

# Touch HighQ Labs for Yoga Studios and Movement Spaces

## Consent-forward, nonsexual touch experiences for communities that want to feel more connected, grounded, and fully human

Touch HighQ Labs are guided group experiences that help people explore nonsexual touch, boundaries, consent, and connection in real time.

These labs are designed for studios and movement communities that understand the body matters, but know that many people are still touch-hungry, touch-confused, over-accommodating, disconnected, or unsure how to ask for what they want.

In a Touch HighQ Lab, participants practice slowing down, listening to their bodies, noticing yes and no, making requests, declining when needed, and experiencing consensual, low-stakes touch in a structured and ethical environment.

This is not partner yoga.  
It is not therapy.  
It is not sexual.

It is body-based learning about consent, comfort, boundaries, and connected touch.

## Why bring Touch HighQ to your space?

Many people are longing for connection, but do not have much practice with safe, honest, nonsexual touch.

They may be:

- comfortable in their bodies, but not in contact
- good at movement, but not at asking for what they want
- caring and generous, but disconnected from their own boundaries
- hungry for closeness, but unsure how to create it safely
- surrounded by people, but still lonely

Touch HighQ Labs offer a way to explore these realities in community.

Participants often leave with:

- greater self-awareness
- more clarity about their own boundaries and preferences
- more comfort giving and receiving honest communication
- a deeper sense of groundedness and connection
- practical tools they can bring back into their relationships and lives

## **What happens in a Touch HighQ Lab?**

Labs are structured, facilitated group experiences. Everything is invitational. No one is ever required to touch anyone or be touched.

Exercises may include:

- noticing bodily yes and no
- practicing requests and refusals
- exploring comfort, hesitation, and adjustment
- low-stakes touch such as shoulder-to-shoulder contact or hand holding
- body mapping and touch preference reflection
- small-group exercises in which one person is supported into greater comfort through requested, consensual contact and props

The emphasis is on:

- choice
- communication
- self-awareness
- relational honesty
- nonsexual connection
- embodied consent

## **Who these labs are for**

Touch HighQ Labs are a strong fit for:

- yoga studios
- movement spaces
- retreat communities
- wellness communities
- established groups that want a deeper, more relational offering
- people interested in embodiment, boundaries, and connection

These labs tend to work especially well in communities that already value presence, nervous system awareness, and intentional practice.

## What your community gets

A Touch HighQ Lab can help your community:

- build trust and connection
- deepen body awareness beyond solo practice
- strengthen consent culture
- expand participants' language for boundaries and preference
- offer a meaningful experience of community care
- create a nourishing, memorable event that stands out from standard wellness programming

This is a different kind of offering.

It gives people a chance to practice being with themselves and one another with more truth, more care, and more choice.

## Format

Touch HighQ Labs are typically offered as:

- one-time workshops
- special events
- retreat sessions
- recurring series

Sessions are generally around **3 hours**, depending on the structure and goals of the event.

## About Dr. Alissa Gardenhire

Dr. Alissa Gardenhire is a Harvard-trained qualitative researcher and embodied facilitator. Through Touch HighQ, she creates consent-forward, nonsexual touch experiences that help people build self-awareness, boundaries, connection, and relational capacity in the body.

Her work is rooted in the belief that touch, when practiced ethically and intentionally, can help people feel more grounded, more honest, and more alive.

## Bring Touch HighQ to your space

Touch HighQ Labs are available for studios, retreat leaders, and movement communities seeking thoughtful, body-based experiences centered on consent, connection, and community.

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