



WHO WE ARE

We're a collective of radiant souls who come together to co-create experiences where curiosity, play, pleasure, love, innocence and soulful connection thrive.

We believe in the power of creating intentional experiences of touch, intimacy, and pleasure - to connect, soothe our nervous systems, nourish our souls, and heal.

We're a blend of kindred spirits - friends, lovers, and the curious - united by a commitment to mutual respect, enthusiastic consent, personal development, and the joy of being present and feeling alive in our hearts, minds and bodies - when we connect with each other.

We're founded by Mary J who believes in soul-aligned living, exploring our sensual and sexual selves to uncover the truths and desires of our soul. She holds transformative spaces where vulnerability and curiosity birth awareness, insight and the courage to reclaim Life's pleasures - often experienced as raw, real, and profoundly healing.

WHAT WE'RE ABOUT

We're about cultivating a sanctuary of gentle intimacy, pleasure and soul-aligned play, where the rush of the world fades into the quiet of presence, care and connection.

We embrace tantric principles to explore pleasure beyond performance, focusing on reverence, worship, and the innocent joy of touching another's spirit before their body.

Our gatherings - whether cuddle puddles, massages, intimate light play, or shared rituals of pleasure - offer a space to slow down, breathe, and feel deeply - so that we might nurture one another - free from expectations or performative competition.

This is where the magick of true pleasure arises - in the quiet and gentle spaces of energy and connection that emerge between us.



WHAT WE BELIEVE

We believe in...

- Cultivating shared group experiences vs individual pursuits or conquests.
- Community that together creates safer spaces to explore, play, share and grow.
- Heart & Soul resonance over superficial lust / attraction.
- Co-creating slow and intentional experiences that offer ourselves the spaciousness to breathe deeply so that we might hear our inner truths.
- Honouring the real, raw and authentic expression of our truths in love, kindness and with empathy & compassion for ourselves, and each other.
- Bravely taking steps forward and facing our fears with open hearts, as we shed our masks to speak our truth, and receive each other's truth, in trust.
- Aligning with the rhythms of our natural, innocent, child-like and sensual selves to inspire balance and wellbeing.
- Celebrating the freedom we experience from embracing our desires, and living boldly through play.

WHAT TO EXPECT

Cuddle Puddles

A cozy gathering where we come together for soulful connection - through facilitated heart opening connection exercises, cuddles, and sharing gentle touch through massage or other sensual tools.

Picture a relaxed setting with soft music, plush cushions, yummy snacks, and a room full of beautiful souls, slowly getting to know each other, and ending up in puddle of closeness. Following initial connection exercises, some might desire a warm hug, others a playful snuggle, a massage, or a moment of quiet closeness - all flowing naturally without any pressure.

The invitation to all is to slow down, feel into the collective energy of the group, and let your heart open to the joy of being present to your heart's desires.

NB this is not a play party, sex club, hookup scene, dating service or escort space. You will remain clothed.

CUDDLE

Puddle CLUB

WHAT WE DESIRE

We desire that you...

- Arrive with curiosity and an open heart.
- Keep it in the circle and maintain discretion about who is present at our gatherings. Please no taking photos without explicit and enthusiastic consent. No sharing of photos after our Cuddle without explicit and enthusiastic consent from all pictured.
- Take care of your mental, emotional, physical and spiritual wellbeing :
 - Skip a gathering if you're ill.
 - Arrive sober. No alcohol or substance use will be tolerated.
 - Support your sensual exploration journey through peer and professional support.
- Honour your personal "Yes", "No" & "More please", and honour each other's.
- Communicate your desires, express your wishes and explore together.
- Come with any friends, partners, lovers you'd like to include in our gatherings.
- Share feedback with us about your experience and ideas for future gatherings.
- Experience the magick of connection, peace, joy, love and pleasure at our gatherings in ways that soothe you, nourish you and empower you living and being the most authentic you. ✨

ABOUT MJ

- Mary J Fourie is a Professional Certified Coach (ICF PCC) as well as Lifestyle Financial Planner (FPI).
- She is also a Certified Trauma Informed Temple / Eros Facilitator (Evolving Eros).
- She also collaborates with others in this space through Sacred Rebels - Ritualists of the Heart.

MJ believes in soul-aligned living and exploring your sensual and sexual self to uncover the truths and desires of your soul.

She holds transformative spaces where vulnerability and curiosity birth awareness, insight and the courage to reclaim Life's pleasures – often experienced as raw, real, and profoundly healing.





CONSENT ASKING & BOUNDARY EXPRESSION

To support you to honour your personal “Yes”, “No” & “More please”, and honour each other’s, we’ve put together some suggestions of how you can express your desires.

Friendly ways to ask for Consent :

- Are you open to a cuddle?
- May I hold your hand? / May I put my arm around you?
- Would you like a back / foot rub or gentle touch?
- May I snuggle a bit closer? / I'd love to spoon you – would that be okay?
- May I kiss you?
- How do you feel about a bit of playful touch?
- Are you comfortable if I lean in closer?
- May I touch you like this?

Enthusiastic ways to Offer Consent :

- Yes please! I'd love that.
- Mmm, that feels really good, please keep going.
- I'm up for that, thanks for checking in.
- I feel safe and happy with this / I'm enjoying this.
- I'd love a cuddle / touch like that, thank you.
- Yes, that's exactly what I desire.
- That feels great, more please! / Yes, please don't stop!

Friendly ways to say “No” :

- <giggle> No thank you, I'm just here for the connection exercises.
- Thanks, but that's a no from me right now.
- I'm enjoying this right now, but no escalating further please.
- Haha, cheeky... and no thank you.
- Appreciate the offer, but that's a boundary for me.
- I'm flattered, but keeping it sweet / innocent / soft right now.
- Thanks for checking in, not a vibe for me right now.
- I'm really comfortable where I am right now, thank you.
- That feels a little too fast for me with you right now. Let's keep it chilled.



FACILITATOR CODE OF ETHICS

We, as certified facilitators and our support team, agree to the commitments below in order to create an environment of consent, safety and clarity. We aim to uphold these ethical guidelines to the best of our ability and to repair any harm caused in cases where they are not.

If you have an encounter with one of our team that results in a violation of these points and causes any harm, please reach out and let Mary J know.

Privacy & Confidentiality :

- We won't share your name or tell anyone outside the Cuddle Puddle's you attend that you were present.
- We will not share your contact details without your enthusiastic consent.
- We will not share any photos of you without your enthusiastic consent.
- We will maintain and invite all attendees to maintain privacy and confidentiality around any topic of discussion that you might be part of during our event.
- We will handle any issues that might arise between yourself and anyone else, or with us, with care and confidentiality.

Conflicts of Interest & Responsible Space Holding :

- We are committed to separating our own personal and professional interests from yours, especially in such intimate and transpersonal spaces as a Cuddle Puddle.
- We will name any potential conflict of interest as it arises, and maintain awareness of our ability to hold space where any conflict of interest is present.
- We will seek peer and professional support to help us navigate any potential conflict of interest, and invite you to do the same.
- In our public paid events we will refrain from dropping in to the Cuddle Puddle space fully to maintain our integrity and professionalism in our role as facilitators.

Sex / Intimacy / Relating :

- We expressly hold Cuddle Puddles as non-sexual intimate spaces, and will clearly communicate when we hold an event that might include sexual intimacy.
- If we have an erotic or sexually intimate connection with someone who is present at a Cuddle Puddle, we will refrain from engaging with them in that way whilst we maintain our role as facilitators of the event.



FACILITATOR CODE OF ETHICS CONT...

Honesty & Integrity :

- We commit to being authentic, honest, acting from integrity, and transparent.

Physical Health :

- We do not give medical advice. If you have any medical issues, please let us know, and make sure to take care of your own wellbeing (mentally, emotionally, physically, spiritually) and seek professional medical guidance and support where needed.
- We aim to provide variations and options for any exercises or practices offered to accommodate the diversity of expression of humanity that might be present.

Scope of Practice :

- Whilst we are "trauma informed" in training, we are not offering Cuddle Puddle's as a "trauma healing" space.
- We aim to create a safer space that is welcoming, warm and invites your nervous system, emotional and physical body to relax and leave feeling nourished.
- We will never offer public paid events where we are not confident about our facilitation abilities or have experience in what we are facilitating.
- We do recommend that where you are joining our events as a way to explore your edges, expand your boundaries, or discover more about your sensual self you also seek therapeutic support for your overall journey.
- Where we become aware that you might benefit from more professional support outside of Cuddle Puddle's we will recommend such to you. eg. Therapy, Coaching, Somatic / Energetic Healing Therapies.

Freedom of Choice / Consent :

- Consent is of the utmost importance in our Cuddle Puddle's. It is important to us that you feel empowered at all times to offer or retract your consent, and that you respect the offer or retraction of consent from other participants.
- You are always at choice and welcome to opt out of any facilitated exercise, or leave the Cuddle Puddle and take some space for yourself, or leave to go home.
- We do request that you connect with either Mary J or a co-facilitator before you leave a Cuddle Puddle event should you choose to go home early.
- We recognize that saying no is often an important practice, process and of healing benefit to many and celebrate your empowered no.



FACILITATOR CODE OF ETHICS CONT...

Honouring Expectations :

- Whilst being flexible and in flow is an important learning experience for all, we will do our best to always deliver what we have promised our Cuddle Puddle's to be.
- We aim to facilitate within a structured container to create safety and cultivate relaxed nervous systems.
- We do have a wide range of practices and exercises to choose from and so you will find that one Cuddle Puddle will never be the same as another. This is intentional and part of the magic of co-created group experiences.
- If your expectations are not met, or you feel that what we delivered was not as advertised - please do connect with Mary J or a co-facilitator and provide us with your feedback. We will also send you feedback forms to complete to help us improve and develop our offerings.

Honouring Identity & Respect :

- We are committed to honouring the unique expression of every soul who attends our Cuddle Puddle's with grace and respect.
- We will endeavour to use the correct pronouns, and your chosen names and also ask you grace if we get it wrong.
- We recognize that identity is complex and nuanced and sometimes not obvious.
- We aim to avoid making assumptions and generalizations about someone based on gender, race, sexuality etc and seek to correct ourselves and repair harm if we make a mistake, and invite you to do the same.

Responsibility & Accountability :

- We are committed to being responsible and accountable for our words and actions and invite you to be responsible and accountable for yourself too.
- We are open to accountability processes if someone feels harmed by our work.
- We are always open to feedback and discussion.
- If a problem is too big for us to navigate on our own with you, we will get outside professional support.

As we evolve and grow, so will this Code of Ethics. We invite your feedback. Thank you. Questions, Ideas, Feedback can be directed to Mary J. via +27824555919 (WhatsApp / Telegram) or admin@maryjfourie.com.