



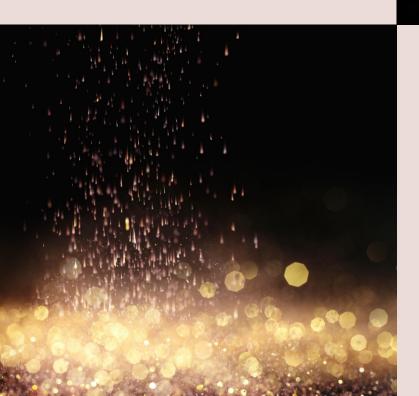
A STEP BY STEP GUIDE

## WHY PLEASURE MINDFULLY?

diversify arousal pathways increase pleasure cultivate self intimacy heal body shame sexual self knowledge heal trauma

## PREPARATION

Set your space with: favourite playlist scents (incense, oils). textures + fabrics food (fruit, chocolate etc) toys lube



1) Connect with your body

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Slow down. Place one hand on your heart, other hand on your genitals. Take some deep belly breaths. Drop your awareness into your pelvis.



2) Check In

Become aware of your state mentally, emotionally, physically.

Take a moment to do a body scan meditation.

Notice where you feel constricted, breathe into those places, and see where you can soften.



**Examples:** honouring your desires healing shame around a certain body part exploring pleasure in a new body part exploring a new breathing technique liberating your voice

Say your intention as a positive statement in present tense

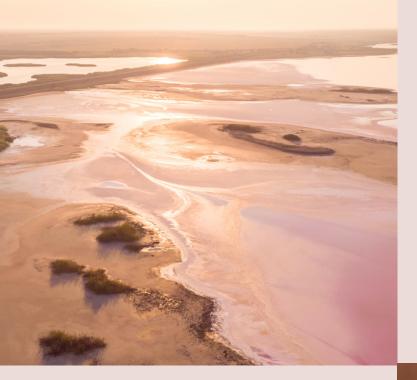




4) Activate Spine and



Move your spine by arching and rounding your back, or exploring sprialing, snakelike movements. Coordinate the movement with your breathing. Pump your pelvic floor muscles



5) Full Body Touch

Explore the entire surface area of your body.

Follow your curiosity and pleasure.

Breathe into your touch and meet your touch with your full awareness.

Allow yourself to move, breathe and make sound.

6) Vary the Elements

Get curious on how you can vary your experience with:

Breath Sound Movement Touch

Try to do at least one thing differently than usual.





7) Optional Climax

If orgasm feels accessible and desirable, relax your body into deep orgasmic release.

If orgams does not feel accessible, or if you wish to sublimate your sexual energy, use a breath practice to draw the energy up your spine and spread it throughout your body.



5) Integration

Close your eyes. Let your body lie still and relaxed. Keep your awareness on your body and breath. Stay here for several minutes and let yourself journey inward.

About

Hi, I'm Monica, sacred sexuality and embodiment coach, and creator of Wild Eros. I help individuals and couples reclaim with their sexual power, heal shame and anxiety, and discover their fullest erotic potential.

l offer sessions in person at my location in Toronto, or online sessions to clients worldwide.







Let's Connect

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