



About Ali Mezey:

Over the past 40 years, Ali Mezey has worked with thousands of people and their bodies as a Body Therapist, Family Constellation and Personal Geometry facilitator, and Sexologist, and Public Speaking.

Ali guides clients and students to access all their bodies know about current problems, emotional and physical pain often caused by trauma, intergenerational patterning, and cultural inhibition – and literally see (and feel) the pathway beyond those restrictions towards greater freedom, confidence and pleasure.

Facilitating Personal Geometry® sessions for sex addicts and their partners in recovery for five years at the renowned Center for Healthy Sex in Los Angeles, Ali has found particular success in working with clients struggling with addiction and sexuality issues.

Her private practice is based in Los Angeles, California, with clients and students all over the world. In addition to her 1:1 client work, Ali teaches Personal Geometry®, inspired and informed by Constellation Work, to therapists and healing professionals across the globe. Ali is also committed to advocating for the body's brilliance in media such as her podcast, The Brilliant Body Podcast, available on all major platforms.

About the class:

Understanding and authentically expressing sexuality has been a career-long professional – and life-long personal focus of mine. I want to pass on what I've learned about how to work with sexuality issues constructively and compassionately for a healthier world.

If you would like to become more comfortable and effective helping clients with their sexuality, traumas, gender identity, challenges, compulsivities and curiosities; or you would like to take this class to explore your own sexuality for your own personal benefit, this class is for you.

After speaking briefly about how to apply the body's intelligence to bypass egoic defenses, we will apply this work experientially to explore and re-pattern your own sexual biases, discomforts and blocks within the privacy of your own process. Sharing revelations with the group is voluntary. There will be time for questions and discussion.