

WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

www.pleasurepowerexperts.com.au

5. What are your current practices in self-pleasuring?

How do YOU best have/experience Sexual Self-Pleasure?

TOUCH> toys, hands, sensory play?

TONGUE> oils, lube, spit?

THRUST> penetration (fingers/ dildo/ crystal wand)?

6. What are the 4 Tantric keys (core principles) which help you claim your right to experience more Self-pleasure?

7. What sorts of orgasms have you experienced in self-pleasuring?

How was each different from the other - How does each FEEL to you?

Eg. Clitoral, vaginal opening, g-spot, cervical, breast-gasm, throat-gasm, anal-gasm?

WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

www.pleasurepowerexperts.com.au

8. Would you love / be open to learning more practices and ways to self-pleasure? What excites you about what you heard in today's video?

9. What's your biggest takeaway/ "Aha!" moment?

10. What will you commit to?

Be specific: what action steps will you commit to this week, and in the future, to honour your own self pleasure as self-care?