

# TOUCH HIGHQ™ FOR RETREAT HOSTS

GUIDED EXPERIENCES: MOVING OUT OF PERFORMANCE AND INTO PRESENCE

## WHY BRING TOUCH HIGHQ TO A RETREAT?



### Nervous System Settling:

Space for individuals and partners to deeply de-stimulate and deeply relax carry-over stress.



### Boundary & Consent Practice:

Structural support for partners to notice their internal 'yes' and 'no' and reduce 'intimacy bracing'.



### Reopening Nonsexual Closeness:

Authentic connection focused on care, comfort, and safety without sexual performance pressure.



### Greater Relational Trust:

Helping participants not only think differently, but feel themselves differently in the body.



## WHAT PARTICIPANTS EXPERIENCE



### 100% Invitational:

All exercises are optional. No one is ever required to touch anyone or be touched.



### Structured & Ethical:

A body-based practice focused on slowing down, requests, and refusals. NOT THERAPY.



### Strictly Nonsexual:

Clear boundaries focused on comfort, hesitation, adjustment, and requested closeness.



### Small-Group Support:

Guided support experiences using requested touch and props to help one person become more comfortable.



### Flexible Formats:

Available as single workshops, signature sessions, or customized multi-session arcs.

ADAPTABLE FOR:



Couples  
Retreats



Wellness



Women's



Personal Growth  
Retreats

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