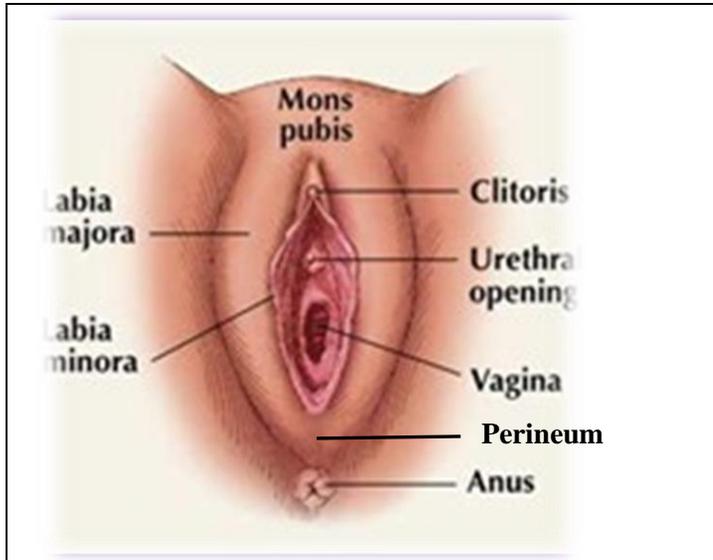
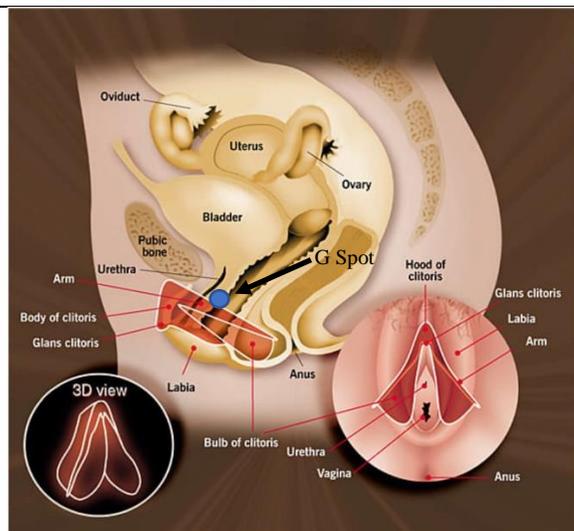




## ANATOMY

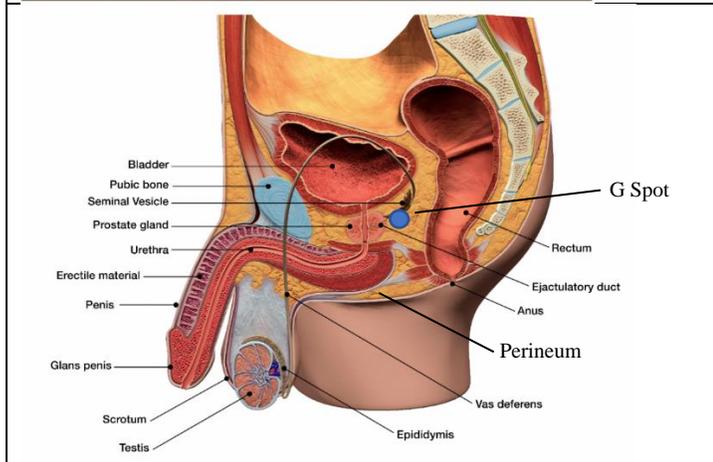


- Vulva includes Labia Minora, Majora, Clitoris, Vestibule (area around the opening)
- Many shapes and sizes of labia- normal
- Urethral opening- can be inside vagina, or just above opening
- Perineum- space between vaginal opening and the anal opening
- G-Spot- front wall just inside the vagina- concentration of nerve endings



- Sexual Pleasure can be derived from pressure or stimulation to the:

Clitoral area (bigger than just the glans)  
G-Spot  
Perineum  
Labia  
Nipples and breasts



- Glans – tip of the penis
- Penile shaft- length of the penis- erectile tissue
- Scrotum- soft sac holds the testicle
- Perineum- space behind the scrotum and in front of the anal opening
- G-Spot- behind the prostate

## MASTURBATION, FOREPLAY, AND ORGASM

40-60% of women masturbate, while 90-95% of men masturbate.

It is reported that only 30% of women can have a vaginal orgasm....

Journal of Sex Research reported 80% heterosexual women fake orgasm during intercourse 50% of the time. 25% of women fake every time.

10-15% of women have never had an orgasm.

**I think we can unlock the potential for our own pleasure by understanding the anatomy, erogenous zones, and engaging our pelvic floor!**

Starts with knowing your body and exploring what makes you feel good.

### **Masturbation:**

By knowing what makes you feel good, you can then tap into your own orgasm and teach your partner what feels good.

Study the anatomy, use some lubrication and a small vibrator and explore.

There are many instructional videos on YouTube and on some adult film websites.

[www.AdamandEveVOD](http://www.AdamandEveVOD).

Clitoral orgasm can be achieved by steady stimulation to the clitoral area.

G-Spot orgasm is accessed by stimulating front wall of the vagina with a finger or vibrator.

The G-Spot orgasm is more likely a vaginal orgasm and involves the pelvic floor muscles contracting.

### **Foreplay:**

Foreplay is often essential if you want to try to achieve orgasm around the same time as your partner.

Women may need 25-40 minutes of stimulation to get “close” to orgasm with intercourse.

More often, orgasms are achieved separately and that’s ok!

Pleasuring your partner should be enjoyable... take time to learn what feels good.

For women, massage, tickling, nipple touching, clitoral massage, gentle oral stimulation of the clitoris while touching the G-Spot, and/or having a finger in the vagina can be very satisfying!

For men, gentle strokes of the shaft and cupping the scrotum or gentle massage of the perineum can be very satisfying!

### **Orgasm:**

You don’t have to orgasm to enjoy sex with your partner! Read that again!

90% of men want their partner to orgasm and are willing to do what it takes.

Communication is key! Men can also orgasm and not ejaculate. Yes...

It is not realistic to expect to orgasm at the same time as your partner as seen in the movies. It takes practice and openness to bring you and your partner closer together.

Resources:

**Book recommendations:**

*How to Give Her Absolute Pleasure* by Lou Paget

*Mating in Captivity* by Esther Perel

*Orgasms* by Lou Paget

*The Passion Prescription* by Laura Berman

*For Women Only* by Jennifer and Laura Berman

**Video recommendations:**

Being Orgasmic by Julia Heiman,

Celebrating Orgasm by Betty Dodson

Better Sex Video Series

**Websites:**

[www.grandopening.com](http://www.grandopening.com)

[www.adamandeve.com](http://www.adamandeve.com)

[www.goodvibes.com](http://www.goodvibes.com)

**To locate a certified sexuality therapist near you:**

[www.aasect.org](http://www.aasect.org)

**Some fun sex tips:**

- The Fantasy Sex Box:  
you and your partner put fantasy requests in a box and you pick one fantasy (or more) during your next intimate moment and make it come true.
- Keep lingerie on!
- Delay orgasm as long as you can.
- Use blindfolds.
- Shop for sex toys together.
- Try Altoids or other mints during oral sex.
- Make eye contact during orgasm.
- Incorporate a small vibrator (such as the Pocket Rocket) into lovemaking.
- Leave a naked picture in your partner's briefcase or send a midday text.
- Use lubricant during sexual activity, even if you don't think you have vaginal dryness.