## HEALTH & WELLNESS

## A 'touchy' subject

ET'S FACE IT: MANY OF
US ARE MALNOURISHED
SEXUALLY. Either we have
too little of it, or it doesn't
quite pass quality control.
Standard sex education is far from
where it could be, and the ideal of us
chasing "the one" so that we'll be finally
fulfilled in the bedroom often doesn't
work either.

However, shifting the focus of your relationship(s) to your own body and erotic nature means you can start sharing it with others in a completely different way. By learning the art of self-pleasure and experience, we believe you can free yourselves from within.

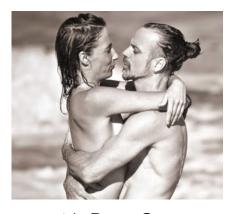
Our bodies are designed to feel immense pleasure and bliss, so why is it that so many of us feel blocked, numb, bored or ashamed of our own sexuality?

You don't need to be "broken" to follow our Go Touch Yourself programme, but we do think that it offers a number of courageous and liberating ways to clear the deep blocks to pleasure we are all capable of carrying.

In honesty, we have yet to meet anyone who isn't sexually disjointed in some way or another, or who can handon-heart say that their sex life is perfect. The path of pleasure expansion is never over. Plus, the practices offered in this training are for life. It's like meditation for your genitals: just a bit more active...

We don't believe in telling you how you are supposed to feel, or what is

Hand-on-heart: is your sex life perfect?



## with Dara Stara and Simon Sutton

right for your body. It is instead a journey of taking power into your own hands (literally) and awakening the extraordinary wisdom that can lay dormant inside your body.

We base this on what we call the three pillars of pleasure:

1) Orgasmic energy rides on the waves of breath, movement and sound. The modules are designed to move you past your pleasure thresholds and into solo loving bliss.

2) Choreographies daraandsimon.com to awaken sensitivity and bliss. You'll experience how you can build your sexual "alphabet" focused of complem knowing the whole alphabet and being able to create a new self-loving language just for yourself.

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3) Support calls and guided pleasure journeys, including Zoom session for Q&As and live guided pleasure sessions.

It is, in essence, a journey into self-pleasure and orgasmic energy experienced in four modules. breath: Using ancient practices, you will tap into the power of breath and discover how deep it can lead you into pleasure. Subjects covered include what is pleasure and your pleasure anatomy, erotic practices and building blocks for pleasure focused on expanding your capacity to breathe to ecstasy, how to diversify your

exploration of touch, and overcoming

Exploring the power of ecstatic

Increasing your capacity to move erotic energy: What you don't move, you lose. Simple and profound movement practices will take your pleasure to the next level. We explore orgasm/ejaculation vs sublimating and circulating, look at how you can resensitise the genitals, and introduce a

new set of erotic practices and building

Liberating your capacity

to make sound: In our

opinion, sound is

the fabric of the

universe, the basis

blocks for pleasure.

shame.

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Our guest columnists this month are the co-organisers of the Naked – The Retreat series of residential workshops. During lockdown, they developed a series of online programmes delving into four of the greatest taboos: sex, money, death and truth. They can be contacted at contact@

of all matter.
The bold power of your most intimate sounds will surprise and liberate you. Topics covered include a "conversation" with your genitals, speaking

the truth and erotic practices focused on sound and expression, complemented by selected playlists.

Not enough time to spare? We get it. We all have time restrictions and the last thing we want is to stress you out further, which would be missing the point. It's why Go Touch Yourself can be taken at your own pace. Available on an app, the learning process is – in more ways than one – right at your fingertips.

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