Module Basics
Two or three practices are included in every module. You can either do them as stand alone practices, which requires about 10 minutes out of your day:
- 5 minutes for watching the video
- 5 minutes to do the practice, for example just the breast massage or just the honey pot
- Or, you can do both of them right after each other; first the breast massage and then the honey pot

Each module also has two home-play exercises that take about 20 minutes and they can also be done as stand-alone practices or you can combine them with the practices. See below for some suggestions.

Practice Series
A practice series is a longer practice where you do both practices right after each other, followed by a home-play. This means you get a longer sexual exercise that allows to you play with, explore with and get curious about different ways of experiencing your body sexually. You’ll need about 45 minutes to an hour to do a whole series.

Practice series structure:
Module Practice 1 + Practice 2 + Home-play 1 or 2 or both after each other.
Here are some examples for the first modules:

Series for Module 1
- Breast Massage
- Honey Pot
- Home-play: Worshipping the temple of your body

Series for Module 2
- Body Meditation
- Sexy Squeeze
- Inner Smile
- Home-play: The Zen Orgasm

Series for Module 3
- Sensual Breathing
- Pussy Breathing
- Home-play: The Full Body Orgasm AND The Total Breath Orgasm