



# Dr. Saida Désilets & Aaron Michael, MA

## Career Highlights

**Founders of *Embodied Love University***,  
a global sexual education platform

**20+ Online Courses** across  
psychosexual healing, sensuality,  
and intimacy

**Co-Authors** of a groundbreaking  
scientific paper on Optimizing Sexual  
Wellness using their clinically proven  
Penetration Protocol

Contributors to **4 bestsellers** on sex,  
intimacy, and embodiment

**TEDx Speaker**, Keynote Educators,  
and International Retreat Leaders

**50+ years combined expertise** across  
somatics, psychology, sexual wellness  
and coaching

**Trusted by** clinicians, therapists, and  
medical professionals around the world

## Pioneers of PsychoSexual Innovation & Co-Founders of Embodied Love University

Dr. Saida Désilets and Aaron Michael, MA are changing the global conversation around sex, intimacy, and embodied transformation. As co-founders of *Inhale Push*, they bring a combined 50+ years of research, clinical insight, and somatic practice to a field that has long prioritized performance over feeling, and tools over truth.

With backgrounds spanning neuropsychology, semiotics, somatics, and sexual medicine, their work centers the body as the place where all intimacy begins. They help people return to their own pulse, reclaim their erotic sovereignty, and finally resolve what talk therapy and surface-level solutions could not.

Dr. Saida is the originator of the **Embodied PsychoSexual Method**, a medically-endorsed approach integrating neural re-patterning, trauma transcendence, and sensual reclamation. Aaron is the creator of the **Suction Sex® Method**, a revolutionary practice rooted in penetrative healing, intimacy restoration, and sensory intelligence. Together, they dismantle outdated scripts and offer a grounded, clinically credible path to wholeness.

Their shared venture, *Embodied Love University*, provides accessible education and fluency for a world ready to unlearn performance-based pleasure. The ethos of their movement, *Inhale Push*, is about restoring breath to the body, intimacy to the moment, and truth to the erotic.

## Trusted By



**Scientific Research**  
An Academic Publisher



**TEDx**



## Digital Reach and Impact

Through *Inhale Push*, Dr. Saida Désilets and Aaron Michael have cultivated a global digital presence rooted in credibility, education, and transformation. Their impact spans clinical spaces, online communities, and high-integrity platforms, reaching a diverse audience of practitioners, couples, and individuals ready to move beyond performance and into embodied connection.

### Social Highlights



**8K+**  
MAILING LIST



**155.7K+**  
SOCIAL REACH



**6.05K+**  
FOLLOWERS



**44k** FACEBOOK  
FOLLOWERS

**28.8k** INSTAGRAM  
FOLLOWERS

**500+** LINKEDIN  
CONNECTIONS



**34.7K**

INSTAGRAM  
FOLLOWERS



### Podcast



**20.9K+**

MONTHLY  
IMPRESSIONS

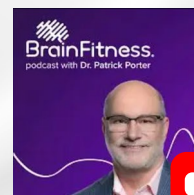
**6K+**

UNIQUE  
LISTENERS



### Podcast Guests

Dr. Saida and Aaron are rare podcast guests: grounded, candid, and fluent in the language of real intimacy. Their conversations move beyond hype or gimmick and dive into the truth of what makes connection work. From rewiring arousal and healing shame to transforming chronic numbness and resolving pain during sex. Perfect for audiences seeking science-backed insight, body-based wisdom, and authentic, resonant conversation.



[LISTEN NOW](#)



[LISTEN NOW](#)



[LISTEN NOW](#)



## Thought Leaders and TV Personalities

Dr. Saida and Aaron are ushering in a new era of sexual wellness—one that is clinically rigorous, trauma-informed, and deeply embodied. As thought leaders and on-screen educators, they offer a bold and necessary counterpoint to the glossy, performative narratives saturating today's media. Whether addressing physicians, therapists, or the public, their tone is unflinching yet calm; speaking not to impress, but to remind. From TEDx to medical journals, their presence commands trust and transforms paradigms.

### Suggested Topics

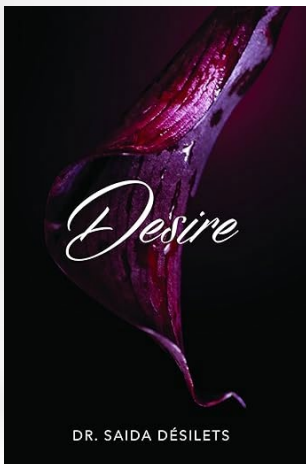
Influencing Professionals to  
Speak Confidently About Sex

Addressing Men's Sexual  
Health Issues

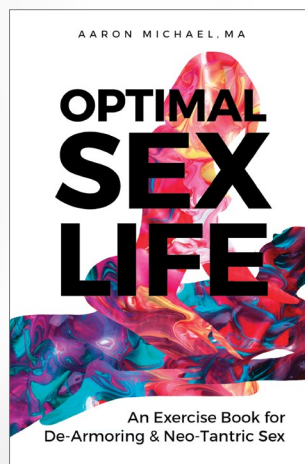
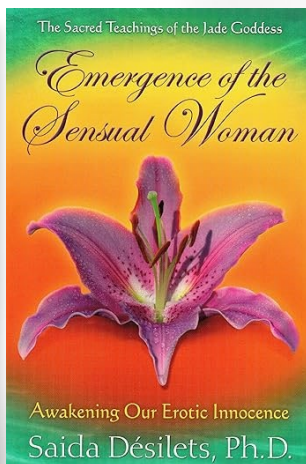
Simplifying the Path to Intimacy



### Books



[CLICK TO PURCHASE](#)



[CLICK TO PURCHASE](#)



**Contact**  
[team@embodiedloveuniversity.com](mailto:team@embodiedloveuniversity.com)