and Georges Bataille, Anne Dufourmantelle, Avital Ronell and Jean-Luc Nancy have most inspired him in his thinking about sexuality and eroticism. He holds a Ph.D in German studies from New York University (September, 2009). His book *The Forgiveness To Come: the Holocaust and the Hyper-Ethical* came out in 2018 with Fordham University Press.

With his partner Natalia, Peter often likes to go bushwalking, or as we say with First Nations people, walking on country.



# To Forgive the Unforgivable



with Peter Banki, Ph.D

One of the most profound and intimate experiences is to be wounded and unable to forgive. The inability to forgive may not be something that is simply chosen. Something very powerful continues to say 'no', even if one would like to say 'yes', to forgive the other, believing that it will make things easier, lighter and better from now on. In certain cases even after one has said 'yes' and meant 'yes', the 'no' insists.

To be refused forgiveness is also profound. Something in the other remains inaccessible, unattainable. And the past that one shares with the other—or with the other in oneself—is unclosed, like an incurable wound.

The impossibility to forgive—or to be forgiven—may be an elementary dimension of all our relations, and in particular, with the people who are most important to us. It is something that I encounter forcefully in my relationships with those I love the most.

Can there be a dance of the unforgivable? A dance of forgiveness?

# Exploring the Sounds of Sex



With Peter Banki, Ph.D.

The sounds of sex are beautiful. They are sounds of freedom, sometimes of pain and sadness, often of *ecstasy* and abandon.

What happens when we explore these sounds consciously, while keeping our clothes on and without being attached to a particular outcome, action or role?

How can we explore the poetry and music of sexual experience without direct genital contact? And in so doing queer our understanding and experience of what sex is?

This workshop comes from my own recent experiences of sexual role reversal and *frottage*.



# Alessandra Massi



Hi, I am Alessandra Massi,  
Embodiment Coach and Sensual Dance facilitator at  
INTIMASSI.

I help individuals move from their disconnection and guide them into a more accepting and loving state in which they can experience themselves fully, awakened to the magnificence of the life around them and inside them.

I support others to reunite with the power that comes from dynamic self expression available through sensual dance and creative arts.

I am a partner/lover, mother of three, dancer, creative, and a playful, warm and affectionate human.

I am enamoured by words and language. I am comforted and soothed by poetry.

I studied visual arts 2D and 3D (sculpture) My inspiration is the human form. I have a deep love of capturing a mood, a moment, an emotion through a lens. My self photography is a celebration of who I am, all of me, all of my faces and facets, my beautiful distortions, my flesh.

I am multilingual- Spanish, French, Italian, English.



# Just Behave: Modelling for the Camera



with Alessandra Massi

“Nakedness is something that is acknowledged, that one is conscious of. It is a state of mind and of the gaze” Gualdoni - The History of The Nude

The workshop delves into techniques such as Alexander, Kinesiology, Release technique and Martial Arts to help integrate the body for posing and modelling for the camera.

How do we pose? How does movement and body integration aid in modelling? Where does inspiration come from in the body? How can we express from within rather than recreating a shape?

The workshop delves into these questions and more to explore how we can access the deeper parts of ourselves to reveal and express rather than simply recreate.

Please Note

- This is a clothing-optional workshop, at the discretion of the participants
- Participants are encouraged to bring their phones for use of their own camera during the workshop
- All photographs taken throughout the workshop are for personal use and not to be distributed or used publicly without the consent of participants in the photograph



# The Sexiness of Risk (Role Play)



with Alessandra Massi

The Sexiness of Risk is a role play space to help you find the courage and energy to take the risks that are uniquely yours.

Dance, costume, role play, embodiment, sensuality, breath and time are some of the tools we use.

Participants will be invited to play out different roles in appealing, arousing, sometimes wild and wacky scenarios.

As we grow up, many have forgotten the importance of play. We want people to explore their erotic natures through following their turn- ons.

'The space will feature a variety of unique, immersive experiences that are designed to explore known and new kinks and boost erotic aliveness in all who come to play.



# Tony Yap



Tony Yap is an accomplished dancer and multidisciplinary artist who explores and creates an individual dance-theatre language informed by psychophysical research, Asian shamanistic trance dance, butoh and 'psycho-vocal' experimentations.

Yap has been a distinct figure in inter-cultural discourse in Australia. He received Asialink residential grants in 2005 and 2008, as well as a Dance Fellowship from the Australia Council for the Arts, and is the founding Creative Director of Melaka Arts and Performance Festival – MAP Fest. Yap brings a non-Western perspective to the development of contemporary dance and performance practice that is grounded in Asian philosophies, sensibilities and forms.



# Animal God: A Journey into Trance



with Tony Yap

In this workshop, Tony Yap will direct you into specific stages and modes of trance with an attention to 'becoming animal.'

Tony adopts specific inductions into deep-trance which are traversed from three Asian traditions: the Daoist shamanistic temple practices from Melaka, Malaysia; the Bantengan bull trance rituals in Batu, East Java; and the royal court dance of Bedoyoof Yogyakarta, Central Java in Indonesia.

We will explore some of the ways in which the term "emptiness" is understood in Daoism: specifically as a zone of spatial consideration for trance forms: "The great square has no corners".



# Shivani & Cenk



Shivani is a Tantrika with more than 20 years of expertise as a RMT massage therapist. She specializes in Tantra Massage, KaHuna Lomi bodywork, and Manual Lymph Drainage. Shivani is also a Yoga and Meditation Trainer and a Counselor with a focus on relationships and sexual wellness.

Cenk is a certified Massage Therapist (ACNT), Tea Ceremony Celebrant, and experienced event planner with a digital marketing background. A passionate explorer of Buddhism and Tantric meditation, Cenk delves into various massage modalities, creating meaningful experiences and spaces for connection and play.



# Serenity by Sensuality (Touch and Massage)



with Shivani Ma and Cenk Baban

Discover the art of touch and massage to cultivate safety, healing, and a serene flow of peace and pleasure. Embrace your sensuality, deepen connections, and feel waves of peace within.

 What to Expect:

This is a time to slow down, be present, release tension, ground and sink into your body. Explore various touch techniques with sensual tools like massage candles and feathers. Connect in a safe space, with initial conversations on boundaries and consent.


 4 Unique spaces of "Nests":


Self-Care Nest: Dive into self-exploration.


Couples Nest: Enhance connection with your partner.

Singles Nest: Safely explore new connections.

Tribe Nest: Immerse in multiple hand massages.

 Massage Oils Provided: Coconut and water-based oils for a blissful experience. Feel free to bring your favorite massage oil or candle.

 Attire: Clothing is optional, but underwear must be worn at all times—sensual, not sexual.

 What to Bring: Towel or sarong and your favorite touch items (silk scarf, feather, etc.).



# Victoria Hunt



Victoria Hunt was born on unceded Kombumerri Country (Surfers Paradise) and currently lives on Bidjigal Country, Eora (Sydney, Australia). Her ancestral affiliations are Te Arawa, Rongowhaakata, Kahungunu Māori, Irish, English, Finnish.

She works across the visual and performing arts as a dancer, director, choreographer, dramaturg, photographer, and filmmaker. Her core collaborators are visual artist Boris Bagattini and composer James Brown and their award-winning works have toured nationally and internationally to critical acclaim.

Victoria's work delves into Indigenous epistemologies within diasporic concepts of identity formation and belonging. Her work is liminal, intercultural, transdisciplinary and reinstates the power of Indigenous creativity within the politics of Rematriation – inserting the body into frameworks of power, for future ancestors. Central to this is Whakapapa (kinship/genealogies), Atua Wahine (sacred feminine principle), Body Weather and IndigiQueer revitalization within creation practices. Her work is a gradual binding of intimate collaboration between artists, Elders and communities.



# ĀHUARANGI... rising and falling in relational space e.

with Victoria Hunt