

Claim Your *Pleasure* POWER

with Pleasure Power Expert Ella Hall

The 7 Golden Keys to Tantra

FULL MANUAL

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Claim Your
Pleasure
POWER



The 7 Golden Keys of TANTRA

How to unlock your multi-orgasmic potential

Welcome and congratulations on saying a full bodied “YES” to you and for choosing to explore the 7 Golden Keys to unlock all your pleasure, power and orgasmic potential!!!

My name is Ella Hall. I am a Transformational Life Coach, Energy Alignment Specialist and Pleasure Power Expert and I am honoured to be your guide into the world of Tantra.

It is my intention to help navigate you on this journey and give you just a taste of what Tantra is and some practical and juicy embodiment practices along the way so you too can begin to experience the magic for yourself: either solo, or with a partner!

As Tantra is a practice much like yoga or meditation, it is important to keep up the sacred art and like any muscle build it over time and with repetition.

I promise you it just keeps getting deeper and more expansive each and every time...

- So if you are a complete novice and are scratching your head wondering what is this ‘buzz’ word ‘Tantra’ all about? Is it even for me?
- If you are someone who has previously had a ‘taste’ of the deliciousness’ that can be created when you come out of your head and access your deepest peace, pleasure and power in an full embodied ecstatic state of orgasmic bliss – but you are hungry for more and would love to access these states more consistently?
- Or if you are already someone practicing this sacred art

YES... YES... YESSSSS – You are in the right place!

For more information, courses or to work with me please go to:

www.ellahallcoach.com

Tantra meaning: To weave and expand

When claiming our pleasure power with Tantra we focus on 4 core principals – these make up the first 4 Golden Keys. They are: Intention & Presence. Breath. Sound and Movement.

KEY 1. INTENTION & PRESENCE



Our intention literally creates our reality.

So be sure to set a clear intention each and every time you are about to do anything erotic, sensual or sexual in nature – solo or with a partner.

Make every experience sacred.

Create the intention from your mind and hold it in your heart.

This honours working with your higher consciousness and divine essence.

At the same time send gratitude: to the universe, your body to nature or whatever the divine is for you – this high vibe emotion helps to raise your frequency and amplify your energy. Super charging your intention!

This is where we can start to practise **Orgasmic Manifesting** to call in the MORE we deeply desire.

The power of your sexual energy to create is limitless so be sure to be specific in what it is you want.

Are you choosing to call something in? Or maybe Release something?

Know what you desire and practice asking for it! It could be:

- more pleasure
- deeper intimacy
- a loving connection
- a better orgasm
- relaxation
- peace
- healing
- abundance
- joy

The choice is always yours!

Play with your power to manifest and see what happens...

Once you have set your intention – choose to become totally Present. Take a moment connect to your breath.

Choose to Release the past and let go of the future.

Be present in the NOW.

Being present is the number 1 greatest sex tip I could ever give anyone!

When we are present to each moment time disappears. We slow down naturally and can practice mindfulness.

We are better able to feel all the subtle feelings of energy moving through our body and also be feeling energy from our partner, watching for their cues,

listening to their sounds and we are able to respond and both give and receive fully.

When we are present in our body and are focussed on our breath, sound and movement...

We come out of our head and can lose ourselves in the bliss of pleasure of deep embodiment.

We enter more expansive, consistent - relaxed, erotic, ecstatic and orgasmic states of being.

Life becomes extraordinary!

KEY 2. BREATH



Did you know both men and women can enter energetic orgasmic states from using their breath alone.

We don't use this incredible gift nearly often enough, though it's power to heal and change states in the body is truly magical!

So often we are not conscious of our breathing and on autopilot so unconsciously we hold our breath, breathe shallow and don't breathe deep into our bellies or our body's.

Even sports people only use a fraction of their lung capacity.

Not breathing is a huge mistake when it comes to Orgasm!

Think about it: so many of us hold our breath and contract during orgasm. This suppresses the energy we have generated in the body and stops it from moving.

Next time you feel you are getting close – KEEP BREATHING!

Even if you feel that the orgasm might be slipping away from you – trust, it's there and it's simply changing flavour- it will be all the more intense when you finally let yourself go!

It's also very common for people to be numb and not want to breathe deeply as breath reconnects us to our feeling body, and that's where some of the deeper suppressed emotions lie.

But, it's through using the breath dynamically that these trapped emotions can move more quickly and things such as pain can transform into pleasure!

Social conditionings too are messing with our breath.

A flat tummy is considered more so desirable, so we spend energy trying to 'hold it in', 'suck it in' etc

Or we find we are under constant pressure, have a poor diet, aren't getting enough sleep, are under immense stress and all this creates tension and inflammation in the body and an overall stressed state.

We get stuck in 'sympathetic nervous system'.

Through breathing deeply and with intention we can actually alter the body's physiology and programming and let it know we are safe.

We then relax more into our 'para-sympathetic nervous system' and from there the likely hood of being more aroused and orgasmic is guaranteed.

Breath moves energy, releases blocks and makes space for more ecstatic pleasure!!!

In Tantra there are an incredible number of breath exercise one can play with

Using Breath we can:

- Activate energy

- Build energy

- Share energy

- Move and Direct energy

- Clear energy

- Harmonise the Shiva and Shakti or masculine and feminine energy within us

Breath is such a powerful tool!

But for now: Here's a simple breath exercise you can play with:

This is the 4 Count Breath and is designed to be an active form of meditation, it helps us to clear our thoughts, centre ourselves and be present; during which I'm going to invite you to tune in to what you feel and just notice...

If it is safe to do so – I invite you to close your eyes.

Take a deep inhale into the belly, filling it up for the slow count of 4 – (1 – 2 – 3 – 4)

Then we hold the breath for the count of 4 –

And let go out through the mouth for the count of 4 (1 – 2 – 3 – 4)

You can do this very slowly and repeat this for 8 cycles or for as long as you desire.

If you find the counting gets distracting – rather focus on the sound of air as you breathe deeply in through the nose, hold and release through the mouth.

The most important part is that the belly should rise on the inhale and let go completely on the exhale.

In through the nose 1 2 3 4

Hold 1 2 3 4

Out through the mouth 1 2 3 4

Keep going and notice... what's there for you right now in your body? What are you feeling?

Where are you feeling open, peaceful and expansive...

Where too might you be holding energy stuck, feeling tired, contracted or maybe even some pain...

Just notice... don't make it right or wrong.

Keep breathing deeply in for 4 holding and out for 4...

Where is your mind?

Again, just notice: Be present with what is with no judgement -

Ask yourself?

. Where in love making or self-pleasure practice are you holding your breath?

. Where else in your life are you not breathing?!

You might choose to take some time out to journal what you felt? This is another powerful practise.

Or you can simply choose to come back to this practice later and take a full 10 minutes breathing: to be a curious explorer tuning into different body parts and noticing how you feel.

Play with it...

KEY 3. SOUND



Sound is a game changer when it comes to unlocking all your orgasmic pleasure and potential!

Every man and woman I have ever worked with, who gives themselves full permission to breathe, sound and move in the energy will enter full embodied orgasmic states!

So often we hold back our noise, we depress it.

We stifle it for fear of being heard, what others may think, waking the kids etc.

The thing is when we suppress or depress our sound...

We also depress ALL of our pleasure, joy, bliss and orgasmic energy at the same time.

To explore this lets play with something now –

Take a deep breath in... and on the exhale make whatever sound wants to come through you...

Let's try that one more time... and again take a deep breath in and let go!

Now notice

Did you find that easy or really difficult?

What was your head saying? – shhhh, you will sound stupid, someone might hear you?

What kind of sound did you make?

Could you make a sound? If so, perfect!

If not – that's ok, a lot of people find this challenging.

But it's fantastic to honour exactly where you're at Was it a perhaps a soft airy sound?

Or a lower more base sound?

Where did you feel energy move in your body if any?

If you struggled to make sound then, just notice – what part of you held you back then?

Where else might you hold back your sound or not express yourself?

Struggle to find the words?

Ask yourself:

- Where in your life and love-making can you give yourself permission to make more sound?

Do it even if it feels strange at first... Make sound louder than the voices in your head. Just notice what happens...

KEY 4. MOVEMENT



The last of the 4 core principals is Movement.

Everything is in us and around us is alive, and simply energy in motion – it is always moving.

The vibration of this energy will determine if something is hard or liquid or air.

Each cell in our bodies is in a constant state of movement too, so when we allow for more breath in the body we create more space between the cells.

When we allow for more sound, we are sending vibration through these cells at a faster frequency that helps to shift energy, emotions and move pleasure through the body..

When we are holding our intention, being present, breathing, sounding and allowing our body to undulate - move and be moved - by the pleasure-full energy we are generating - we can enter full body erotic states and become more aware of our connection to our self and other.

The trick with movement is to **SLOW everything DOWN!**

Give yourself spaciousness and time.

Don't rush love making or self-pleasure practise; this can be hard with our fast-paced lifestyles; so notice when you do slow down, if this brings anything up for you?

Movement should be like a dance.

Sometimes it can be frenetic: building in breath and pace rocking ones hips and moaning.

Other times it is delicious to simply allow yourself to slow right down to the point of almost being still.

Allowing the energy you've generated to circulate around the body...

When you do this with a partner you can experience so much if you tune into the more subtle feeling body.

This is a practice so don't worry if you feel awkward and clunky at the start. We are not after any perfection here only experience and embracing the journey!

If you know you could use some help in this area...

If you know you would love to bring more energy, movement and excitement into your body and the bedroom, I would definitely recommend working with a practitioner or teacher and beginning a Tantric or yoga practise.

Tantra and yoga are both beautiful movement tools that are meditative in nature and focus on working with moving energy using the breath, so complement each other beautifully.

Here's something you can practice now: HIP BOWLS

Sitting up, we can focus on connecting to our base and our hips.

A good way to direct energy to where we want it to go is to use intention and or to move our hands there – energy flows where attention goes – so place your hands over your womb for women, or lower belly for men.

Take in 3 deep belly breaths to prepare the space. Imagining your pelvis is a bowl full of liquid golden light.

Slowly begin moving your hips in small circular motions to create a swirling of this light.

As you let go and relax into the momentum and allow your breath to guide you. You might find you naturally begin to move in bigger circles that start to generate a lot of energy in this area –

You might feel this build in your genitals, lower spine and pelvis?! Notice if it feels amazing and Say YES to it!

This activates the lower energy centres or chakras – these are scientifically proven energetic hubs within the body. Each holds a different frequency and when open, energy can run through them freely, and harmony exists between the physical body, mind, and spirit.

Imagine you are connecting this swirling energy to your breath – and each time you breathe you are breathing more golden light into your hips to create more and more flow and movement.

As you let go of the breath – start to make some pleasure sounds and see what happens?!

Close your eyes and let go!

Notice what's happening...

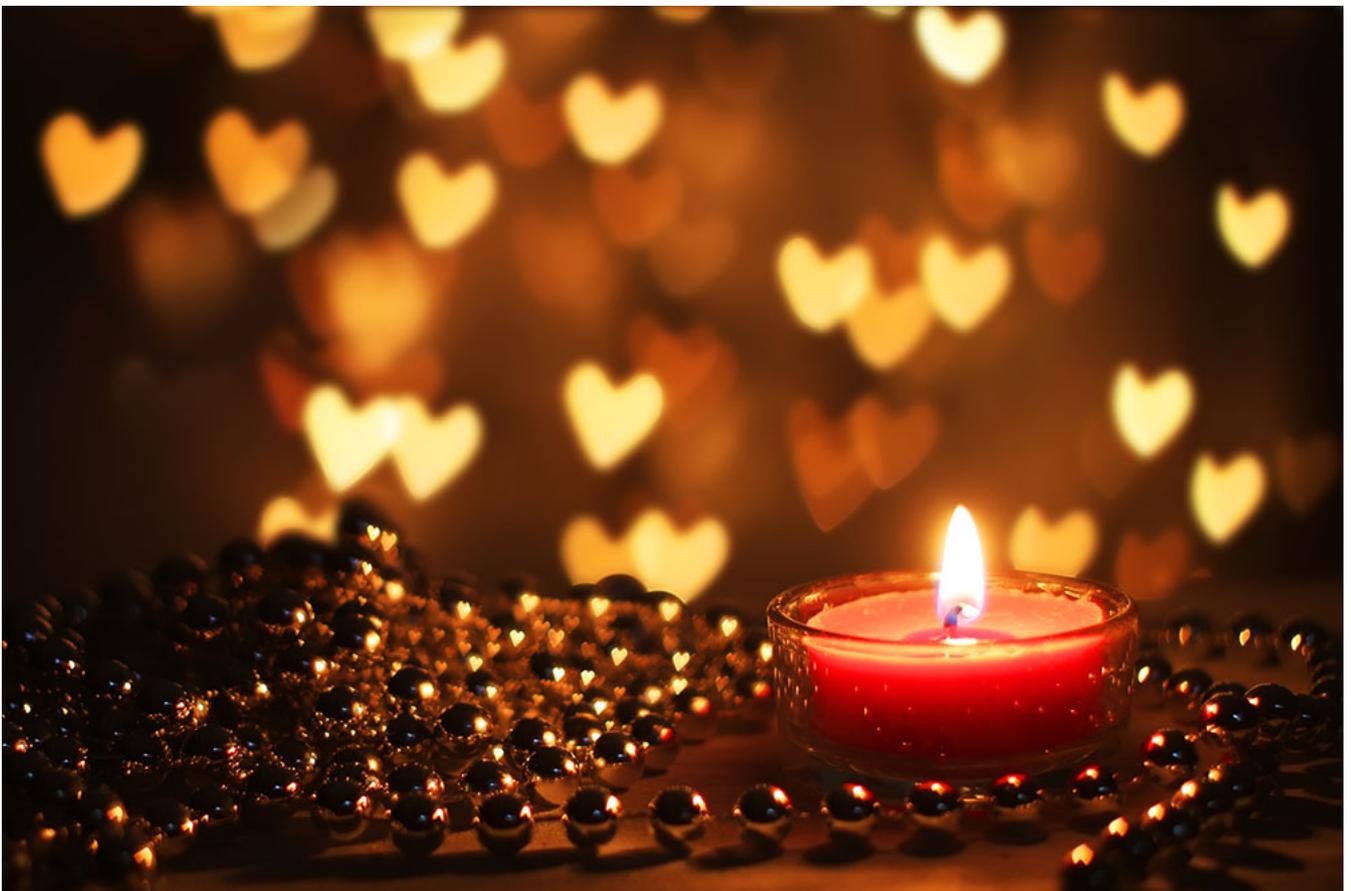
Don't force anything and let go of the need to get it 'right' – there is no right or wrong only you and your experience so follow your pleasure and let it be the guide!

Play with this...

Giving yourself permission to play with these techniques is what builds confidence and ultimately allows you to access greater pleasure power for yourself and to be a better lover for others!

You might even choose to Journal about your experience.

KEY 5. SET THE SCENE / CONTEXT



Golden Key 5 - Set the Scene & Context

Now we are moving into the more of the practical elements that support us to connect with Tantric energy and create sacred moments for transcending from ordinary to extraordinary.

We do not have to be spiritual per say – but be open to having a more spiritual or elevated experience.

Simply by creating an intention and being present, everything can become sacred ritual, even the simple act of brushing our teeth can be sacred – but especially the act of sex – whether we are connecting to ourselves or each other.

So choose to make it special. Make it sacred.

The key here is that orgasmic energy can only flow when we are relaxed!

Look around you.

So does your current environment support you to feel more relaxed?
In a relaxed environment our body and our mind let go; thus allowing more space and time for pleasure and orgasmic energy to build and move.

By creating a sacred space for love making or communication, it can assist us in bringing more clarity, focused intention, awareness and physical presence to the moment.

10 Things to consider when creating your space for love making solo or together:

1. **Your Environment** can impact your mental clarity and emotional wellbeing so clear the space of clutter and unnecessary technology.
2. When stepping into love making **set the mood**, create a world that is extraordinary allowing you to let go of the ordinary autopilot behaviors and responses.
3. **Buy a beautiful blanket or doona**, use pillows for comfort and to support different body parts and create a 'love nest'
4. **Light candles** – use these as a guide to bring your awareness back to the present moment if your mind starts to wander.

5. **Create an altar** – This is a space such as a small table you can display objects that represent your intentions, or your love and remind you of what you wish to call in.
This can be as simple or extravagant as you like.
You might choose to place on your altar beautiful pictures that evoke some meaning for you, statues that represent Shiva and Shakti – the masculine and feminine energy you will be working with. Or maybe just some beautiful items from nature... Whatever sings to you.
6. **Crystals are alive!** They are amazing energy amplifiers and can be super charged with your intention too –
you might wish to see my shop for yoni wands @ www.ellahallcoach.com –
These are incredible crystal non vibrating dildo's that can aid in clearing stuck emotions from the body and genitals as well as activate a world of pleasure –
Being able to reach spots like the g-spot and cervix for vagina owners– and the male g- spot for the boys – all of these places are extremely orgasmic!
7. Have sweet aromas like **incense or oils** and anything else that lights your heart and passion on fire.
8. **Have oil or lube nearby** – organic coconut oil or grapeseed oil are both beautiful options and safe to use both internally and externally
With lubes be mindful that some toys react with silicone so I recommend using a water based or oil based lubricant instead.
9. **Toys and Aids:**
The important thing here is not to bring anything into the space to detract from the experience. So using sensory aids and toys: such as feathers, whips, scarves and ice that are less friction based (than say a vibrator) are ideal.
10. **NO PORN!** – Porn changes the chemistry and neural pathways in our brain and is detrimental to our heart to sex connection. Too often it is goal oriented, friction based and leads to all sorts of sexual dysfunction, numbness and addiction.
Focus instead on being present with what's right in front of you – feeling all the feels and creating an incredible experience that feels amazing just for you

It's also important to be aware of context.

In life we wear many hats, from the lover, the friend, the boss, mother, father, healer, client etc. However when we are unclear as to which hat we are wearing we can experience unconscious expectations that leave us feeling unmet, angry, let down, resentful or just misunderstood. Especially with our partner.

We all live busy lives, and our emotions and mental clarity flux depending on our day to day interactions. Don't assume your partner is mentally and emotionally available to have deep conversations or be in the mood for making love.

So it's important to choose to create the context for love making together prior to the experience:

For example – you could ask the following questions:

- Am I – and is my partner ready / open to connection and intimacy right now?
- Have we communicated any wants / needs / desires / dislikes?

The key here is to communicate lovingly and with “I” messages – especially when giving feedback on what you might not like on any given day. eg: “I love it when you touch me there”

Or

“I am feeling sensitive today and would prefer it if my breasts were not touched hard, but use a softer touch”...

The receiver of the feedback then communicates “Thank you for sharing” to let the giver know they have been heard and received.

This type of communication is an art in itself and you might wish to find out more about ways to communicate and give and receive feedback beautifully by watching ‘SEX TALK’ – a segment of the Women’s Pleasure Power Course found on my website.

Ensure to communicate any boundaries that you need prior to connecting and not in the moment or straight after sex.

This can detract from the experience and the waves of pleasure still rippling as you hold each other close.

KEY 6. LET GO OF THE GOAL – ENTERING ORGASMIC STATES



An Orgasmic State is what we can experience as we begin to play with the other keys and notice how they affect us and feel in the body: before, during and after love making.

Unfortunately, there has not been (until now) enough great sex education readily available to us as a society.

So much so many of us have been educated and conditioned by porn that sex is all about having a 'harder, longer, stronger performance based' and fast friction stimulated, goal oriented experience.

This is NOT REAL!!!

It is an illusion.

Porn has been saturated with doctoring what is real – It is designed to hard wire our neuro transmitters in our brain for instant gratification and can lead to all kinds of imbalances, performance issue and addiction.

I'm not saying all porn is bad by the way – there are some incredible offerings out there that are Tantric in nature, but for the most part we are bombarded with images of perfect people, shaved pussies, 12inch cocks that never get soft, golden showers 24-7, photoshopped labia and all this adds to people developing a warped idea of themselves, what sex is and to hold unrealistic expectations that result in sexual mismatching, shaming and hurts.

Some of the misconstrued beliefs I hear are – 'all girls love to have anal sex' and 'love to be dominated' and 'all men should be able to perform for hours' to name a few.

Don't get me wrong – I love to explore and embrace all the worlds of sex and sexuality and all have a place in claiming our Pleasure Power.

It is through education and empowerment we can choose to be sex curious and explore all the worlds safely that feel right for us at the time with no pressure. Kink, BDSM, role play can all be practiced with loving Tantric intention – it is about the context and agreement.

Both parties must be conscious, willing and empowered at all times. In Tantra we are not after achieving any goal but instead are opening ourselves up to the journey of pleasure and the entire spectrum of sensation as we become curious explorers.

We are exploring prolonged heightened energetic states. These can feel spiritual or simply more expansive and peaceful.

These states are referred to as orgasmic:

There is no one size fits all here - They can be all the flavours of the rainbow - and change and shift from second to second and experience to experience. The key is not to be attached to anything!

They can last for minutes, hours and sometimes even days and are achieved through consciously letting go of wanting to have orgasm

When you let go of the goal of orgasm as you know it:

For the men that's ejaculation

For women that might be a clitoral stimulated orgasm (both of these are explosive in nature and we actually lose our energy - this is why often we find we are tired afterwards)

Instead if you are willing to open to ALL flavours with no attachment:

You just might find you can experience a different kind of orgasm altogether... a new flavour you have never tried before!

How about:

a throat-gasm

a heart-gasm

an anal-gasm

a womb-gasm

a toe-gasm

nipple-gasm

ALL are all possible and only the tip of the iceberg - the list goes on!

The implosive energetic orgasm is often referred to as N.E.O or Non Ejaculatory Orgasm.

This is where NEO Tantra comes from.

By using the first 4 core principles (or golden keys) to build energy in the base and consciously move it up through the body to the heart - we can experience an implosion that feeds us with erotic energy -

Thus giving us more physical energy, vitality, relaxation, mental clarity, pleasure, power and creative juice that we can take into every are of our lives!

Let's practice an orgasmic breath now shall we, so we can have an embodied experience of what I mean:

- I'm going to ask the men to squeeze your Pubococcygeus muscle (or P.C) on the inhale - this is the muscle that you use when you want to stop your urine midstream - or the one when you want to bob your dick up and down (you know - the fun one?!)

And ladies, for us it is your Pelvic Floor or PF muscle - think of the muscle we use for Kegel exercises.

- As you breathe in imagine you are drawing a golden peal up from your genitals towards your heart. At the same time trust the body to draw your PC or PF muscle too.

This muscle is your 'erotic pump' for energy and when you imagine energy moving from that centre and up to the heart, this is what's called 'channelling' the energy.

Some of you might feel it and some may not - and that's perfectly normal.

This is a muscle and due to our sedentary lifestyles very often it is weak - but know with practice and using intention and the power of your imagination to imagine energy moving through your body this way;

You can actually strengthen, repattern and reprogram your mind body connection, creating new neural pathways that open your body to new sensations of pleasure.

This is Bio-hack technology!!!

Using breath, sound and movement we can build, expand and circle sexual energy throughout our entire body so it is not just stuck at the genitals. Instead energy moves and is transmuted - (this means there is a magical transformation of one flavour of energy to another).

The easiest way to do this is by readying the mind – Put on your curious explorer hat! Choose to come into each love making session as if you know nothing..

That way you can play with allowing what is...

No judgment... No attachment to any outcome... and No PRESSURE!

Choose to let go of any need to perform, the need to be hard, the need to ejaculate or experience a clitoral orgasm.

Just notice what happens?!

By practising this kind of energetic orgasm – both men and women ARE multi-orgasmic!

Deeper heart connection and intimacy will be experienced and enjoyed. Love making can be prolonged and sustained as you are consistently working with the body to direct energy away from the genitals to other parts of you and each other!

KEY 7. GIVING AND RECEIVING



The final Golden Key focusses on the art of practicing both conscious Giving and Receiving of pleasure.

More often we as a species have been conditioned to be very good givers... but not all that practised at being good receivers or asking for what it is we need, want or desire?!

To truly receive is to allow one's self to be open, to be vulnerable... To be seen. The word Intimacy has been described as: In To Me U See

It is this intimate moment of exposure and when we can both share from this vulnerable space and trust ourselves and our partner to hold us and meet us there... magic happens!

This ultimately leads us to experience deeper, more authentic connections with our self and others due to a whole new level of trust.

As we practise Tantra the art of love making becomes just that... An art.

A beautiful dance of the polarities.

A weaving and expanding of the energies

Yin meeting yang – the feminine and masculine. Sex meeting heart.

It's a constant play of both giving and receiving the energy.

One of the first Tantric practices used to open a space of love for one's self or for a couple is called Transfiguration, also known as eye gazing.

You can practise this alone in the mirror or with a partner.

When we do this we set an intention to see ourselves or the other through the eyes of our heart rather than the ego or mind.

The eyes are said to be the windows of the Soul – so allowing yourself to gently look into the left eye – not to penetrate them but to receive and be received – to be seen and to see in this way explodes the heart open with compassion and allows the stories and judgments to melt away –

So when we do come together in Tantric union we do so from a place of reverence and honour and heart to heart connection.

This deep loving connection is what takes the physical act of love making to the next level!

I encourage you to play with this –

Do not be surprised if you find this a bit challenging or 'edgy' at first – people can feel all kinds of uncomfortable being this vulnerable and want to look away, or giggle uncontrollably – it's all ok. Where you are now is always perfect.

But practice this and I promise you, you will begin to be seen and see the other in a new light.

Play some soft music in the background that is relaxing.

- Sit together face to face and play with eye gazing and the flow of giving and receiving energy to each other through imagining a golden thread

stretching from your heart to theirs and theirs to yours – you can do this solo in a mirror too...

- Imagine the energy moving between you as you breathe together and make some sound on the exhale together.
- Notice the connection...
- From there you might choose to come into a more intimate embrace... or solo play. If you are with a partner, decide who will be the giver and who will receive.
- Take it in turns to surrender to one another and allow yourself to simply receive fully ... No giving back...

Just allow yourself to be fully worshipped in that moment and practise asking your beloved, or yourself, for that which you most deeply desire!

You can choose to put a timer on this – For e.g.; 20 mins of him giving to her

Then take a break to reset and allow her to receive fully – with no need to give anything back.

Having a time agreed to come back and she gives to him with no giving back for 20 mins.

Reflections:

- Notice where you struggle to receive and to be seen?
- Where do you want to give rather than surrender?
- How can you grant yourself that little bit more permission to be open to receiving in this moment?
- Can you ask for what you want, desire or need? . Do you even know?

If you answered no to that question and are curious to explore this further: working with a professional is a great way to get clear and begin to remember, realign and re-empower yourself while discovering:

- What is your truth?
 - What does feel amazing to you?
 - What gives you pleasure and
 - How to ask for what it is you deeply desire?
-

I will leave you with this...

Begin the practise of using these 7 Keys along with having loving and conscious communication today (even if it is only with yourself!)

Living a multi-orgasmic life is your birthright!

And when you know what turns you on

Can give yourself full permission to ask for what it is you want, need and desire...

You might just be surprised how willing, ready and able others are to meet you there Hungrily and happily! Yum!!!

But it all starts with YOU!

This is only just a tiny taste of what Tantra is and...

If you are a man and can relate to being:

- type A – Stuck in your head
- Type B – Stuck in your base
- Or type C- A curious explorer ready to Expand...

OR

If you are a woman and can relate to being:

- type A – The Busy Woman
- Type B – Stuck or Numb
- Or type C - A curious explorer ready to Evolve...

If you don't relate to any gender but are a human willing to take yourself and your sexual mastery from ordinary to Extraordinary!

Whoever you are, and wherever you are at...

I would always highly recommend finding a qualified guide (who works in pristine integrity) that you resonate with and trust.

Be initiated into or go BEYOND the world of Tantra as you know it.

Now is the time to experience and embody the fullness of what IS truly possible when you open your channel of sexual life force energy and begin to weave and expand it through every area of your life.

I promise the journey just keeps getting deeper and more expansive every time you say YES, YES, YESSS to yourself.

Thank you for joining me.

Here's to the MORE you deeply desire.
From my Orgasmic heart to yours.

Here's to your journey! Your Coach,

Ella x

PS- Curious to know more?!

To learn more about the types of men, women and couples I assist and the issues they face: or, for more about information, courses or to work with me please go to: www.ellahallcoach.com

I look forward to seeing you there!

Ella Hall 2020



Ella Hall is a Leading Transformation Success Coach and Pleasure Power Expert based in Melbourne Australia. With over 20 year's coaching experience she has worked with thousands of clients worldwide.

A manifesting powerhouse, gifted intuitive, business and lifestyle mentor, author, speaker, facilitator and sacred sexuality guide; her philosophy and offering is holistic: working with all '4 bodies' simultaneously:
Physical. Mental. Emotional & Energetic.

Teaching her unique brand of Pleasure Power Abundance - 'Tools to Claim Your Mastery' throughout all her offerings, Ella's mission is to educate and empower ALL men and women to live their most liberated, pleasure filled, powerful and abundant lives; from the Bedroom, to the Boardroom and Beyond!

With her real-raw-energy she has appeared on The Morning Show, Triple J Radio, KISS FM, is a frequent Speaker at Sexpo Melbourne, a contributing author to Your Well-Being: Sunrise Edition, supporter of So Brave Foundation and is an expert contributor for Smart Date dating App and a regular for magazines, top blogs and podcasts in Australia and the U.S.

Alongside her mother, Sex therapist Dr Janet Hall, Ella is co-founder of Pleasure Power Experts - together they are the **world's first mother-daughter Sexperts!** They are passionate and dedicated to bringing more pleasure into your life by offering you head meets heart (Clinical meets Tantric) online training courses and Podcasts.

For more information, courses or to work with Ella please visit:

www.ellahall.com.au

For Pleasure Power Experts:

www.pleasurepowerexperts.com.au