

Permission for Pleasure Group Coaching Programme for Women

Because Pleasure is your Birthright

I Ask You

- ★ Do you spend most of your time looking after others and struggle to prioritise your own needs?
- ★ Is your current way of life leaving you feeling tired, stressed and disconnected from your body?
- ★ Do you find yourself feeling resentful and frustrated and taking things too seriously?
- ★ Do you sometimes feel like you've forgotten how to experience pleasure? Or that you simply don't have enough time in the day?
- ★ Do you want to experience more sensual, spiritual and sexual fulfilment and better relationships?

22.01.24 - 26.02.24

Mondays 18.00 - 20.00 CET

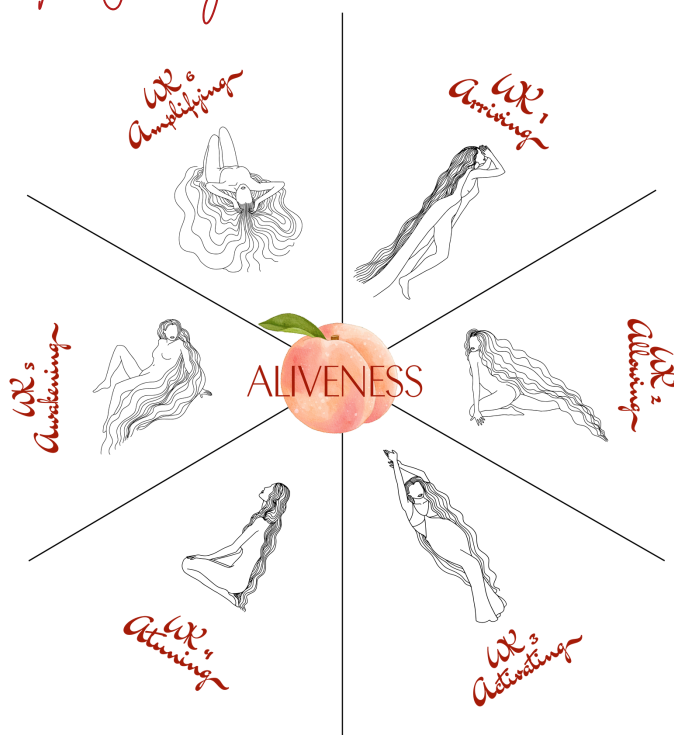
This highly experiential, online somatic group coaching programme will offer you just the safe and nurturing space you need to rediscover what brings YOU pleasure these days. It is a unique opportunity for you to slow down and carve out some ME time and to reconnect to your heart, body, mind and soul in powerful, healing and nourishing ways.

Throughout the journey you will learn how to *allow*, *access* and *awaken* new and heightened levels of pleasure and to *amplify* feelings of deep relaxation, joy and aliveness in your body. You will feel seen, heard and held by an intimate and supportive group of women who like you are also seeking to bring more pleasure into their day to day. And, you will learn to prioritise your pleasure and to fully embrace your sensual, feminine energy.

What's Included

- ★ 6 x 2 hour highly experiential group coaching sessions via Zoom
- ★ 1 x 60' personal sensuality coaching session
- ★ An assigned pleasure pod for additional support, solidarity and exploration between sessions
- ★ A weekly P4P growth challenge between each session to land the learning and continue the expansion
- ★ Access to a free, private WhatsApp P4P group
- ★ Access to an atmospheric P4P playlist
- ★ A complimentary copy of my poetry book "The Wild Feminine Spirit" on completion
- ★ Welcome invite, inspiring resources, calendar invites and Zoom link received once booking is complete

The Journey



Book Your Spot

Early Bird Price

UNTIL 14/01 399 Euro

Week 1: *Arriving*

- ★ Co-creating a safe space
- ★ Exploring pleasure in all its forms
- ★ Getting real with where you're at & where you want to be with pleasure
- ★ Connecting with your PFP tribe & meeting your pleasure pod

Week 2: *Allowing*

- ★ Discovering the barriers to pleasure
- ★ Rewiring old patterns & habits via emotional de-armouring techniques
- ★ Creating the permission to receive more pleasure
- ★ Opening the throat chakra, finding your voice & articulating wants & needs

Week 3: *Activating*

- ★ Activating heart power
- ★ Connecting to pelvis wisdom
- ★ Learning how to stimulate sensual energy & how to nourish yourself with it
- ★ Inviting the full potential of your divine feminine & luxuriating in your essence

Week 4: *Attuning*

- ★ Building deeper connection to yourself
- ★ Experiencing new feelings, sensations
- ★ Establishing a closer relationship with your beautiful body
- ★ Embracing a more playful, free, blissful way of being

Week 5: *Awakening*

- ★ Igniting the fire of your sexual energy
- ★ Awakening the wild feminine in you & claiming it with full permission
- ★ Channelling your Kundalini life force energy
- ★ Exploring what most excites & arouses & realising your magnificence

Week 6: *Amplifying*

- ★ Consciously dialling up pleasure in your body
- ★ Celebrating your sensuality
- ★ Expanding your energetic field & raising your vibration
- ★ Learning how to attract & and manifest joy & abundance



Slow down, open your senses
and experience life at its fullest.

Discover how to communicate
and receive what you most
need in relationships.

Learn how to be in
closer relationship
with your body.

EXPERIENCE PLEASURE
FROM THE INSIDE OUT.

Discover your life purpose.

Explore your unknown potential.

GET BACK THAT INNER GLOW.