

Example Notebook

Inside Cover

Agreements

Embrace a body-positive atmosphere

Listen with respect and maturity

Confidentiality

Communicate sexual health maturely

Example Schedule Final Schedule handed out day 1

	Day 1	Arrive + Orient Dinner Opening Circle 🕯️ Activities
5:30		
6:30		
7:30		
8:30		
	Day 2	Mindfulness 🕯️ Activities Yoga Lunch 🕯️ Activities Dinner Scene Planning
8:45		
9:00		
11:30		
Noon		
1:30		
6:00		
7:00		
	Day 3	Mindfulness Activities 🕯️🕯️🕯️ Scenes Yoga Group Integration Dinner Paired Integration Closing Ceremony
8:45		
9:00		
10:00		
4:00		
5:00		
7:00		
8:00		
9:00		
	Day 4	Farewell
9:00		
Breaks occur between every time slot and within time slots when specified (🕯️)		

Welcome

You are embarking on a journey where you will embody dignity through awareness, gain skills of empowerment and communication, and strengthen connection through touch. It's common to experience moments of clarity during this process. These can be inspiring and be a catalyst for dramatic shifts in your inner and outer life.

You're beginning a process that requires active participation and attention, like anything that creates value in your life.

This process begins with having an idea of where you are now, where you want to get to, and what we can do to make that happen. This journal will guide you in that process.

If you spend just 15 minutes each day with this journal you'll be setting yourself up well for this retreat. However, you could spend much more time than that. The more work you put in the more you're likely to get out.

Many exercises have stickers that accompany them that you can paste in your notebook. They are denoted with the following symbol.



Open the "Start Here" envelope.

Envelopes

Start Here



Your Journey Begins

Intention is the seed of your process, the start of your journey.

Cultivating intention is different than setting expectations. Intention is open and curious, while expectations are limiting.

Intention is focused on the present moment rather than trying to define some future outcome. The present moment is the one moment where you can have impact in your life.

We'll start by doing some open ended exploration of intentions for this experience. We've included some questions you can stick in your notebook to inspire your journalling, but we encourage you to frame your intention in any way that feels right.

Don't worry about getting too specific, just write down what comes to mind. After you've done a few minutes of journaling open the rest of the envelopes.

Sticky Inserted

What's wonderful in your life exactly as it is right now?

Is there something you would like to
nourish and develop further in your life?

What do you intend to gain in terms of
insights, perspectives, or changed behavior?

Is there any experience, relationship, or
limiting belief you'd like to let go of?

Is there a way you feel now that you'd like to shift?

Is there a way that you'd like your life to feel?

Breath

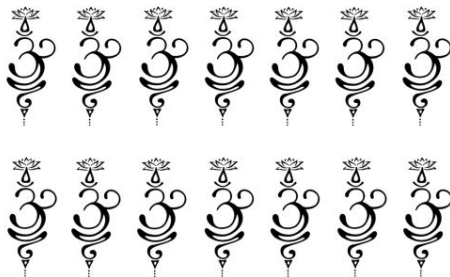


Breath

Practice the breathing technique in this envelope
After each session place one sticker in your notebook



Sticky



Anapana

Sit in a comfortable position
Observe your natural breath
In and out through the nose

Notice any sensation that arises in either
nostril or the triangular area above the
upper lip. Hot, cold, tingling, tickling... any
sensation

No need to change anything, just notice

Continue for 3 minutes or more

Erotic Landscape



Explore

Find a place where you won't be disturbed

Take a few breaths

Begin touching your body with your hands

Follow your pleasure



Reflect

Write down the touch that you liked best.
What about that touch did you like best?
Where did you experience the touch that was good on your body?

Write down the touch that was good.
What about that touch was good?
Where did you experience the touch that was good on your body?

Write down the touch that was not so good.
What about that touch was not so good?
Where did you experience the touch that was not so good on your body?

How do you think your answers would have changed if it was someone else's hands?



Experiment

Play with different qualities/intensities of touch

Try barely touching your skin

Try a firm or deep touch

Try scratching or slapping your skin

Try all the above on different parts of your body

Sticky

Reflection on My Erotic Landscape

The Touch That Was Best

The Touch That Was Good

The Touch That Was Not So Good

Fantasize



How would you like to touch?

Journal on some wants, desires, and fantasies where you are doing the touching for your own pleasure



How would you like to be touched?

Journal on some wants, desires, and fantasies where someone else is touching you for your pleasure

Sticky

Being Touched Fantasy
Touching Fantasy

Creativity



Create

Make your journal unique!
Cut up and decorate with this UV
sensitive glow tape

Add some to your water bottle too!
It will help you find it in the dark

Sticky
UV sensitive tape

Visioning

A Remarkable Life



It is five years from now. What does your life look like? What are you doing? Where are you living? Who are you living with? Do you have pets? What kind of house are you in? Is it an apartment are you in the city are you in the country? What does your furniture look like? What is your bed like? What are your sheets like? What kind of clothes do you wear?

What kind of hair do you have? Tell me about your pets, tell me about your significant other, do you have children? Do you have a car? Do you have a boat? Talk about your career? What do you want? What are you reading? What are you making? What excites you? What is your health like? Write this one day five years from now. So one day five years from now, what does your whole day look like? Start from the minute you wake up, brush your teeth, have your coffee or tea, all the way through until the minute you tuck yourself in at night. What is that day like for you? Dream big, dream without any fear. Write it all down. You don't have to share it with anyone other than yourself. Put your whole heart into it. Write like there is no tomorrow; write like your life depends on it because it does.

And then read it, once a year, and see what happens.

Sticky

A Remarkable Life



Key Chains

Your notebook may come with a keychain too. If it does it will have one of two QR codes.

How would you like



to touch me?

Find and Follow



Your Pleasure