

Elemental Bondage: Rope Bondage for Connection, Energy and Passion

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Rope can ground us into the earth, or have us breathe consciously into the air. Restraint can help us swim through the waves of our heart, or kindle passion from the fire within. Rope has the power to be used as a diverse energetic, spiritual and magical tool, and in this class we will do hands-on exploration of how this amazing tool can be modified to your needs no matter your path. Let's explore how we connect to bondage, and how we connect to each other, through the notion of Intention + Attention = Magic. No experience with rope bondage or spiritual exploration necessary. Please bring a piece (or two) of rope for hands-on exploration (limited supplies available).

- **Water** (Emotion) – Touching with Rope, Flowing, Eyes Closed
- **Air** (Communication) – Breathing together, eyes open, eyes closed, wrapping rope around and feeling it
- **Fire** (Passion) – Texas Handcuffs, binding quickly with a spark
- **Earth** (Grounding) – Pulling on ropes in a rope dance, feeling the power
- **Water** (West) – Pentacle Harness, focused over the heart
- **Air** (East) – Suspension talk, pulling on our ability to breathe, positions and their effect on the body
- **Fire** (South) – Cuffs into crotch rope and sexuality
- **Earth** (North) – Cuffs into a ball tie or hogtie, putting a foot on their body, both partners down to the ground

Where does rope take you? Where are your places of passion, connection and energy?

Flow in the waves and breathe deep. Spark your passion and find yourself on earth at the same time. Blended together you are at the center of all of the elements, and from here you are the place to which all roads go, and the road from which all roads lead.