

Awakening The Sensual Woman

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- Week 3 -

WEEK 3 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. Pay attention to your vulva as you move throughout the day.
6. Make time to explore the entire vestibule: Fossa, urethral opening, the introitus, & hymen remnants.
7. Journal any insights that may arise.
8. You can combine week 1 & 2 with week 3 practices for a longer practice and notice how this feels.

