

WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

www.pleasurepowerexperts.com.au

Worksheet for Video 1: Fabulous Orgasms

1. What did your mother teach you about Orgasms?
2. What is YOUR experience of Orgasm?
3. Have you ever FAKED an Orgasm? Why? - Really sit with this... What were your thought/feelings at the time?
4. Why are Orgasms good for YOU?
5. What % of women have intercourse Orgasms?
6. How do YOU best have/ reach Orgasm solo or with a partner?
TOUCH> toys, hands, sensory play?
TONGUE> oils, lube, spit, oral?
THRUST> penetration (fingers/ penis/ dildo/ crystal wand)
7. What's the truth about the clinical structure of the clitoris? Did you know this already?
8. What do Tantric Empowerment Sex Terms/Words offer us to maximize our Orgasms?
9. What's the difference between Explosive and Implosive (NEO) Orgasms?
Have you ever experienced an implosion?
10. How did you relate to the story of how Suzie learned to Orgasm?
11. What are the 4 Golden Keys of Tantra?
12. Is there something that was discussed in the video that you would like to explore more/
know more about?
13. What's your biggest takeaway/ "Aha!" moment?
14. What will you commit to?
Remember orgasms are your birthright and we are ALL orgasmic!
So, be specific: what action steps will you commit to this week, and in the future, to honour
your own orgasmic nature and claim your inner sex goddess?