



## Sensuality 2.0 Series

### **Session 1, Week 1 - Meet Your Sensual Self**

In Session 1 we'll establish an understanding of sensuality, and how it might already be present in your life and nature, as well as ways it could come to life. I'll guide you through a series of questions to pinpoint where we can infuse that energy again, or take it to new heights. We'll end with a soothing meditation that will connect you with your body, and start to awaken your sensual self. I'll assign your first exercise for the week to build on what we've started.

### **Session 2, Week 2 - Adorn It**

In Session 2, we'll focus on a major thread of sensuality; adornment. You're a force of nature that deserves to be decorated in ways that bring you joy, and that tap you into a more authentic, wildly expressive version of yourself. We'll talk about your personal sense of style, identify some dream looks, and send you off with a playful, dress-up assignment with some deeper explorations into cultivating an outward aesthetic that excites you.

### **Session 3, Week 3 - Move With It**

Session 3 will build on our meditation in Session 1 and take it to the next level. We'll engage in a soft, approachable movement session aimed at awakening the sensual energy coursing through your physical body. With a playlist to guide us, we'll explore and play with different gestures and poses; think of it like a restorative yoga session meets burlesque meets guided meditation. I'll assign your take home practice for the week to deepen the experience for when you're on your own.

### **Session 4, Week 4 - Capture It**

For Session 4, we'll be cultivating a sensual space and vibe that I'll prepare you for beforehand, for a sultry brainstorm about your concluding Sensual Photoshoot. This will be a series of self-guided photos you'll take in the comfort of your own space, with me here to help you set it all up. We'll use this delectable planning session to explore an outfit, playlist, aesthetic, and desired outcome {we'll identify how you want to feel and what you want to achieve with this practice}. Your exercise for the week will be the photoshoot itself. And I'll be on standby on the day to cheer you on, and guide you as needed.

### **Session 5, Week 5 - Celebrate & Cultivate It**

In our final session, we'll celebrate the results of your Sensual Photoshoot. We'll explore some reflection questions to draw insights and conclusions from our time together, and I'll suggest some ways for you to continue to cultivate your newly discovered {or recovered} sensual self with a list to take home and keep handy.

**\*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.**