

Awakening The Sensual Woman

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- Week 1 -

WEEK 1 TIPS

1. Choose to be attuned to all pleasurable sensations.
2. All that arises is welcomed.
3. Activating Your voice opens our body and vagina.
4. Touch yourself in the ways in which you crave, ways that invite softening.
5. Follow your pleasure.
6. Notice how you feel throughout the day as you breathe, speak, and move.
7. Make time this week to delight in your throat/vulva connection.
8. Journal any insights that may arise.

