



Women's Group Coaching

CLASS TWO WORKBOOK

“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 TWO

Today's class will help you deepen your connection with your feminine energy through exploring pleasure, sensuality, play and your body. These are beautiful and powerful practices which will help you embody and express your feminine essence in new ways.

In our busy lives, making time to explore what brings us pleasure, awakens our senses and expresses our playfulness can feel incredibly challenging. These qualities can easily get pushed to the side, and these parts of ourselves can get neglected.

When we step too much into our masculine energy we become absorbed with our tasks, to-do list, career, obligations and showing up to be of service to everyone in our life. Our bodies and nervous systems become used to being strong, tough, pushing through and giving our energy away.

This often causes us to disconnect from what we are feeling, and to stop listening to whether or not any of this feels good in our body. And if we are not listening to how we feel, we can not fully be in our feminine. For us as women, our pleasure and what feels good is everything. It is time for this to return to the top of the priority list, rather than being at the bottom once everything else is complete.

Pleasure, sensuality, beauty, play and joy 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 energies that fill us up from within and nurture our inner feminine.

In this class, we will explore what is currently blocking you experiencing the deep levels of pleasure that you are craving, along with 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.


Connie x





WHAT RESISTANCE, FEAR OR LIMITING STORIES ARISE FOR YOU AROUND EXPERIENCING PLEASURE OR PRIORITISING YOUR PLEASURE AND WHAT FEELS GOOD TO YOU?

WHERE IN YOUR LIFE, OR YOURSELF, ARE YOU CRAVING TO FEEL AND EXPERIENCE DEEPER LEVELS OF PLEASURE?





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.





EXPLORE WHAT BRINGS PLEASURE TO YOUR SENSES

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

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

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






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.





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:





SENSUAL MOVEMENT:

SENSUAL BREATHING:





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:





CLASS REFLECTION

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

WHAT ARE 1-3 STEPS YOU WANT TO TAKE, OR PRACTICES THAT YOU WANT TO IMPLEMENT, FROM THIS CLASS?





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