

WEEK 6: ACTIVITY OVERVIEW

This week's activities are as follows:

1. Opening Our Sensual Voice Meditation:

In this AUDIO, I invite you to relax completely and explore your voice in ways that will open up your pelvis and accentuate your pleasure. If you find this exercise a little intimidating or challenging in some way, remember that everything in this course is offered as an invitation. But, **stretching our comfort zone is a little healthy and quite rewarding.**

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2. Seated (& Standing) Jade Egg Practice:

In this video, we will continue with our egg practice. If you find that you need more time with last two weeks of practices, please continue with those. There is no rush or have-to's, take your time and enjoy the process.

3. PDF questions for Amplifying Your Sensuality:

I've taken the questions from today's presentation and put them into a PDF for you. By fully participating in these questions and the activities associated with them, your sensuality will become more activated and refined.

4. Yoni Journalling:

Just to remind you to continue to journal from the voice of your yoni. If you have not yet started this practice, I encourage you to do so since learning to distinguish the voice of our yoni not only helps us make wiser choices, but also supports us to live more attuned to ourselves.