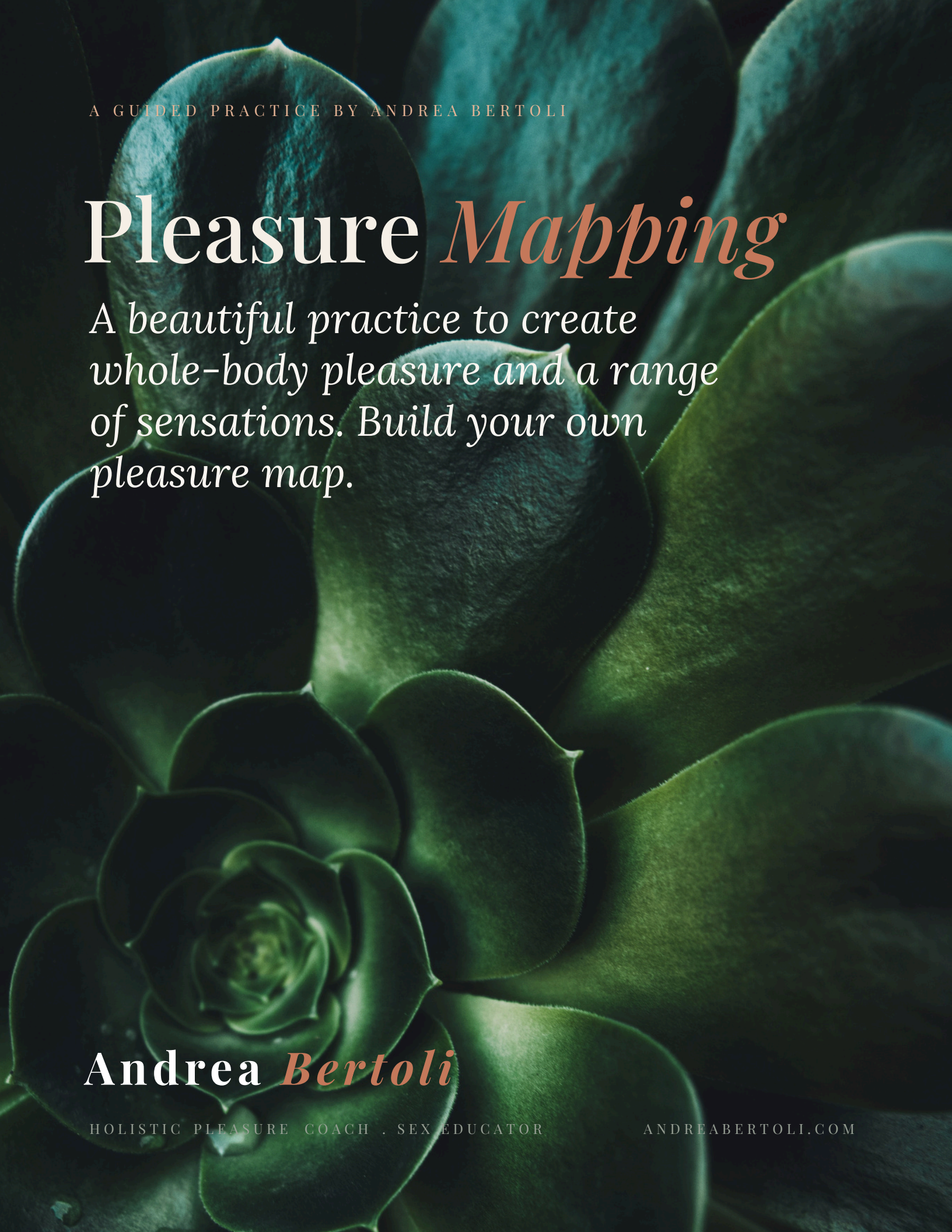




A GUIDED PRACTICE BY ANDREA BERTOLI

Pleasure *Mapping*

A beautiful practice to create whole-body pleasure and a range of sensations. Build your own pleasure map.

Andrea *Bertoli*

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Your pleasure mapping *practice*

Pleasure mapping is a deliciously fun practice that helps us **better understand our body**, add **sensation** into our sexual activity, and **feel into our infinite capacity for pleasure**. You can explore on your own or with a partner.

By exploring different regions of the body with new types of touch and new sensations, we are **activating new pleasure pathways**, expanding our access to **sensation**, and creating a "**pleasure map**" of your unique body.

If you have a monthly cycle, you may want to explore this at different times of month: in some phases you may want different types of touch and have different capacity and range of pleasure.

The only goal in this practice is curiosity: you may like some sensations, you might not like others. Try to be with each without judgment. It's simply OK to like what you like (even if your partner doesn't like it).

For this initial practice, I invite you to explore the entirety of the body **except the genitals**.

For most of us, our genitals are our go-to zones for big sensations—there's nothing wrong with that, however, the purpose of this practice is to discover alternative pathways to whole-body arousal.

Once you've gone through the 30-minute practice, and have a clear sense of your pleasure map, you can add on the sexual touch that you know and love to create **whole-body turn-on**.

Instructions for pleasure *mapping*

Gather household objects that offer different types of sensation, get creative!

Here are some suggested items:

SPIKY & SCRATCHY

Fork, other kitchen utensils, comb or hairbrush, loofah

THUDDY

Hardcover books, heavy pillows, foam rollers

HOT / COLD

An ice cube, a piece of fruit from the fridge, a heating pad

BODY STUFF

Cornstarch (trust me), body- friendly oil or lotion, lube.

SEX TOYS

Vibrators, nipple clamps, used in clever new ways

SOFT

Feathers, fur (real or faux), silk or satin fabrics, something fuzzy, makeup or paint brush

THE PRACTICE

Set aside at least 30 minutes of exploration per human. If you are doing this with another person, ask if they want to be blindfolded or wear headphones. When we close off one sense we amplify the others, and it's quite hot.

Choose an item from the list, and use it on all parts of the body, from head to toe (no face or genitals yet).

First, use the object with a gentle touch, then firmer. For each item and each body location, think about how to vary the pressure, speed, and precise locations within each body part. Notice what feels fun, ticklish, arousing, or annoying. No judgment, just witness the sensations.

Here are some suggested touch activations, but get really creative in your own way:

- Gently rub a feather on the back of the thighs, then the front.
- Sprinkle cornstarch on the skin and rub with your hands or a soft brush.
- Use the tines of a fork on the inside and outside of the arms.
- Use your favorite vibrator on the nipples, armpits, or backs of knees.
- Gently thud the thighs and butt with a hardcover book (start very slowly and gently).
- Drag a comb all the way from the bottoms of the feet to the top of the head.
- Use an ice cube on the clavicle, behind the knees, or on the back of the neck.

WORKSHEET

Notations on your *pleasure map*

For each zone, jot down what you noticed: sensations you loved, ones that were meh, and any surprises.

Face & Neck

Shoulders & Arms

Chest & Breasts

Belly

Continued... your *pleasure map*

Back & Booty

Thighs & Calves

Feet

Touch I want to bring into sexual play...

My biggest suprise in this practice was

MEET YOUR GUIDE

Sex Coach *Andrea*

Andrea Devon Bertoli is a Sex & Relationship Coach who blends the spiritual and scientific to help you experience pleasure, power, and Love in Adulthood. She offers embodied coaching and practical wisdom for perimenopausal women (and their partners) who want to feel at home in their changing bodies and selves.

In her holistic approach to sexual wellness, she uses tools from Tantra, mindfulness, therapy, and yoga to help people find new ways of relating to their own body and others. She creates delicious online pleasure education on Patreon, and facilitates sacred spaces in workshops and classes online and in-person.

She is certified as a practitioner of Urban Tantra, a VITA Certified Sex, Love & Relationship Coach, a certified Sex Educator, and has a Master's degree in Gender Studies from University of Hawaii at Manoa. She is a queer, kinky Tantrika, and is always queer/trans/polyam/ENM friendly + positive.



Quick links:



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