

Touch HighQ for Retreat Hosts

Consent-forward, nonsexual touch experiences for retreats that want more depth, connection, and embodied truth

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

These experiences are well suited for retreats because they invite participants out of performance and into presence. They give people a chance to slow down, listen to their bodies, notice their yes and no, make requests, honor limits, and experience connection in a way that is structured, ethical, and deeply human.

This is not therapy.

It is not sexual.

It is not casual free-for-all touch.

It is facilitated, consent-forward, body-based practice.

Why bring Touch HighQ to a retreat?

Retreats often ask people to open, connect, reflect, and transform. But many people arrive carrying stress, loneliness, vigilance, over-accommodation, disconnection from their bodies, or uncertainty about what they want.

Touch HighQ can support retreat participants by creating space for:

- nervous system settling
- embodied self-awareness
- consent and boundary practice
- relational honesty
- nonsexual connection
- comfort with closeness
- greater self-trust in the body

In other words, this work helps people not only think differently, but feel themselves differently.

What participants experience

Touch HighQ experiences are guided and structured. Everything is optional. No one is ever required to touch anyone or be touched.

Depending on the retreat and the group, experiences may include:

- noticing bodily yes and no
- practicing requests and refusals
- low-stakes, consensual touch
- body mapping and preference reflection
- exploring comfort, hesitation, and adjustment
- small-group support experiences designed to help one person become more comfortable through requested touch and props

The focus is not performance.

It is awareness, choice, communication, and connection.

Why this works well on retreat

A retreat already creates a container outside of everyday life. That makes it a powerful setting for this work.

Touch HighQ can help:

- deepen trust within the group
- bring people into more honest relationship with themselves
- expand the retreat beyond talking or movement alone
- offer a memorable experience of care, connection, and embodiment
- support integration around boundaries, vulnerability, and presence

It often becomes one of the experiences people remember most because it is unusual, grounding, and real.

Types of retreats this can support

Touch HighQ can be adapted for:

- wellness retreats
- women's retreats
- couples retreats
- spiritual retreats
- personal growth retreats
- curated community gatherings

The work is flexible, but the core remains the same: consent-forward, nonsexual, embodied connection.

Format options

Touch HighQ can be offered as:

- a single workshop
- a signature retreat session
- a multi-session arc across the retreat
- a customized experience based on your group and goals

Sessions are often around **2 to 3 hours**, depending on the retreat structure and desired depth.

What makes this different

Many retreat experiences help people think, move, reflect, or express.

Touch HighQ helps people practice:

- choice in the body
- honest limits
- clear requests
- receptive awareness
- safe closeness
- nonsexual intimacy
- staying connected to themselves while with others

It is a rare kind of offering: one that can feel both gentle and profound.

About Dr. Alissa Gardenhire

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

Her work is grounded in the belief that ethical, intentional touch can help people feel more honest, more connected, and more fully alive.

Bring Touch HighQ to your retreat

Touch HighQ is available for retreat hosts seeking a thoughtful, memorable, body-based experience centered on consent, connection, and embodied truth.

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