

# Step into Sensuality

## Questions & Answers

### Locations

#### *Where do you host Step into Sensuality sessions?*

We travel to your location to host Step into Sensuality sessions. This can be in your home, hotel room, vacation home or timeshare rental, or another location where you are staying at. We also have several local venues we can book ahead of time in the Sonoma County area.

When the location is a private home, hotel room, or other place there is usually enough space in a living room or another large room to facilitate a Step into Sensuality session. We don't need a lot of space—even a typical size hotel room will have enough space if we can move some of the furniture a little bit.

#### *What area do you cover, how far will you travel?*

We travel anywhere in Sonoma County, or up to 80 miles away, this includes all of the S.F. Bay area and Sacramento, CA. Travel beyond 80 miles from Sonoma County is possible with an additional fee to cover travel expenses (see below).

#### *Where in Sonoma County do you host Step into Sensuality events?*

There are several spiritual centers and health centers where we have hosted Step into Sensuality group events. It largely depends on the center's availability for the afternoon or evening we need. Interested couples can opt-in to our email list to be notified of upcoming events.

### Activities

#### *Sensual, not Sexual*

Step into Sensuality sessions are focused on achieving profound presence and intimacy between partners, and involve connecting and interacting in ways that are sensual— involving the senses of sight, sound, touch, and body movement. Sensuality between partners evokes intimacy and an emotional tone of open receptivity and transparency. Each couple is guided in dropping the relationship wounds and errors they are holding onto to see their partner in a new light. The sensual energy built up through the session

can get very ‘juicy’ however the boundary we set for Step into Sensuality sessions is to remain on the sensual side of activity—and to enjoy any sexual desires and activities, privately after we have gone.

Step into Sensuality exercises are enacted sitting together or in a vertical, standing position. Also, the exercises don’t include any simulated sexual activity.

### *What will we be doing?*

Step into Sensuality sessions create a safe container to go deep into sensual presence and intimacy with your partner. To accomplish this, we lead and facilitate exercises that are designed to easefully create an environment where you can relax and open up to each other, and see each other in a new light. The exercises involve conscious breathing, eye-gazing, body movement, sensual touch, and intimate dancing. The activities are sensual in nature, not sexual.

### *Is clothing optional, will we be unclothed?*

Couples do all activities together with their partner and remain clothed. There isn’t an invitation or expectation to remove clothing for the sensual exercises. All activities are easily engaged in fully clothed (for clothing recommendations, see the section on Session Preparation below).

### *For group sessions, will we do any activities with partners from other couples?*

In Step into Sensuality group sessions, couples only interact with their partner; the Step into Sensuality exercises don’t have any switching or rotating partners with other couples.

## Cost

### *How much does Step into Sensuality session cost for one couple? For a small group?*

For an individual couple in a private 2-hour session, we ask for \$250.

For small groups in a 2 hour group session: 2 couples are \$125/couple, 3 couples are \$90/couple, and 4+ couples are \$70/couple.

### *How small, and how large a group—maximum will you host?*

Small groups with as little as 2 couples in a mini-size group session or up to 12 – 15 couples, depending on the venue size, is about our maximum. We are open to leading larger groups in bigger venues—contact us for details.

### *How much are Step into Sensuality events that you host in Sonoma County, California?*

Periodically we host Step into Sensuality events at venues in Sonoma County and invite local couples to participate in a group session. These can be held at various spiritual centers and healing center locations around the county. Fees for these events will range in cost from \$50 - \$70 per couple.

### *Are there additional fees?*

We ask for an additional fee when a session location is far enough that we need to stay overnight instead of returning home after the session (or if air travel is involved). The amount of this fee depends on the travel costs, including food and lodging. These fees can be waived if suitable in-trade accommodations are arranged.

## Session Preparation

### *What should we do to prepare for the session?*

- Eat lightly, or far enough ahead of time, so you aren't digesting food during the Step into Sensuality exercises.
- Please don't drink alcohol or get high prior to session activities—you won't need any extra help from substances to enjoy your experience, and in fact, inebriated partners have a harder time being present and participating.
- If possible, try to arrange your day so there are no diversions or weighty matters which will distract your attention from the session.
- Try to set aside some time before the session to release the day's concerns and tension with some meditation, or yoga, or a relaxing bath/shower, or gentle exercise or walking—whatever will center you and put you in a relaxed and open state of mind.

### *What do we wear?*

Wear what feels comfortable and what will facilitate your sensuality. For some people, lighter, silky or soft nylon fabric does this. Choose clothes that are easy to move around in like *active wear* or *yoga wear* clothing. Some couples like to dress in “temple wear” or “god/goddess wear” clothing—any wardrobe questions or requests, [please email us](#).

## Participants

### *How many people can participate in a small group?*

Small groups are 2 – 4 couples, we facilitate groups up to 12 – 15 couples depending on venue size accommodations.

### *Can single people participate?*

Step into Sensuality group sessions are designed for couples to reignite their relationship and revive their intimacy together. If there are single people who want to be part of a group experience they will need to pair up with someone prior to the group session and make arrangements ahead of the group session's date or wait for a **Step into Sensuality for Singles** event.

Sometimes we host a **Step into Sensuality for Singles**, which is a little different type of group session. Step into Sensuality for Singles doesn't have the same type of prior familiarity, experience, and rapport established like couples do. These group sessions focus on less intimate interactions while discovering and releasing emotional armoring and obtaining energetic and emotional presence, as well as accessing and activating sensual relatedness within consented interaction.

### *What about LGBTQ+ couples, is Step into Sensuality for cis-gendered heterosexual couples only?*

Step into Sensuality sessions are open to couples of all genders and sexual identity and preferences. There is no sexual activity during Step into Sensuality exercises, the focus is on sensual energy, presence, and intimacy between partners. Intimacy and sensual presence are achieved similarly for any couple, LGBTQ+ couples and small groups are welcome to participate.