

# HEALTH & WELLNESS



## A 'touchy' subject

**LET'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 hand-on-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 to awaken sensitivity and bliss. You'll experience how you can build your sexual "alphabet" – from perhaps only knowing ABC to knowing the whole alphabet and being able to create a new self-loving language just for yourself.
- 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.

**Exploring the power of ecstatic 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 shame.

**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 re-sensitise the genitals, and introduce a new set of erotic practices and building blocks for pleasure.

**Liberating your capacity to make sound:** In our opinion, sound is the fabric of the universe, the basis 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.



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@daraandsimon.com](mailto:contact@daraandsimon.com)