

# Awakening The Sensual Woman

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- Week 2 -

## WEEK 2 TIPS

1. Choose to be attuned to all pleasurable sensations.
2. All that arises is welcomed.
3. Remember: activating your voice opens our body and vagina.
4. Follow your pleasure.
5. Notice how you feel throughout the day as you breathe, speak, and move.
6. Make time this week to delight in your clitoris: the glans, shaft & the legs, as well as in your vulva & perineum.
7. Journal any insights that may arise.
8. You can combine both week 1 and week 2 practices for a longer practice and notice how this feels.

