

# Pleasure Maven Curriculum:

When we begin, our focus will be on reconnecting you with your body and your desires. We will use different techniques to help you gain clarity on your desires, explore the felt sense of the body, and learn how to access your subconscious mind in a way that feels safe enough for the nervous system. You will learn what authentic pleasure feels like in your body so that you know what you truly want.

Once we have reconnected you with your body and prepped your nervous system for deeper healing, we will shift our focus towards the subconscious mind. Our practices will include inner child work, trauma healing, family dynamic exploration, as well as shadow work. This process looks different for everyone but I have found that these components are essential for holistic healing to happen in the realm of intimacy, love, and sexuality.

Our work will then move towards deepening your relationship with the intuitive wisdom of your body. You will learn how to understand the messages your body is sharing with you while calling on the empowered parts of you to support you when you need them most. During this process you will not only learn to trust your intuition, your intuition will learn to trust you.

Next, we will move into exploring sexuality, intimacy, and love through a tantric and Taoist lens. We will work with the energy of yin + yang, (also known as the feminine + masculine), embracing your light and shadow equally to experience the full spectrum of aliveness, as well as pleasure practices to deepen your relationship with your sexual energy, which, in my opinion, is the home of your deepest power.

The remainder of this container is uniquely curated to your specific needs. I prefer to keep this coaching container flexible and fluid. As I mentioned before, this container will be a blend of curriculum and intuitively curated support. After working with many clients over the years, I created a curriculum of the common themes and blockages that came up with almost every single client. If a certain session or portion of the curriculum does not seem needed for your healing, I will adjust accordingly.

**CHARLIE HENDERSON**

Intimacy + Empowerment Coach