

DANCING ON THE
EDGE
OF OUR
EROS

A 5-DAY IMMERSION
WITH DR. SAIDA DÉSILETS

WWW.THEEDGEOFEROS.COM

Day 3

1. What did your parents teach you about Eros? (Even if they never spoke about it, they would have modeled their relationship, or lack thereof, to Eros).

2. What is one way you could rebuild trust with your body's erotic capacity?



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Day 3 continued

Third Pillar of E.R.O.S.

Open, Orgasmic, Oasis:

Opening practice:

Orgasmic practice:

Oasis practice: