Pure Orgasmic Love

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Your Pleasure Guide

Welcome

I am so excited that you are joining me for this experience!

If you have any questions you can reach me, here.

What to Expect:

Pleasure, I want you to feeeeel!

My classes are experiential, so be prepared to participate.

I find that we learn so much more if we practice as we go. The more you engage and follow along, the more you will get out of this class. Below you will find a list of recommendations to make the most of our time together.

Recommendations:

Print this guide, or have a notebook handy. This way you can notate likes and dislikes for later play!

Set the Environment:

- Ask for private time (make sure you are not disturbed).
- Turn off your phone and any other devices that will interrupt you.
- Set the air temperature to a comfortable level, being chilly is not sexy and reduces your capacity for arousal and pleasure.
- Find a quiet space.
- Have something comfortable to sit/lay on.
- Dim the Lights/Candles.
- Wear something comfortable or nothing at all, be sure to have some skin exposed.

For the experiential portion of the class, I will be guiding you through a pleasure lab to help you discover what really lights you up.

For many of the sensations, we will be using our hands; however, if you want to experience a broader range of sensations and pleasure, I recommend you gather the items below or something similar.

Sensual:

Kinky:

	Feathers	Spatulas - silicon, wooden,
	Silk/Satin Scarf	plastic
	Fur/Faux fur	Dish brushes
	Ribbon	Fork
	Q-tips	Clothespins
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Guided Experience:

What type of touch resonated with you the most?

Did any touch surprise you?

What parts of the body lit you up the most?

We're there any parts of the body that turned you off?

What tools did you like the best? Why?

What other items can you think of, that would be fun to experiment with?

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