Awakening Fembodiment™ Sensual Freedom

21-Day Online Program

What's included:

Over the 21 days, you'll receive a combination of guided practices designed to help you explore your body, senses, sensuality and pleasure in your own time.

You'll receive:

- Simple guided practices you can follow at home and explore at your own pace.
- Gentle body and pleasure practices that invite curiosity rather than performance.
- Reflections and prompts to help you notice what you're discovering about yourself along the way.
- Your own downloadable journal so you have somewhere to record what you notice, feel and learn about yourself.

Everything is self-guided, so you can create the time and privacy that feels right for you.

I've carefully chosen these practices from the work I've developed and shared with women over many years, bringing them together in a way that feels practical, accessible and easy to explore in your own time.

This 21-day program is for you if you're wanting to feel more connected to your body, explore more pleasure and sensuality, and deepen the confidence and trust you have in yourself, without needing to commit to a longer higher investment program.

And the best part? You can begin straight away.

21 days. Around 10 minutes a day.
***Your body. Your pleasure. Your way*.**