

Donavon is a Somatic Sex Educator and embodiment facilitator with over a decade of experience supporting people in exploring sexuality, intimacy, communication, connection, and personal transformation through and with the body. His work bridges general somatic principles. Such as interoception, nervous-system regulation, breath, agency, and movement. With the lived realities of pleasure, consent, and erotic expression.

Donavon offers an experiential, trauma-aware approach that moves beyond talking about sex and into directly feeling, understanding, and relating to one's somatic self. Drawing from somatics, sexological bodywork, consent-based practices, kink/BDSM, and deep listening, he supports clients in developing greater bodily awareness, agency, and access to pleasure & aliveness. His sessions create a grounded, respectful space where curiosity, sensation, and choice guide the work. Helping people reconnect with what is alive, available, and true for them.

Somatic Sex Education

A Body-Centered Approach to Sexual Healing, Pleasure, and Empowerment

Creating living maps of your body's wisdom



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Donavon's vCard

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— Mehdi Darvish Yahya, Somatic Sex Educator

"The soul feels unsafe in a frightened body. This bodywork breathes courage into the body, inviting it to feel pleasure within its own edges. This is a way of preparing the body to be a home for the soul again."

A Home for the Soul

Physical: Deep relaxation, scar tissue remediation, endorphin activation for bliss and healing

Emotional: Expanding emotional range, activating oxytocin (bonding, trust), learning to direct touch, experiencing and expressing boundaries

Mental: Learning genital anatomy, physiology of orgasm, how to negotiate desires, recognizing limiting patterns

Spiritual: Accessing profound ecstatic states, tuning into sexual energy, experiencing sexuality as transformative spirit

Talk therapy often falls short when it comes to healing sexual trauma and reclaiming pleasure. Embodied practices like expanded breath, orgasmic yoga, mindful touch are vital for transformation.

Research in contemporary neuroscience shows that trauma imprints are subcortical—meaning they live below conscious thought, in the body's tissues and responses. We can heal and change only when we physically experience and practice efficacy, power, and pleasure in the erotic realm.

Why Body-Based Learning Matters

Most of us learned about sex through fear: STIs, pregnancy, shame. We were taught what to avoid, not how to experience pleasure, safety, boundaries, and embodied agency.

"Because Traditional Sex Ed is Usually Consequence and Avoidance Ed"

Why Practice Somatic Sex Education?

What is Somatic Sex Education?

Filling the Gap

Most of us receive one of two kinds of sex education: Either purely medical information (anatomy, STIs, pregnancy prevention) or we're told to "Avoid it until the last possible moment" and then "just have sex and figure it out."

Somatic Sex Education lives in the space between.

It fills the gap between medicalized understandings of the sexual body and real-world sexual experience. Rather than only talking about sexuality or treating problems after they arise, SSE offers embodied, experiential learning that helps people understand pleasure, arousal, boundaries, and agency from the inside of the body.

What We Teach

Sexological Bodywork = Sex Education + Mindfulness

Somatic Sex Education (also called Sexological Bodywork) is a body-based educational modality that supports individuals, couples, and groups to learn to direct their erotic development and deepen their erotic wellbeing and embodiment.

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What Makes SSE Unique?

- Breathing and nervous system regulation
- Trauma theory (including Polyvagal Theory)
- Embodied consent and boundaries (Wheel of Consent)
- Mindful touch and erotic bodywork
- Genital and anal mapping (when appropriate)
- Orgasmic yoga and masturbation coaching
- Scar tissue remediation

Training includes:

Who Has Contributed to This Field?

Key Pioneers

Dr. Joseph Kramer - Founder of Body Electric School and Sexological Bodywork profession. Former Jesuit seminarian who integrated spirituality, sexuality, and somatic practices.

Annie Sprinkle, Ph.D. - Certified sexologist, sex-positive feminist, performance artist. Co-developed Taoist Erotic Massage. Author of The Yoga of Sex, core curriculum for 2,000+ practitioners worldwide.

Barbara Carrellas - Author of Urban Tantra. Pioneer of "breath and energy orgasm" techniques developed during AIDS epidemic.

Dr. Betty Martin - Developer of the Wheel of Consent framework. Author of The Art of Receiving and Giving.

Caffyn Jesse - Co-founder of Institute for the Study of Somatic Sex Education (ISSSE) in Victoria, Canada.

Dr. Liam 'Captain' Snowdon (they/them) - Created ISSSE, the only SSE school in Canada. Background in street outreach, harm reduction, social justice.

Sheri Winston, CNM, RN, BSN, LMT - Certified nurse-midwife, author of Women's Anatomy of Arousal (AASECT 2010 Book of the Year). Created first accurate, integrated maps of women's anatomy and sexuality.

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1. Inviting Somatic Awareness

We help students feel the life within—to awaken awareness of the lived body, especially when sexually aroused. Students learn to notice pleasure, connections, habits, unconscious behaviors, and muscular tension patterns.

2. Facilitating Somatic Openings

Through coaching, bodywork, and teaching, we help others experience a shift in their habitual way of welcoming sexual arousal. This often involves changes in how students constrict muscles and control breathing. What shamanic traditions call "shape shifting."

3. Guiding Somatic Practice

We guide students to maintain their somatic openings by practicing new ways of moving and breathing. Conscious movement and breathing practices over time transform old habits and create lasting somatic change.

Three Overlapping Realms

(According to Richard Strozzi-Heckler, The Art of Somatic Coaching)

How Does Somatic Sex Education Work?