A PLEASURE-PRACTICE WORKBOOK

Ecstatic *Breathwork*

Tap into, awaken, and expand
the sexual energy with breath & energy orgasms

with

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PART 1: BREATHE DEEPLY

BREATH IS THE FOUNDATION OF GOOD SEX

Breath is truly the foundation of great sex: it helps us slow down, tune into our body, feel more sensation, connect more with our self or other, and feel into the moment. And it just feels good! (Take a deep breath... sigh it out)

Research shows that most of us don't breathe well enough throughout the day. And we certainly don't breathe well enough during sex. (Take another deep breath... ahhhhh)

Ecstatic breathwork starts with breathing differently into our bodies in order to down-regulate our nervous systems, tune into our bodies, and add a bit more oxygen into our blood. This is a practice itself.

Close your eyes, relax your body, and lay down if that's comfortable. Put one hand on your heart, and another on your belly (let it be soft, and softer still). Breath into the hand on your belly, feeling the inhale and exhale internally and externally. Notice your body. Do this anytime you need to feel more of who you are in the moment.

PART 2: SOUNDING & VOCALIZATIONS

MOAN, GROAN & EXPRESS YOURSELF

Most of us learn to masturbate and have sex in ways that are constrained: very fast, very quiet, and in hiding! This might be fun sometimes, but it's just not how we meet our most wild self.

Your wildest self is hiding in the moans in your throat, the groaning in your belly, and the sighs from your heart.

And... this is hard to access for a lot of us (myself included).

You can practice making more sounds any time of day: moan while eating a delicious meal, sigh when you hug someone dear, and practice groaning when you're playing with yourself or others. Deep breathing, moaning, growling, groaning, and sighing deeply all RELEASE energy and help us FEEL MORE.

Each chakra has it's own sound, too! Lower chakras have deeper, more resonant sounds and higher chakras have lighter, higher pitched sounds (and these sound different in all of us). You can track your arousal and how it's moving in your body by your sounds!

And I promise, your partner wants to hear you moan :)

PART 3: ROCK YOUR BODY

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.

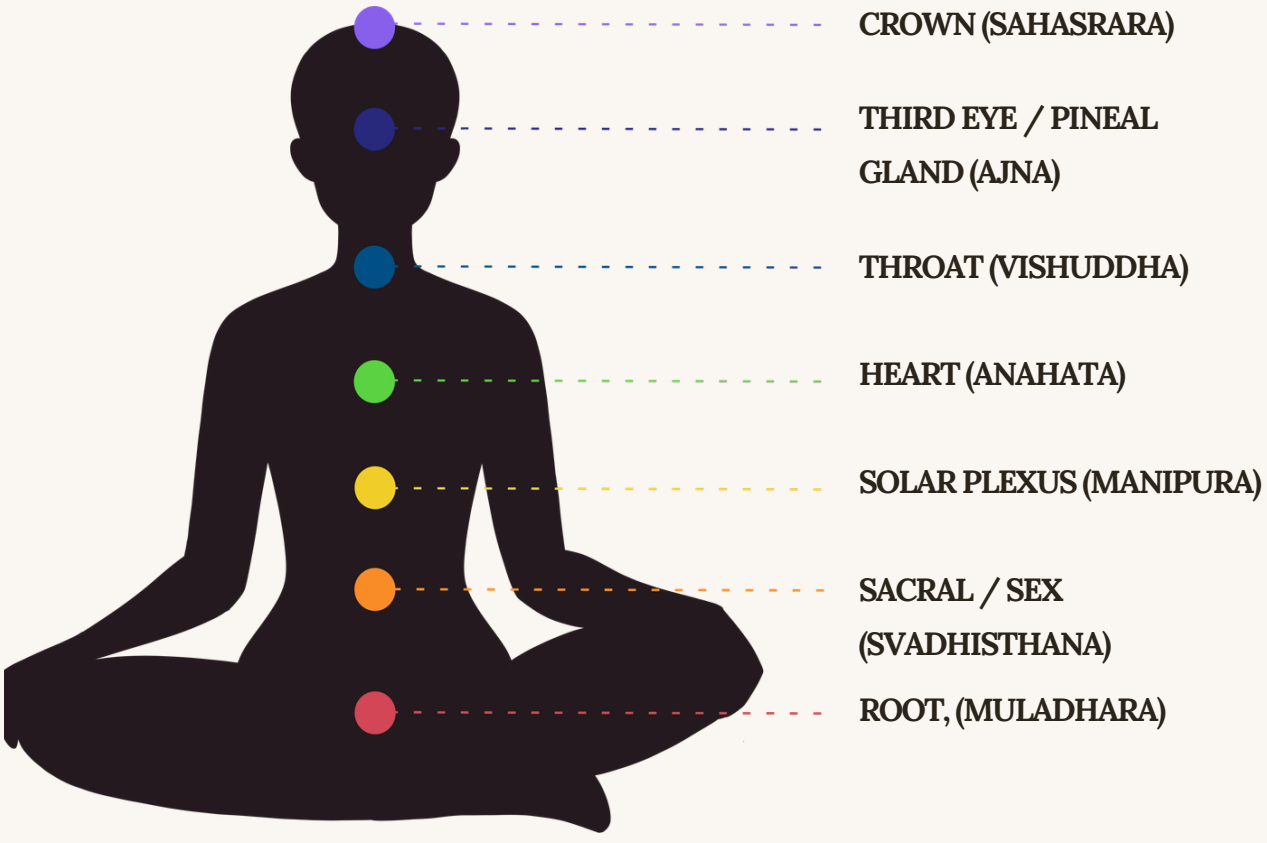
We can use our PC muscles during the breath practices or during the chakra visualizations described above to help generate physical energy and heat in the root and sex center chakras.

ROCK YOUR BODY, CONT'D

- 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!

PART 4: THE CHAKRAS & ENERGY VISUALIZATIONS

THE ENERGY CENTERS OF THE BODY



THE CHAKRAS, CONTINUED

- **Muladhara** (Root Chakra; Red). Front location is the perineum, base of pelvic floor. The back location is the base of the spine, tailbone. Governs safety, survival, and grounding; associated with the earth element.
- **Svadhisthana** (Sacral Chakra, Orange). Front location is the lower abdomen, about two inches below the navel, including sex and reproductive organs. The back location is the sacrum. Seat of sexuality, creativity, and pleasure; associated with the water element.
- **Manipura** (Solar Plexus, yellow). The front location is the upper abdomen, just below the sternum. The back location is the lower back, opposite the solar plexus. Governs personal power, confidence, and will; associated with the fire element.
- **Anahata** (Heart Chakra, green). The front location is the center of the chest, at heart level. The back location is between the shoulder blades. It's the seat of love, compassion, and connection; bridges the lower (physical) and upper (spiritual) chakras; associated with the air element.
- **Vishuddha** (Throat Chakra, blue). The front location is the base of the throat. The back location is the base of the neck. Governs communication, truth-telling, and self-expression; associated with the ether/space element.
- **Ajna** (Third Eye Chakra, indigo blue). The front location is between the eyebrows. The back location is the back of the head. It is the seat of intuition, insight, and inner vision; associated with clarity of mind and perception beyond the physical.
- **Sahasrara** (Crown Chakra, violet or white). Top of the head. Governs spiritual connection and unity consciousness; associated with transcendence and higher awareness

VISUALIZATION PRACTICE

OPEN THE CHANNELS OF ENERGY

Once your activated breath, pelvic floor engagement, and sound are flowing together, you'll add the fourth layer: moving all that energy through your chakras.

Begin at your root chakra (on your perineum or at the entrance to your cervix) and picture a fiery ball of bright red energy. Use your imagination, and let the imagery be whatever works for your brain and body: sparkling gemstones, swirls of color, fireworks, or blooming flowers. Use each breath and each pelvic floor squeeze like a pump, expanding that red energy bigger and bigger until it fills up this energy center and can't help but spill upward.

From the root, the energy rises into your sacral chakra in your lower belly (orange), your creative and sexual center, the place where you birth things into the world. Keep breathing and pumping until it overflows into your solar plexus at the soft spot below your sternum (yellow), the seat of your power, confidence, and brilliance.

From there it pours into your heart (green), your center of love, compassion, and self-love, and then up into your throat (blue), where you speak your truth. Let any sound move here, especially the things that have gone unsaid. Continue into your third eye between your eyebrows (light blue or purple), your intuition and inner vision, and finally up to your crown (white or silver), a radiant halo connecting you with the cosmos, nature, and the divine.

VISUALIZATION, CONTINUED

At the crown, imagine swirling that energy around your head, gathering up the sparkle, joy, and bliss of the cosmos. You can use your hands to physically capture it, or simply picture the stars pouring down over your whole body.

And then we begin the journey back down—this is very important to circulate and ground your energy.

You can keep your activated breath here, or start to soften it by slowing down or returning to breathing through your nose. Pause at each chakra on the way down your body.

When you gather it from the crown, swirl the energy through your third eye and face, sound it out through your throat (massage your jaw or yawn to create space), and rest your hands on your heart, feeling that the same pulse that beats your heart moves the stars, the ocean, and the trees.

As you descend into your solar plexus, release your pelvic floor engagement and let yourself feel the still, strong center within you. Move into your sacral chakra and place one or both hands on your lower belly, or cup your hands over your genitals, and notice what you've awakened. Say to yourself, "My sexuality is sacred, and my sensuality is divine," and feel it settle into your body.

Finally, bring everything down into your root, grounding yourself in your body, your home, and your community, rooted and expansive at the same time.

MEET YOUR GUIDE

Sex Coach *Andrea*

Andrea Devon Bertoli is a Sex & Relationship Coach who blends the spiritual and scientific to help you experience mindful sex and conscious relationships. 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, and facilitates online and in-person workshops.

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 the 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.

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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