



Sensuality 1.0 Series

Session 1, Week 1 - An Intro to the Senses

In our first, introductory session we'll connect with all 5 of our physical senses with a short scanning meditation. We'll then run through a series of preliminary questions that'll give me a sense of your overall connection to your senses as it stands. To conclude, we'll kick things off with a guided meditation on Sight, our first sense to explore, with insights I'll summarize in a subsequent email. You'll also receive your practice for the week to tap into your sense of Sight. **Each week will contain a summary email with insights from our session, your exercise for the week, and an email mid-week with a surprise to tantalize the week's sense.*

Session 2, Week 2 - Exploring Sight

In our first official session, we'll reflect on and discuss your findings from the previous week's exercise, and what insights, challenges and discoveries might have come from it. We'll then do a guided meditation on Scent, and I'll assign you your next sense-focused exercise for the week. **An example of a sense-related exercise, tailored to your resources, likes and interests, would be to cook yourself a meal using your sense of smell to note the aromatics, or to make a meal that conjures up a specific, nostalgic scent for you.*

Session 3, Week 3 - Exploring Scent

In Session 3, we'll reflect on and discuss your findings from the previous week's exercise, and what insights, challenges and discoveries might have come from it. **An example might be that you discovered how relaxed a nostalgic recipe made you feel, and that it's a helpful source of comfort for you when feeling down, or that you realize you hate scented candles and what to find a better source of aromatics for your space or home.* We'll then do a guided meditation on Sound, and I'll assign you your next sense-focused exercise for the week.

Session 4, Week 4 - Exploring Sound

In Session 4, we'll reflect on and discuss your findings from the previous week's exercise, and what insights, challenges and discoveries might have come from it. We'll then do a guided meditation on Taste, and I'll assign you your next sense-focused exercise for the week. **The guided meditation is a short journey to physically, mentally and emotionally connect with your given sense, treating it like your guide for the week and seeing what messages it may have for you!*

Session 5, Week 5 - Exploring Taste

In Session 5, we'll reflect on and discuss your findings from the previous week's exercise, and what insights, challenges and discoveries might have come from it. We'll then do a guided meditation on Touch, and I'll assign your next sense-focused exercise for the week. **The weekly summary email reiterates our insights from the session, and includes an intuitive card pull to add a layer of depth to our practice.*



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Session 6, Week 6 - Exploring Touch

In our last sense-focused session, we'll reflect on and discuss your findings from the previous week's exercise, and what insights, challenges and discoveries might have come from it. This time, we'll conclude with a guided meditation to revisit all of your senses, much like we did at the start of this series. No exercise or mid-week surprise this week, as I'll set on to create your visual summary of your sensual explorations. **The mid-week surprise contains a sense-related treat for you to enjoy, for example, a tantalizing visual scene related to something we discovered you enjoy. They'll never require any extra work on your part outside of the week's exercise.*

Session 7, Week 7 - Visual Summary

In our final session of the series, I'll present you with a visual summary of your sense explorations in a beautiful pdf format that you'll be able to revisit anytime you need for a reminder. It'll contain our findings and discoveries about you from having unwrapped what each sense journey said about you. You can see it as almost an astrological chart; or sense chart, of what makes you uniquely you. Use it to guide decisions around how to spend your time, soothe yourself when you need it, and invite or create more of the kind of life you desire.

***You'll also get a free copy of any one of my guides of your choice, a free follow-up 30 minute support call if needed, and 25% off any one of my other one-on-one series.**