



INTIMACY THERAPY
JULIA VAYA MAI

DAY 2:

PLEASURE MAP

Mini - course for couples and singles

Meditation and solo exercise:

Journal in your notebook thoughts that came up in the meditation. Please be honest and don't filter, this is your opportunity to be truly yourself.

The list of things, desires, qualities that are missing in your intimacy and sex life to make it exceptional:

As solo participant of the mini - course, you may refer to your past relationships.