

## **SEMINARS, CLASSES AND DEMONSTRATIONS**

To watch Cleo Dubois at work is to witness a raw S/M energy that is both tough and beautiful. Whether she's teaching how to wield a flogger or showing how to negotiate a scene, Ms. Dubois's demonstrations always include tips that reflect her deep experience in the art. – *Marianne Messina, writer*

### **Radical Touch: Focusing Pleasure and Pain from the Subtle to the Intense**

When you top, do you want to take your bottom to new heights of sensation and surrender? Do you crave more sophisticated control over your play partner(s)? When you bottom, do you wish to experience familiar sensations in a new way, to expand your limits of trust, to journey further? Cleo will share her insights on sensual and conscious touch, focus, sensory deprivation and overload. Create ecstatic states, pain rushes and expand your partner's limits by playing with surprises, fears and unexpected turn-ons. This class will include demos using hoods, wraps, electro-stimulation, sharp toys, piercing and more. Cleo will welcome audience participation. Feel what a little sensory deprivation can do for you!

### **Get Sizzling Hot Play with Down to Earth Negotiation**

*Want to Play? Know the secrets to improvise your scene.*

Ms Dubois will address establishing such essential issues as trust, overcoming shyness, play dynamics from Top and bottom 's perspective, developing your negotiation skills, and physical and emotional safety. There will be two live negotiations with volunteers from the audience. If one of these negotiations is successful Cléo will play with that willing person for the first time. And this could be YOU! Q and A will be welcome from Tops, bottoms, switches, non-submissive masochists and fetishists, novices, the experienced or those who are just curious.

## **Secrets Of Topping and Being a Good bottom or Even a Good Brat**

Be a powerful, desired and appreciated Dominant

Domination comes in many flavors: Do you see yourself as a Mistress, Master, Teacher, Trainer, Goddess, Sadist, Loving Control Queen, Daddy/Mommy? What is your turn-on as a Top and how can you satisfy it? Are there challenges you are afraid to take? Do you know your limits?

This class can help you be a more powerful, desired and appreciated Top. Trust, subtle on-going negotiation, emotional risk taking, and physical safety will be emphasized throughout. Cléo will encourage a lot of questions so do not hesitate to bring them! Of course there will be a live demo. Cleo will take the challenge of topping 1 or 2 volunteers. If you're interested, contact [CleoDubois@sm-arts.com](mailto:CleoDubois@sm-arts.com) or volunteer that evening (no guarantees you'll be picked!).

All players are welcome. If you're a bottom, let us shine some light on how a Top's mind works and what you can do to please AND get what you need.

## **The Art of Whipping: From Sensual Caress to Fiery Realms**

Domination, Erotic Journey, Ritual, Kinky massage or Punishment? Learn the simple skills that will allow you to create wonderful energy play regardless of its flavor. Do you wish to experience the pleasure of swinging the whip or do you wish to feel the range of sensation various floggers can create on your body? Do you want to get **more** out of whipping - **giving** or **receiving**?

This class will have a "hands on" workshop portion. If you come without a partner be open minded and willing to flog or get flogged by another seminar participant. Limits will be respected and there will be no nudity.

## **Body Percussion and Sensual S/M**

Want to get more out of spanking, paddling, caning and cropping -- giving or receiving?

Cléo will share what makes a percussion scene work using your hands as well as various implements with appropriate techniques, placement, timing and safety.

# Cléo Dubois Academy of SM Arts

This class will have a "hands on" play-shop portion.

Combining percussive sensations and ongoing communication we will work in pairs and trios on centering, proper percussive toy placement, effective timing, and simple verbal and non-verbal communication feedback.

If you do not attend the class with a partner please be open minded and willing to play with another class participant. Limits will be respected and there will be no full nudity. You may bring your paddles, crops and light canes. Cleo will have toys available for you to try.

Tops, Switches, subs and non-submissive sensualists/masochists are welcome.

Learn accuracy, timing, sending your energy with each contact and/or embrace sensations and give clear body feedback. Enjoy the dance of sensual S/M.

## **The Highs and Hazards of Bondage**

Many of us fantasize about being helpless or putting our partners at our mercy. Some of us are afraid of it and yet thrilled at the possibilities. We might want to struggle and be overpowered or try to escape and be delighted to fail. Perhaps we wish to be hooded, gagged, blindfolded, suspended, or just offer our bodies for the taking. Deep down we often seek freedom and release from the bounds of everyday responsibilities. However fun or intense, bondage play can be tricky! Cléo will share her knowledge on the highs and lows of bondage.

Willing demo-subjects will be restrained during the entire class. One in leather and padded head box, the other with good rope work that you will be able to remember, and the third in Cléo's infamous medieval cravat. If you wish to volunteer for the demo or take the class in a straitjacket this is your chance!

## **Rope Magic: Bondage Tips for Erotic Play**

Join in for a hands-on afternoon of fun and sensuality with ropes. Cléo will share with you the secrets of safe, simple and effective rope bondage. What do you wish to learn? Full body harness, upper torso Japanese harness, lower body harness, cuffs, techniques for tightening and loosening cinches, Bettie Page style cinches...? Come practice what you want to do at home later.

# *Cleo Dubois* *Academy of* *SM Arts*

Although we encourage you to attend with your partner or a friend, it is not necessary. You will be able to team up with another class member. Your boundaries will be respected. Recommended clothing, Lycra or cotton leggings, leotard and tank tops or t-shirt, cat suit... Please bring two 10' ropes, one 20' rope and one 50' rope, preferred diameter 1/4 inch to 1/2 inch and your willingness to tie up and/or be tied up.

## **The Fine Art of Focusing Pleasure and Pain**

As a Top, do you want to take a willing bottom to new heights of sensation and surrender? To take more sophisticated control over your play partner? As a bottom, do you wish to experience familiar sensations in a new and more intense way and to expand your limits of trust?

Cleo will share her insights on the use of sensory deprivation and overload. Through this class you can learn how to create ecstatic states, pain rushes and an expansion of limits by focusing the bottom's attention on specific body parts, and by playing with surprises, fears and unexpected turn-ons. Cleo will present tips on timing and the special skills needed to focus pleasure/pain.

This class will include demos using hoods, wraps, a special bondage chair, electricity, cock & ball play, sharp toys and more.

## **Playing on the Edge: Embracing Your Dark Side Playing as a Sadist with Intensity and Integrity**

Embracing dark energies does not come easily to most people. As a sadist you might fear being judged by other players, or of hurting the ones you love. There may be unpleasant emotional repercussions if a heavy scene turns sour. Conversely as a bottom, you may be frequently disappointed that you do not get taken down as far as you really could go.

Cleo self defines (when appropriate) as a heavy, skilled and consensual sadist. In this class, given the limitations of a public demo, she will attempt to take a willing bottom to new heights of sensation and surrender. She will work with the breath and with reading her partner's energy, while nurturing and giving pain. All players -- sadists, masochists and switches -- are welcome.

## **Turning On the Heat with Resistance Play**

Are you tired of being a good little girl or boy and long to be naughty? Do you fantasize about being taken down rather than offer your submission? Do you wish to resist, but your Top is uncomfortable with that game?

Perhaps you like the challenge of a sassy bottom who breaks the rules -- but you dare not venture on that path for fear that you and your partner might crash into emotional rocks. Perhaps you are afraid of hurting each other physically?

Cléo Dubois will address the dynamics that can safely fuel the intensity of your scene. We will discuss the pitfalls to avoid and how to keep our play safe. You will witness two live demos: one in covert role-play and the other in hot physical resistance. Come prepared to enjoy intensity and expand your horizons!

## **Playing Rough: Skills and Safety for Resistance Play**

Learn control holds, takedowns, and how to be brutally rough; all of course, in the context of Safe, Sane and Consensual Play. Whether you are a Top who wants to master the art of taking down the most bratty or stubborn sub, or you are a bottom who yearns to be really taken down hard, this workshop is for you.

This workshop will cover:

Discussion of physical and psychological safety

How to "take it" for bottoms

Planning the "attack" for Tops

Basic locks and takedowns

Handcuffing

How to say "enough" without safe wording or blowing the scene

Everyone will be expected to play both roles during this first time, hands-on seminar.

We recommend you wear comfortable clothing that allows free movement. Bring your best handcuffs if you have some.

# Cléo Dubois Academy of SM Arts

Cléo and Jay Greenman will lead this workshop together. Jay combines martial arts secrets with SM play. Now an active community player, he had many years of police training in overcoming resistance and taking physical control.

## Play Piercing Safety and Magic

An extended piercing scene can take you and your partner on a beautiful journey you won't soon forget. Multiple temporary piercings release endorphins, are virtually bloodless, manipulate psychic energy and can be incredibly powerful.

Offering the best piercing techniques to avoid risks for both Tops and bottoms, Ms. Dubois will demonstrate several levels of intimate play piercing. Tuning in with a willing volunteer's energy, Cléo will assist them to pierce themselves for empowerment. She will also insert a few needles in the nipples of another masochistic subject and then run erotic energy with one of her personal 'bottoms'. In this multiple piercing scene, her subject's needles will be put under tension to create a vibrant SM dance. You will witness the unique connection between Top and bottom in the magic of a fiery ritual. All levels are welcome: experienced, enthusiastic, curious, and afraid.

## Shamanic Explorations with Temporary Piercing with Fakir and Cléo

Used for centuries by shamanic cultures, temporary piercings release endorphins and serve as a focal point for energy play and trance work. Test your limits in a supportive environment with two of the world's leading teachers in BDSM and ecstatic body play, Cléo Dubois and Fakir Musafar. Focus on safety, group connection and empowerment. Eat a good brunch and bring a snack. All material provided.

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### **Kudos for “Shamanic Explorations”**

Saturday's workshop was wonderful. I loved the way we started out, taking over the space, establishing connections with each other and opening ourselves up to each other's energy...When you held the ropes and let me pull against the piercings and fly I became an eagle, flying against my tethers, wanting to soar higher and higher, yet grounded by my connection through the ropes. -- *Jo, S.F.*

This seminar was the most powerful and releasing activity in which I have participated... Twenty years ago, I dreamed of connecting with people in such a way that was in love and harmony. This is what I felt Saturday. It was most exhilarating and cleansing!!!! -- *Anna, S.F.*

## **From Good Catholic Schoolgirl to Sadistic Top**

This is an afternoon of intimate recollections about the San Francisco Scene in the early 1980s -- before the Internet and Differences. The program will include many never-before-seen private videos and a live SM performance by Ms Dubois. If you wonder where it all came from - the BDSM & leather lifestyle - this seminar will be a fascinating and lively look at the beginnings of our community. Be ready to laugh, be surprised and perhaps even wet your handkerchiefs.

## **LeatherSex and the Spirit of Radical Sexuality**

Lecture with negotiation/play video clips and Q&A designed for colleges and universities. It covers introductory topics on consensual erotic power exchange and is intended to give a broad sense of what BDSM is and why people choose to explore its various aspects. It includes a brief overview of leather community history (San Francisco Bay Area) and gives the real life story of how Cléo Dubois came to be a member of the pansexual leather community. The spirit of radical sexuality: more out now than ever, still misunderstood.

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## **KUDOS FOR CLÉO'S SEMINARS**

It was my first time to actually see SM/bondage, and needless to say you broke all my stereotypes of what I thought bondage was. Me, along with a lot of misinformed people tend to think of the SM/bondage culture filled with some sort of twisted "Pulp Fiction" type people. But, after the "Pleasure/Pain" class, it opened my eyes to a whole new world. I found the class to be very intimate and lovely experience! -- *Joe, San Francisco*

I've been studying various sources for several months, but this one class brought many things together in a way that allowed me to begin to understand BDSM play on a deeper level. Thank You! -- *Peg, San Francisco*

I am a seeker of knowledge and the Shamanic Piercing workshop has opened more venues for me to explore, especially about healing. -- *Chris. S.F.*

I highly recommend the Playing Rough class for those who are seriously interested in learning about resistance play and how to do it safely. Lots of great material, and plenty of fun to inspire all of us to do our "homework" for next time. -- *Charmaine, San Jose, CA*

# Cléo Dubois Academy of SM Arts

Thank you for the hands-on bondage class. It was such a success for my Dom and I. That night he was able to do a rope scene with me that lasted over two hours. I spent the core of the scene securely and comfortably suspended from the web in the dungeon. Thank you again for the skills to produce a scene that we will both remember for a long time. --  
*B, San Jose*

I was truly delighted at the practical manner with which you conducted your bondage seminar. Though my experience of rope bondage was limited, the extensive amount of hands-on practice enabled me to remember every technique you taught -- and put it to good use in my private play with my partner. -- *Randy, Alameda*

Thank you for your wonderful class on Bondage. I have been a Top for 5 years and as I had hoped, I found myself learning some new and important techniques for tying up my subs -- that clever use of the 12" red cord for allowing the bottom to relax without actually undoing his bonds will definitely come in handy. I especially enjoyed how you mixed important practical advice with a vision of what bondage is really all about. Thanks. --  
*Master Don, Berkeley*

I really enjoyed your workshop at Stormy last week. I especially appreciated the care and depth of feeling you brought to your interactions with the women who volunteered to negotiate and do a demo scene. Really, your delight in your exchanges with them could not be missed. -- *Felice Newman, San Francisco*

I have attended several of your classes and wanted to tell you that you carry yourself well in both your words and demonstrations. I especially value your caring and safe approach to the art of bondage and S/M. -- *Tom K., Oakland*

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**Erotic Dominance Intensives Weekends**  
**For information visit <http://www.sm-arts.com>**