

A PLEASURE-PRACTICE WORKBOOK

Deep embodiment + practiced connection

Tantric Date *Night*

with

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Your body is wired for *pleasure*, head to toe

Embodiment is the foundation of good sex.

We are naturally wired for pleasure from head to toe... and with practices that create stillness, slowness, and attention, we create access to deeper pleasures in our bodies and richer connections in our hearts.

All of the practices in this workbook will help you on your journey towards deeper embodiment, and therefore, on your journey towards expansive pleasure!

Each delightful practice can be explored solo (except the two breath practices that require a partner). You can also do all of them alongside your Beloved. The practices are simple to learn, and they offer profound depth in the simplicity. Every time you practice, you meet yourself and your partner anew.

When we slow down and feel, sometimes it will be joyful, sometimes it will be full of emotions, sometimes it will be very hot—and sometimes everything, everywhere, all at once.

As you learn the practices, know that each is perfect on its own as a standalone ritual or practice.

For more depth, combine the practices together and go on an embodiment adventure. For even more, you may add genital stimulation during the practices—this can create beautifully connected sexual experiences.

May these practices serve you (and all your current and future lovers) well.

The sexy and the sacred... this is how we do it.



Solo *eye-gazing* practice

- 01 Set a timer for one minute to start; work up to five minutes or more.

- 02 Sit across from yourself in the mirror, in a comfortable position.

- 03 Gaze into your non-dominant eye (if you are right handed this is your left eye).

- 04 Do nothing but gaze deeply, be present, witnessing yourself with loving attention. Notice yourself beyond the everyday observations: see your intrinsic goodness, your energy, your imperfectly perfect human-ness. If it feels safe, imagine you're looking at your inner child and giving them love, attention, and affection.

- 05 Allow whatever comes up to flow through you (you might feel giggles, shyness, tears, joy—everything is ok).

- 06 Try to stay with it. Resist the urge to fidget, stay with the gaze, and turn away only when the timer beeps.

- 07 Rest, journal, or record your experience. What does it feel like to **really look** at yourself this way?

Partnered *eye-gazing* practice

- 01 Set a timer for one minute to start; work up to five minutes or more.

- 02 Gaze into the non-dominant eye of your person (if they are right handed this is their left eye); they will gaze into your non-dominant eye.

- 03 Do nothing but gaze deeply, be present, witnessing this person with loving attention. See their intrinsic goodness, energy, and share good energy back to them.

- 04 Allow whatever comes up to flow through you—you might feel giggles, shyness, tears, joy... everything is ok).

- 05 Don't move your body: if you're practicing with an intimate partner, you might feel inclined to touch or hug them. Resist the urge to fidget, stay with the gaze, and connect with touch only after the timer beeps.

- 06 Make space to share your feelings after the gazing practice: what does it feel like to **see** someone this way? What does it feel like to **be seen** this way?



Rock your body with *pelvic floor* engagement

The pelvic floor is the sling of muscles that resides in our abdomen—these muscles hold our bladder and bowels (along with any internal reproductive organs) in place. These are called the PC muscles, or pubococcygeal muscles.

You can discover/access these muscles by imagining the feeling of holding in a fart, and/or by imagining the feeling of stopping your flow of urine mid-stream. We want our pelvic floor to be strong but not tight, relaxed but not weak. Too tight pelvic floor muscles can lead to pain with sex/penetration; a too-weak pelvic floor can lead to incontinence and other challenges.

We can use our PC muscles during the breath practices or during the chakra visualizations described above to help generate physical energy and heat in the root and sex center chakras.

CONTINUED...

On the next page: how to pump, breathe, and move that energy through your whole body.

Try to lift or squeeze your PC muscles on an inhale, and relax them on an exhale (or try the opposite; find what works best for you). Do this a few times, and then add in deeper breaths, or some visualizations, or some genital stimulation. Think of the PC muscles as *little energy pumps* to move energy throughout your body.

You can also lift or swirl your hips, booty, belly ... whatever feels good. Let your body feel into the energy, and follow it to wherever it might move to in your beautiful body. Feel free to get a little weird: move in new ways, take really exaggerated breaths, add some moaning or sounds, and see what comes up!

The combination of deep breathing, chakra/energy visualizations, PC squeezes, and body movement is an ecstatic breathwork practice! Explore the edges of your pleasure using one or all of these practices!

*Think of the PC muscles as little **energy pumps** for your arousal, your energetic body, and the fire of your erotic energy!*



Heart-opening *breath* practice

OPEN THE CHANNEL Throat → Heart → Solar plexus → Genitals

- 01 Set a timer for 5 minutes to start.
- 02 Sit in a comfortable position, or lay down on a yoga mat.
- 03 Settle into whatever position you've chosen and start to notice your breath; there's no need to change anything. Stay there for one minute, just noticing.
- 04 Then, start to feel your breath in your throat. If you have a yoga practice this is what's called *ujjayi* breath. Stay with focus of your breath in your throat for one minute
- 05 Then take your breath all the way to your heart; stay here for another minute, holding the focus on the throat and the heart simultaneously.
- 06 Next, bring your breath into your solar plexus, holding the visualization of your throat, heart, and solar plexus all together for one more minute.
- 07 Finally, imagine you can breathe all the way into your genitals. Holding simultaneous awareness of your throat, heart, solar plexus, and genitals together.
- 08 If you are experienced with pelvic floor work, you can start to engage + relax your PC muscles on an inhale or exhale to enhance your sensation.
- 09 Spend another minute with this whole channel opened (throat, heart, solar plexus, and genitals), and just feel the flow of your channels opening.
- 10 Once the timer goes off, notice the energy in your body... what's happening in your heart, mind, sex, and spirit?
- 11 When you practice again, set a timer for 10 minutes and spend 2 minutes at each body location.



Synchronized *breathing* practice

- 01 Set a timer for 5 or 10 minutes.

- 02 Sit across from your partner if comfortable; you can also do this back-to-back, spooning, hugging, or in another cuddling position.

- 03 Begin to synchronize your breathing with each other; it might be helpful if one person leads to begin.

- 04 The goal is to inhale at the same time, exhale at the same time. This might take some time to get synced up initially, and throughout the practice the breath might move in/out of sync. This is fine; let your nervous systems settle into the co-regulation... let your breath flow as it needs to.

- 05 There is no pressure or goal—the practice is only to be *fully present together* in the space of breath.

- 06 When the timer goes off, be sure to spend a few minutes sharing thanks/gratitude to each other for taking the time together to build your connection.

- 07 This is especially sweet first thing in the morning or before going to bed, but it's lovely any time of day to create a ritual of connection.



Asynchronous *breathing* practice.

- 01 Set yourself up using the same directions on the previous page for synchronized breathing practice.

- 02 Decide who's going to lead, and who's going to follow.

- 03 Sit or lie close to your partner, and put your mouths close together.

- 04 The leader will exhale into the receiver's mouth while the receiver inhales, then switch. Give yourself a bit of time to get into a rhythm. As the leader, practice attuning to your partner's breath. Do they need faster, slower, deeper, etc?

- 05 As you practice, imagine you are giving your partner all your love and energy; imagine you are receiving all their love and energy. You can use a very soft or very activated breath.

- 06 This practice is especially good to move/diffuse sexual energy: imagine you're giving your partner your arousal and calming yourself (or vice-versa).

- 07 This practice can be very arousing and activating. *See what comes up!*



Four layers of *touch*

Our skin is our largest sex organ: literally every nerve fiber offers possibilities for pleasure. And yet we often rush past the touch our body craves in service of expediency: moving quickly and directly to the erogenous zones for both self-pleasure and partnered pleasure.

This practice invites you into touch in a totally new way using a four-layered approach. Learning how to touch ALL the skin in ALL the ways is a gift for yourself and your lover(s).

THE FIRST LAYER

Energetic touch

First, we explore the energetic layer. If you're new to energetic work—or if it seems impossible—just trust the process. There is much to be explored as we dive into the realm of the energetic.

This practice invites you into touch in a totally new way using a four-layered approach. Learning how to touch ALL the skin in ALL the ways is a gift for yourself and your lover(s).

Think about love and positive intentions flowing from your hands to your heart and belly. Really slow down and breathe into this sensation.

This energetic layer is the first connection to yourself or your lover. Maybe at first you just feel their energy or heat; maybe a pulse of energy... or maybe so much more.

THE SECOND LAYER

The hovering touch

Next, we have the superficial layers of skin. For many of us, this starts at the level of our body hair. It doesn't matter if you have a lot of body hair or just some light peach fuzz—you can still enjoy the sensation of waking up each and every follicle of hair and slow-twitch nerve fibers.

To start, float your hands just above the surface of your skin barely touching the hairs or fuzz there. See if you can feel each little hair follicle come alive with the attention. Just notice what you feel, there is no right/wrong way to explore your body. Try places you might not expect: neck, face, back, feet, etc.

THE THIRD LAYER

The softest touch

The next layer is the softest touch of your skin: you can use your fingertips or very light use of your fingernails to so-very-delicately touch, scratch, and explore the skin of your whole body. Use this level of touch to determine what the softest touch from your fingertips feels on your ears, your eyelids, your nipples, the balls of your feet. Some people like this very soft touch, and for some it's too ticklish; just try it and see how it feels for you. Try this type of barely-there touch on your face, your arms, your thighs, your belly, and anywhere else that might feel good. I have a friend that can orgasm just from forehead touch—maybe you can find a new interesting spot like that, too!

THE FOURTH LAYER

The grabby touch

The deepest touch is to treat yourself like a *delicious loaf of sourdough bread*. Using the strength of your hands to squeeze, knead, and tug at the body as if you were kneading a dough ball to perfection. Squeeze your biceps and quadriceps, dig your fingers into your juicy booty, rub the tension out of your feet or neck or shoulders. Squeeze and knead all the way up from feet to hips and then from hands to shoulders. Feel into the edges of touch that is just firm enough but doesn't hurt in any way. Keep exploring your whole body this way.

MEET YOUR GUIDE

Sex Coach *Andrea*

SEX & RELATIONSHIP COACH

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.

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MEET YOUR GUIDE

Sex Therapist *Christopher*

LCSW · CST · MBA

Christopher Frier Brown, LCSW, CST, MBA, has over 20 years in practice as a Psychotherapist and Sex Therapist.

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His dynamic therapy practice draws on his many years of experience and some of the best training in the field, including the Baylor College of Medicine, The Menninger Clinic, the Gottman Institute, and the University of Michigan's Sexual Health Certificate Program.

Christopher works with individuals and couples on a range of mental health challenges and helps his coupled clients explore non-monogamy and build 'rockstar relationships.' He is licensed in California, Texas, and Colorado.

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