

Awakening The Sensual Woman

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- Week 5 -

WEEK 5 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, let your body move into your touch.
5. Pay attention to your spongy tissue: urethral & perineal.
6. Make time to explore the urethra through the urethral sponge as well as the perineal sponge: activate arousal & increase blood flow.
7. Journal any insights that may arise.
8. You can combine all of the practices from the past 5 weeks for a longer practice and notice how this feels.

