

CLASS FOUR: SENSUALITY, PLEASURE
& PLAY

Divine Femme

“Sensuality is a holistic physical experience and it’s time we embrace it. It’s about being present, tuning into your senses, connecting with your surroundings, and with your inner self. A sensual woman is a powerful woman. She is able replenish and reinvent herself just by connecting with her sensuality.

~ Samantha Bun

WELCOME TO CLASS FOUR!

Today's class will help you deepen your connection with your feminine energy through exploring pleasure, sensuality and play.

These are beautiful and powerful practices which will support you to embody and express your feminine essence in new ways.

For most of us in our busy lives, making time to explore what brings us pleasure, awakens our sensuality and expresses our playful side can feel incredibly challenging. These qualities can easily get pushed to the side, and these parts of ourselves can be neglected.

But for us as women, each of these energies are incredibly nourishing to our nervous systems. They replenish us, bring us back into our body, shift our vibration, open our hearts and cause us to radiate a very different energy. They are practices that fill us up from within and nurture our inner feminine.

In this class we will explore powerful starting steps and simple practices that you can begin to work with to integrate more pleasure, play and sensuality into your life.


I hope this class feels delicious and fun to work through. Bring a lighthearted, curious approach especially if some of these principles feel new or outside your comfort zone.

With love,

Connie x



IN THIS CLASS, WE WILL COVER:

- Living a life guided by pleasure, joy and what feels good to you.
 - Exploring sensual movement.
 - Overcoming fear or resistance you hold towards play or pleasure.
 - Exploring your feminine sensuality, and how to awaken more of this energy.
 - How to give and receive pleasure within yourself and your body.
 - Slowing down and being present to savour experiences and deepen your pleasure.
 - Practical ways to integrate play, pleasure and sensuality even if you have a busy and demanding life.
 - Awakening sexual energy and connecting more deeply with your body.
 - How to bring more light-hearted playfulness to all that you do.
 - Why play is the key to being a radiant, magnetic woman.
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WHAT DOES SENSUALITY MEAN TO YOU? WHAT WORDS WOULD YOU USE TO DESCRIBE OR DEFINE SENSUALITY?

HOW DO YOU CURRENTLY FEEL ABOUT YOUR OWN SENSUALITY?

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LISTEN TO THE VIDEO CLASS AND LISTEN TO THE PRINCIPLES ON 'HOW TO DEEPEN YOUR SENSUALITY.' MAKE NOTE OF THE SUGGESTIONS HERE:

ON THE FOLLOWING PAGE CHOOSE 3 OF THESE PRINCIPLES THAT YOU WOULD LOVE TO WORK WITH AND EXPLORE HOW YOU CAN IMPLEMENT THEM IN YOUR LIFE.

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PRINCIPLE ONE:

HOW WILL YOU PRACTISE THIS?

PRINCIPLE TWO:

HOW WILL YOU PRACTISE THIS?

PRINCIPLE THREE:

HOW WILL YOU PRACTISE THIS?

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MOVE THROUGH THE SENSUALITY EXERCISES SHARED IN THE VIDEO CLASS (SENSUAL TOUCH AND SENSUAL EATING). DESCRIBE WHAT YOU EXPERIENCED AND HOW EACH EXERCISE MADE YOU FEEL:

SENSUAL TOUCH:

SENSUAL EATING:

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EXPLORE WHAT BRINGS PLEASURE TO YOUR SENSES:

SIGHT: WHAT BRINGS PLEASURE TO YOUR EYES? E.G. NATURE, SUNSETS, SUNRISES, ART, SOFT LIGHTING, ETC.

SOUND: WHAT BRINGS PLEASURE TO YOUR EARS? E.G. THE OCEAN, UPBEAT MUSIC, SOFT, CALMING MUSIC, SILENCE, NATURE SOUNDS, ETC.

TASTE: WHAT BRINGS PLEASURE TO YOUR TASTEBUDS? E.G. SWEETNESS, SPICINESS, CREAMINESS, THE TASTE OF COFFEE, FRESH FRUIT, YOUR FAVOURITE FOOD, ETC.

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EXPLORE WHAT BRINGS PLEASURE TO YOUR SENSES:

SMELL: WHAT SMELLS BRING YOU PLEASURE? E.G. FLORALS, ESSENTIAL OILS, A HOME COOKED MEAL, YOUR PARTNERS COLOGNE, OCEAN AIR, ETC

TOUCH: WHAT BRING PLEASURE TO YOUR BODY? E.G. MASSAGE, CUDDLES, KISSES, WORKING OUT, YOGA, SLEEP, A HOT BATH, SEX, SOFT CLOTHING, ETC.

WHICH SENSE IS YOUR FAVOURITE ONE TO EXPERIENCE PLEASURE THROUGH? WHY?

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CHOOSE ONE PLACE WHERE YOU WANT TO PRACTISE SLOWING DOWN, SAVOURING THE EXPERIENCE, AND DEEPENING YOUR PLEASURE. WRITE IT BELOW:

COMMIT TO PRACTISING THIS AT LEAST ONCE THIS WEEK. WRITE YOUR REFLECTIONS BELOW ON HOW THE EXPERIENCE FELT DIFFERENT AND WHAT YOU GAINED FROM IT.

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WHAT RESISTANCE, FEAR OR LIMITING STORIES ARISE FOR YOU AROUND,

EXPERIENCING PLEASURE:

BEING PLAYFUL AND PRIORITISING PLAY:

EXPLORING AND EXPRESSING YOUR SENSUALITY OR SEXUALITY:

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IDENTIFY ONE OF THESE FEELINGS OF RESISTANCE AND FEAR, OR THE INNER STORY WHICH FEELS THE STRONGEST FOR YOU.

WHERE DOES THIS FEELING OR PATTERN COME FROM? WHERE DID YOU LEARN THIS?

HOW WOULD YOU LIKE TO RE-FRAME THIS? WHAT NEW STORY OR FEELING CAN YOU CREATE THERE THAT WOULD SUPPORT AND EMPOWER YOU?

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IDENTIFY 1-3 WAYS THAT YOU WANT TO BEGIN TO,

EXPAND AND DEEPEN YOUR EXPERIENCE OF PLEASURE:

EMBODY MORE PLAYFULNESS AND PRIORITISE ACTIVITIES THAT FEEL LIKE PLAY:

EXPLORE AND EXPRESS MORE OF YOUR SENSUALITY OR SEXUALITY:

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CLASS FOUR REFLECTION

WHAT ARE YOUR 1-3 KEY LEARNINGS AND TAKE AWAYS FROM THIS CLASS?

WHAT ARE 1-3 STEPS YOU WANT TO TAKE FROM THIS CLASS?

WELL DONE!

Once again, some of the questions in this workbook may have challenged you, or felt difficult to answer. They may have triggered you, stirred up emotion or created resistance.

Trust that whatever arose for you was perfect. Continue to bring a patient and loving approach to this coursework and your own process of working through it.

Refrain from placing expectations, pressure or judgment on yourself and remember that you are doing the best you can.

I know that at times this work can feel confronting and overwhelming, so just keep taking this journey step by step, and work through it at your own pace and in your own way.

There is no right or wrong way to complete this course; whatever unfolds for you is perfect.

Remember that you can come into our Facebook community at any time to share your experiences, receive support and ask questions. Both myself and your community of women are here for you the whole way.

With love,

Connie x



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