

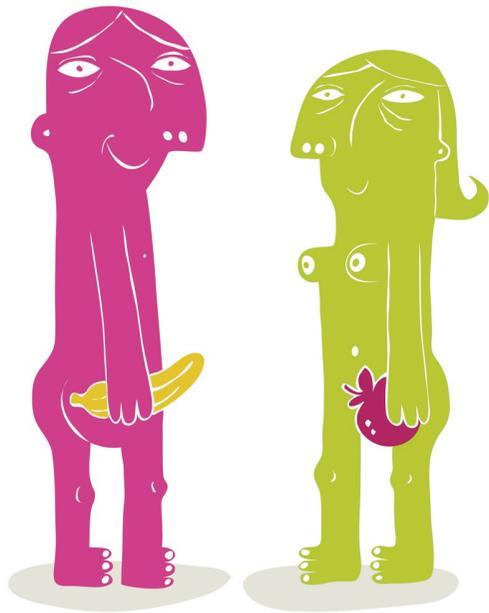
**I Am Woman /
Know Your Woman**

Presented by Relationship and Sex Therapist Fai Kur

Libida for life

A bit about me and what we do

Sex Therapy...
Individual and Couples Counselling...
Life Coaching...



www.SexualFocus.com.au

- ◉ Uni
- ◉ Counsellor specializing in Relationships and Sexual Health
- ◉ Face to face and live online workshops and programs

Present at conferences and other health care environments

A bit about me and what we do the lighter side





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Lets take a moment to
create a space for our
desires

*I would like you all to take a
moment and consider what
you would like to get out of
today's session...*

Deep Breathes

Over the next 3 weeks we will be
focusing on ...

The Thoughts

That move you towards or away
from

Desiring Sex and intimacy,
Enjoying Sex and Intimacy

History...female sexuality and pleasure
Goddess...

Nectar...

For Procreation

Only...

... In Victorian times: sexual women were blamed for the moral decline of society.

... Doctors: How to cure hysterical women

Exploring Your Experiences

Outside influences (the world)

Inside influences (your
mind)

What did you hear, see or experience as a child
that influenced you?

What did you hear, see or experience as an adult
that influenced you?

These can influence us positively and negatively, some we are
still holding onto and some we have let go of....

Releasing from the ones that no longer serve us positively is a
process...

Take a moment now

To think about the moments in your life that shaped your current sexual:

- Sexual Beliefs
- Sexual Experiences: Past and or/ present
- Responses to sexual touch
- Ability to feel pleasure when touched
- Capacity to experience pleasure during penetration
- Receive sexual attention
- How we feel about our sexual body

Please remember this....

we need it to switch on our sexual brain
which then allows us to switch on our into
our sexual body

I call it our Sexual Cord



Our first sexual experiences

Take a moment to consider some of your first sexual experiences...

Once again we receive loads of messages about this...

Yes we are talking about Self Pleasuring

Apparently we still have to ask the question...

Is Masturbation Normal?

- It went from being a perversion and a sign of a mental problem, a moral disgrace
- To healing Hysteria (Toys)
- To then being regarded as a normal, healthy sexual activity. (In most medical circles).

The next important link to
experiencing our sexual body
is

Knowing the truth about
your sexual body

What do you know about
your clitoris?

Please type in
your thoughts
now...

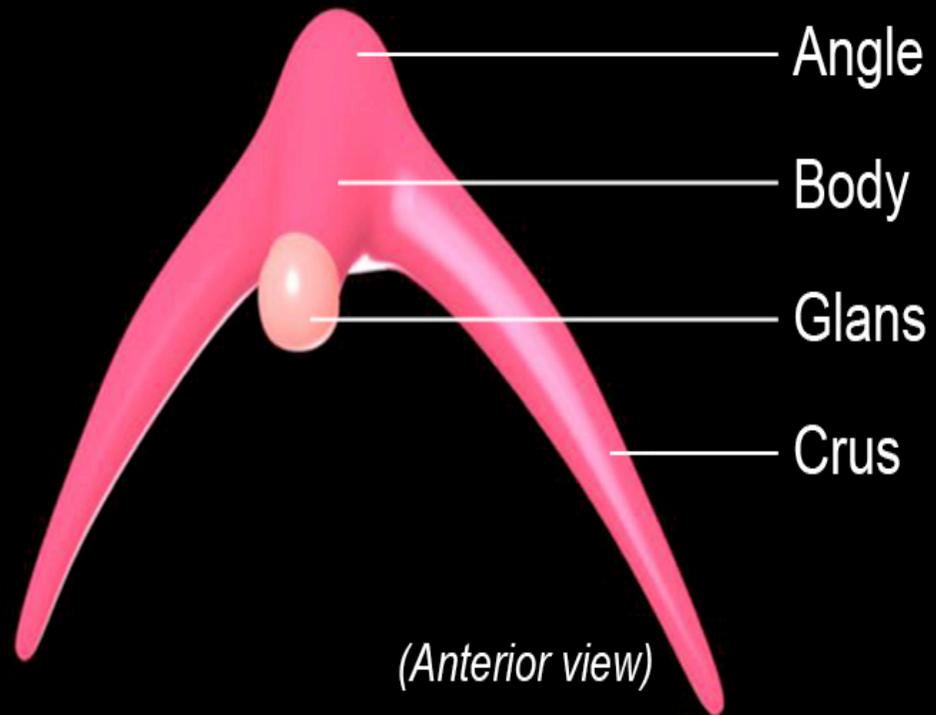
Lets discover Your Clitoris...

Do you know the shape of your internal clitoris? Have you ever thought about it?

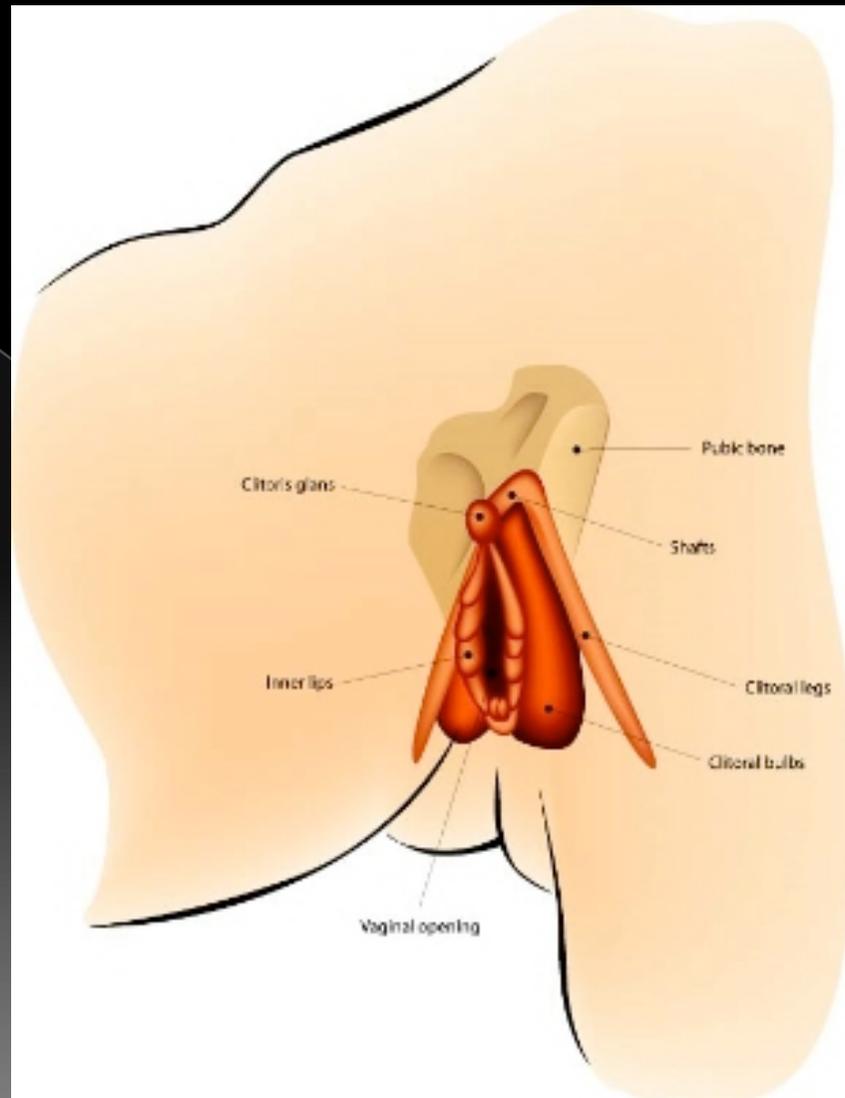
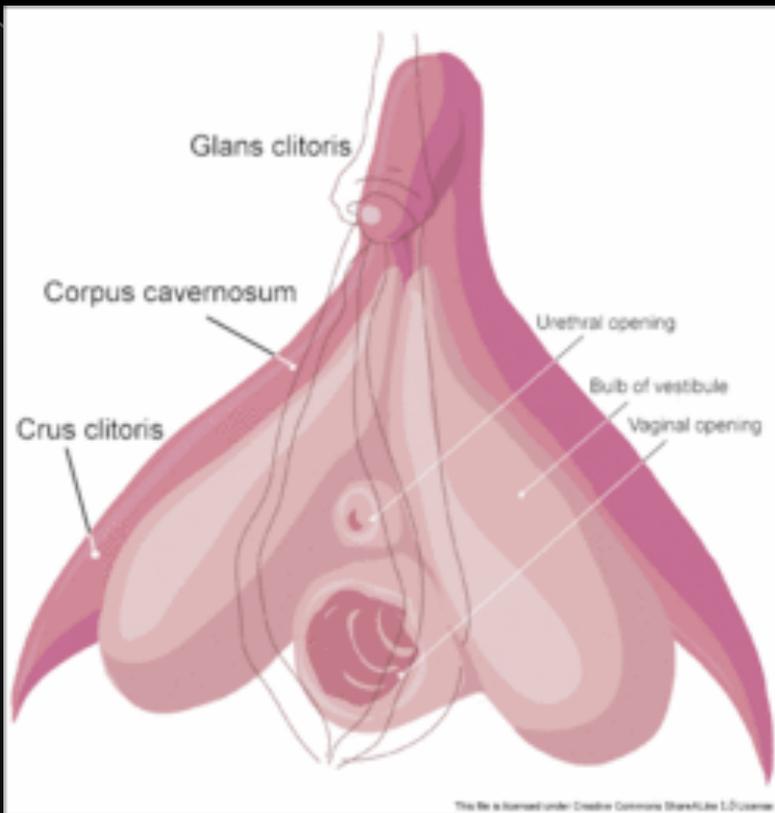
http://www.youtube.com/watch?v=cWRO0IIN_QE

○ Rediscovered in 1982

THE CLITORIS



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Lets apply this information

- The vaginal area does not have many nerve endings
- When we feel turned on its in a zone
- It affects how we experience orgasm (next week)

How do you feel about this not being public knowledge?

Looking forward not backwards!

- > What you focus on is what you will see and experience.

Focus on what you desire to experience!

We would you like to be a part of that journey and we would like to invite you to a whole day workshop where will expand on the concepts presented here to you and give you additional tools and pearls of wisdom...

So what could be affecting
your sexual cord

I call it our Sexual Cord

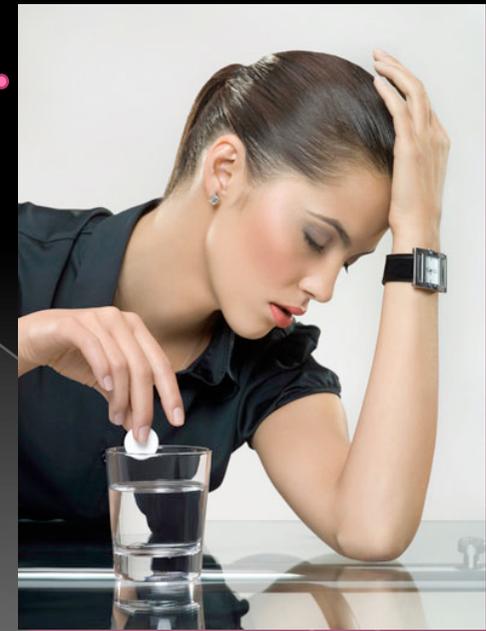


What moves us towards and away...from a fat sexual cord...

F: If you experience pain

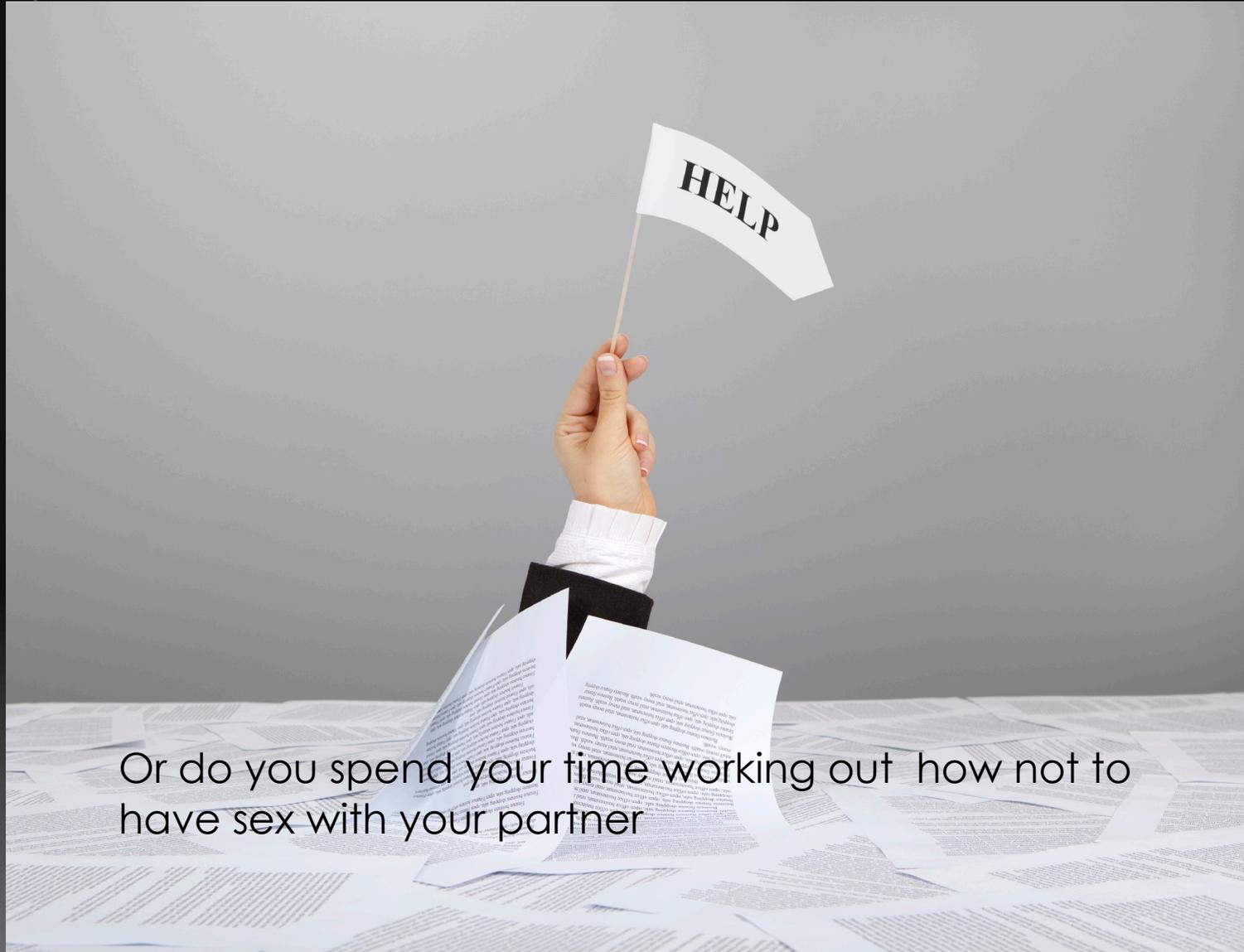
M: If you have erectile or ejaculatory concerns..

Your body may try to protect you by...



When you think about arousal &
sex do you think YUMMMMMM





Or do you spend your time working out how not to have sex with your partner



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Next week

- ◉ Orgasm
 - ◉ More about orgasms
 - ◉ Orgasm myths
 - ◉ The G spot
-
- ◉ **Week 3** Female body image
 - ◉ Sexual self esteem
 - ◉ Female ejaculation

Thank you

Fai