

# Mindful Pleasure Practice

Sexual pleasure is sensual pleasure. Arousal often begins long before you're in the bedroom.

Your awareness of the preparation that goes into experiencing sexual pleasure may diminish if you're in a long-term relationship, or it has been a long time since you were in a long-term relationship, if you are stressed, if you feel unhappy with yourself or your body.

This exercise is a mindful way to reconnect with your erotic self through your senses. Remind yourself what turns you on!

Sight

Example: Candlelight

Sound

Example: Jazz Music

Taste

Example: Whipcream

Smell

Example: Coconut Skin Cream

Touch

Example: Silk Fabric

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