



DANCING ON THE EDGE OF OUR EROS

A 5-DAY IMMERSION
WITH DR. SAIDA DÉSILETS

WWW.THEEDGEOFEROS.COM

Welcome!

Welcome to the Dancing on the Edge of our Eros 5-Day Immersion!

Such a pleasure to have you join us for this unique exploration. Myself and my amazing team are deeply honored to support you.

To help you get into an open, curious frame of mind and heart space, we have put this Pre-Training guide together for you.

STEP 1:

To begin, who you are, as you are is welcomed and celebrated! We'd love to meet you so make sure you jump into the FB group and post a LIVE video of yourself, letting us know where you are (we are from all corners of the planet!), what you are most curious to learn, and a #FunFact about yourself! Be sure to use the hashtag #FunFact so we can find you (this also qualifies you to enter to win our GRAND PRIZE!).

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continued...

STEP 2:

Ponder the following questions, using the extra pages in this PDF (or your favorite journal) to jot down your thoughts and inspirations:

1. How do you define Eros?
2. What is your current relationship with the erotic in your life?
3. What is your biggest challenge when it comes to Eros and the Erotic?
4. What do you (secretly) deeply long for with regards to Eros?
5. What do you believe is in the way of you fully surrendering to your desire and pleasure?



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