

Get up and Move! A few masturbation techniques...

- Conscious breathing to relax and get connected to the present moment.
 - **In and out through the nose** will slow down the heart rate, and cool the body.
 - **In through the nose and waterfall out through the mouth** can help you release stress or tension in the body with the exhale. Add on a tone or moan or sigh to the exhale.
 - **In through the nose and push the breath out on the exhale through the mouth** will push out all the old, stale air and create a spring of inhalation on the next breath.
 - **In and out through the mouth** will warm the body, quicken the heart rate, and raise energy.
- Spend time massaging the vulva with lube or oil before venturing inside. Tug the hairs on the mound or on the lips. Squeeze the lips. Pull on the lips. Press into the lips.
- Rub the inner thigh where the leg meets the pelvis. Massage deep into the muscles and open space. Caress lightly the distance of the inner thigh up to the vulva.
- Imagine a clock face on the vulva or inside the vagina to pinpoint the pleasure spots or zones.
- With one finger, feel the nuance of tissue folds at the opening of the vaginal canal.
- With that finger inside the vagina, squeeze PC muscles around finger, noticing (on the clock face) where you feel pleasure and engorgement.
- Smell and taste self, noting the variations throughout your menstrual cycle. What is your unique sex scent?
- Squeeze and release your PC muscles in rhythm with your breath. Squeeze inhale, release exhale.
- Add clitoral stimulation as you squeeze and release your PC muscles.
- Let yourself notice other sensations in other parts of your body. Notice your toes and face, breasts and butt. Let yourself touch these other places to incorporate all those sensations with the genital stimulation.

- When using a vibrator, move it around! Use the image of a clock to determine where on your clit you have the most sensitivity.
- With your vibrator on your clit, stand up, feet shoulder width apart, toes straight forward, knees slightly bent. In this position, you can bend over at the hips, swirl hips in circles, or thrust hips toward vibrator. Play! Have fun! Move your Body!!
- Breathe!
- Laying on your back, with soles of feet together, knees fall open to the sides, squeeze the glutes and ass as if you're pumping your pelvis up toward the vibrator or your hand.
- With legs extended out straight, squeeze glutes and ass to move up and down, letting the clit tap the vibrator
- Sitting up with soles of feet together, place hitachi or wand between feet and move pelvis forward to meet the vibe with clit or vulva
- Breathe!
- Whether you're using penetration with a barbell, a dildo, a GSpot vibe, or your fingers, let yourself have fun. Move your body and move the toy so it and you aren't stuck in one position.
- More than any other technique, the most important part is to follow the pleasure you deserve! If it feels good, go toward it!

Raising Energy with Breath and Awareness:

- Building breath and awareness from the base your pelvis up along the midline, as if you are pouring your breath all the way into your sex from above.
- Filling the cavern of your vessel with air and attention.
- The breath will begin slow and long. As you build speed with the breath, and with the pelvic rocking, you raise your energy.
- Breaths will begin long and slow and then shift to fast and hot (in and out through the mouth).

Movement: Rock your Pelvis up and down.

- Tuck your tailbone up the the sky, let your belly bend and shorten in the middle
- Press the tailbone into the floor, let the small of your back gently raise off the floor
- Begin with a slow, easy pace until you find a rhythm that your body can flow with. The more you practice, the easier it will be for your body to jump into a flow and sync with your breath

Spend at least 10 minutes of building breath and awareness of body and rocking of your pelvis to raise your energy.

- At least 5 minutes of hot breath in and out through the mouth is necessary to hold yourself at a high enough level for the Big Draw to be effective.

BIG DRAW

- Three (3) Very Long, Very Slow breaths in and out
- On the Third breath, inhale to the very top of your capacity and hold the breath at the top of the inhale.
- **CLENCH ALL YOUR MUSCLES!** Scan your body to make sure that you are tensing all your muscles from top of head to bottom of toes. Press your body into the floor beneath you.
- Hold your breath for as long as you can. And when you let go of the breath, release holding onto the muscles.

Float: Let yourself have at least 5 minutes, if not more, to release, relax, find stillness, and let your body reset. This is the place where you allow your body and being to have its full experience.

Slowly come back to the room. Drink water. Have a snack. Take your time.