



INTERNATIONAL INSTITUTE FOR SEXUAL EMPOWERMENT'S
*FREE Sizzling Summer at the
IISE Community Center*

[SIGN ME UP](#)

Are you ready to explore a new dimension of open and liberated discussions about sex? This summer, we are thrilled to introduce our Online Community Center, a safe and inclusive space designed to foster authentic communication and growth around sexuality.

The best part - It's **FREE** for the entire summer! This is to allow you to get acquainted with our entire suite of events and activities including Game days, Open Watch Parties, Free Support Group Series, Free Inquiry Roundtables, Movie Club & Book Club. It's the perfect opportunity to see what our community is all about and to take that first step in your own journey.

This DOES NOT provide access to any of our paid programs, offered at a nominal fee.

FREE Sizzling Summer Events

The Safe Room Support Group (topics vary)

Tuesdays July 20 – August 31, 2024

6-7pm PDT | 8-9pm CDT | 9-10pm EDT |

3-4am CEST (Wednesdays) | 6:30-7:30am IST (Wednesdays) |

11am-Noon AEST (Wednesdays)

Movie Club & Discussion

Thursdays July 20 – August 31, 2024

6pm PDT | 8pm CDT | 9pm EDT |

3am CEST (Fridays) | 6:30am IST (Fridays) |

11am AEST (Fridays)

Book Club

Fridays July 20 – August 31, 2024

5-6pm, PDT | 7-8pm CDT | 8-9pm EDT |

2-3am CEST (Saturdays) | 5:30-6:30am IST (Saturdays) |

10-11am AEST (Saturdays)

SIGN ME UP

Watch Party – cartoons

Saturdays July 20 – August 31, 2024

9am PDT | 11am CDT | Noon EDT |

6pm CEST | 9:30pm IST |

2am AEST (Sundays)

Awakening Sexuality Roundtable:

a personal inquiry

Saturdays July 20 – August 31, 2024

Noon-1pm PDT | 2-3pm CDT | 3-4pm EDT |

9pm CEST | 12:30am IST (Sundays) |

5-6am AEST (Sundays)

Sizzling Summer Classes

(nominal \$60 fee)

Pleasure Negotiations 101: How to Navigate the Sex You Want!

with Nika Cherrelle

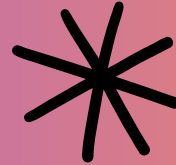
Sunday, August 4th Online

4-5:30pm PDT | 6-7:30pm CDT | 7-8:30pm EDT |

1-2:20am CEST (Monday) |

4:30-6am IST (Monday) |

9-10:30am AEST (Monday)



It can be challenging to tell your partner some of the things that you're into. You might be embarrassed, shy, or just outright, scared. It's all OK. This workshop will help you find ways to share intimate details with your partner(s) to ultimately allow you both to enjoy the sex you want!

In this workshop, we will have conversations, exercises and activities designed to allow us to open up in safe and fun ways. Set aside the shame and stigma that keeps you from declaring what you want and start having fun today.

Releasing Sexual Shame with Nika Cherrelle

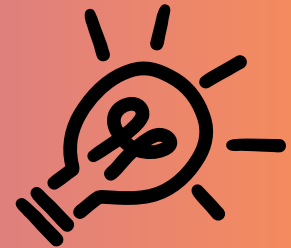
Sunday, August 18th Online

4-5:30pm PDT | 6-7:30pm CDT | 7-8:30pm EDT |

1-2:20am CEST (Monday) |

4:30-6am IST (Monday) |

9-10:30am AEST (Monday)



What if you could break free from the shackles of sexual shame and step into a life of freedom and empowerment?

Releasing Sexual Shame: A Pathway to Freedom challenges the social norms and misconceptions that often cloud our perception of ourselves..

This workshop aims to spark conversations that transcend boundaries and foster understanding and acceptance.

Titled Releasing Sexual Shame: A Pathway to Freedom, looks at freedom holistically, not just sexual freedom. We are talking about freedom from everything that has ever held you back in life. Healing your relationship to shame, allowing you to communicate your needs with love for yourself and others.

In this workshop we will delve into the depths of shame, exploring its origins, impacts, and most importantly, strategies to liberate ourselves. Nika will lead insightful discussions that guide you through a journey of self-discovery and acceptance. The first exercise is designed to empower you to let go of the things you hold against yourself. From there you will journey through an exercise supporting you to break through the restrictions of your past to form a new relationship with yourself.

Join Nika to empower your sexual self and own who you are.