

**Let's Talk**

**SEX**

# Let's Talk SEX

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**For people who value and want to put more into their sex lives.** Be part of a sex positive culture by joining Rod & Toni for a relaxed and informative discussion one evening a month.

Toni & Rod bring the topic of sex out into the open, making it accessible and easy for adults of all ages to engage with. Their down to earth approach is fun and informative, and their commitment to respectful interactions quickly builds trust among participants.

Several breaks are offered throughout the talks so people can enjoy some drinks, snacks and a chance to connect more with each other.

Themes for talks include pleasure, orgasmic, giving and receiving, slow sex, yoni class, lingam class, fellatio and cunnilingus and cheek play.

**Check website, Facebook and Meetup for talk dates, times and locations.**

Toni & Rod's professional yet fun approach encourages both an exchange of knowledge as well as the discovery of new ways to enhance pleasure, sex, sexuality and the erotic.

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# ORGASMIC

Peak orgasms depend on an active build-up of excitement. And they feel wonderful! But pursuing a peak orgasm can make sex into a goal-oriented activity, with lots of action and tension—during which we neglect subtler joys.

Relax and focus on small climaxes and pleasure sensations until they become more intense, increasing to multi-orgasmic levels.

*"Much of what we learn about sex comes from the street, the movies, television and school."*

ESTHER PEREL

# SLOW SEX

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Imagine you're on your deathbed and you're reminiscing about a sexual encounter. What were the qualities in that moment that make it stand out for you in your life?

Foreplay doesn't start in the bedroom. If you had a date that night, what would it be like to start foreplay at breakfast? What would you be doing?

*If you go out to dinner with someone, you find out what they prefer in food. We ought to be able to have a conversation to find out what people prefer when it comes to sex.*

BETTY DODSON, SEX EDUCATOR

Rod & Toni create a safe, relaxed space for adults of all ages to engage respectfully in conversations about pleasure, sex, sexuality and all things erotic.

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# PLEASURE

Take a few moments to recall...

- > What's your first memory of pleasure?  
What were you doing?
- > Name some ways you experience pleasure ie. reading, eating, touching etc.
- > What would it take for you to add more pleasure to your everyday life?

*"I thought going to Let's Talk Sex would be awkward or confronting, but it wasn't at all."*

LUCAS



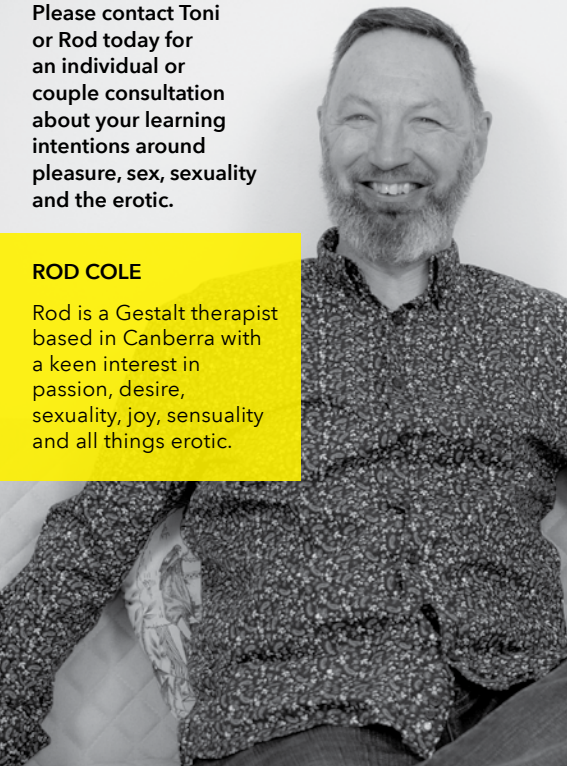
## **TONI HACKETT**

Toni has a background in embodied work, sexology, relationship and parent education, attachment theory and conflict resolution. Toni believes that love, joy and pleasure keep us well.

Please contact Toni or Rod today for an individual or couple consultation about your learning intentions around pleasure, sex, sexuality and the erotic.

## **ROD COLE**

Rod is a Gestalt therapist based in Canberra with a keen interest in passion, desire, sexuality, joy, sensuality and all things erotic.





# Shemewé

Talks - Workshops - Groups - Consultations - Events

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Let's Talk Sex Meetup

*meetup*