



SEXUAL LIFE IMPROVEMENT, INC.

~ From the desk of Shelley L. Imholte, PhD, LCSW, MSW, M.Ed.

TOUCH EXERCISES

WHOLE BODY SEX

Touch is a very powerful sensory experience and essential for humans to thrive. The staged exercises below are designed to promote both an **active** and **passive** role in sexual pleasure through touch and breath. The exercise can be adapted to be completed alone or with a partner(s). You are encouraged to experiment with these stages on your own to learn about what type or touch you find sexually pleasurable. Please note that the exercise below **assumes** that **effective communication is in place** and that each partner(s) is ***willing to take risks***, experience **vulnerability**, and is **open to acceptance** of body shape, size, function. As an adaptable exercise include lubricants, ice, frozen utensils, and perhaps body paint!

Stage 1: Each person explores the other's naked body for a full 15 to 30 minutes. **AVOID** touching breasts, buttocks, and genitals. **RESIST** trying to **give** pleasure, and instead focus on your sensations of pleasure from the experience. Each partner(s) will have a chance to focus on feelings of pleasure while touching. **FOCUS** on what your hands feel like on the other's body, notice the urges that arise, tune in to the sensation of your fingertips, knuckles, wrists, etc. **WATCH** which areas of **YOUR** body **YOU** find most pleasing to touch. Complete Stage 1 four times prior to moving to Stage 2.

NOTICE where it is in your body that you experience pleasure as you touch. **This is taking both an active and passive role in your pleasure.**

Stage 2: Each person will explore the other's naked body for a full 15 to 30 minutes. Follow the same exercise as above (avoiding breasts, buttocks, and genitals) but add body language requests for preferred types of touch. Let the person being touched guide you with body language moving in and toward desired touch, raising and lowering slowly and intentionally into the touch while using breath and eye gazing to serve as additional tools to guide desired touch while promoting connection. Position your body differently (i.e., on your back, on your belly, on your side, sitting, etc.), but not shifting too quickly from one position to the next, allowing yourself to feel how being touched in a variety of positions changes the experience of touch. Share with your partner(s) while eye gazing and speaking from the 'I' what it was like for you to intentionally move toward touch. Complete Stage 2 four times prior to moving to Stage 3.

Stage 3: Each person will explore the other's naked body for a full 15 to 30 minutes. Follow the same exercise as above (avoiding breasts, buttocks, and genitals) but instead of using body language to guide touch let the person being touched guide the other's hand to areas of the body that desire to be touched. Use breathing and eye gazing to stay connected with one another, watching the joined hands move over the body is also encouraged but returning to the gaze is important to sustain connection. The member receiving touch is encouraged to listen to the

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messages of the body about where touch is desired and to assert that desire through guidance. Share with your partner(s) while eye gazing, breathing and speaking from the 'I' what it was like for you to guide touch and receive guidance. Complete Stage 3 three times prior to moving to Stage 4.

Stage 4: Each person will explore the other's naked body for a full 30 minutes. Follow the same exercise as above (avoiding breasts, buttocks, and genitals) but instead of using body language or hand guidance to guide touch the person being touched verbalize desired touch while the partner(s) is giving touch and be curious about touch variations (pressure, light, pinch, rhythm, etc.). Share with your partner(s) while eye gazing, breathing and speaking from the 'I' about identified pleasures that also resulted in experiencing pleasure in your own body. Complete Stage 4 two times prior to moving to Stage 5.

Example Questions

"How does that feel?"

"Do you like this touch softer?"

"Do you like a firmer touch?"

"Do you like circular motions?"

Stage 5: Each person will explore the other's naked body for a full 30 minutes. Follow the same exercise as above continue specific requests for preferred types of touch and the use of a back, front, and side positioning of the body. Guide the person(s) doing the touching with your own hands, through movement(s) of the body to areas of your body that you desire touch or verbalize your request as you guide with body movement(s), hand(s), breath, and eye gazing. Share with your partner(s) while eye gazing, breathing and speaking from the 'I' about identified pleasures that also resulted in experiencing pleasure in your own body. Complete Stage 5 two times prior to moving to Stage 6.

Stage 6: Each person will explore the other's naked body for a full 30 minutes. Follow the same exercise as above; including verbal and non-verbal communication but add touch to the breasts, buttocks, and genitals of partner(s). If you desire add guided hands. Maintain specific requests for preferred types of touch to the genitals, buttocks, and breasts. Share with your partner(s) while eye gazing, breathing and speaking from the 'I' about identified pleasures that also resulted in experiencing pleasure in your own body.

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BRUSHING UP THE BODY

The skin is the largest organ of the body. The skin as an organ requires tending through touch. Touch is essential for human thriving. When humans are faced with challenges regardless of whether those challenges are health related, financial, familial, professional or political, moving toward touch may offer soothing. **IF** touch has been inconsistent across time the skin organ may react strongly to touch. Preparing our bodies to receive touch of any kind is a valuable exercise. This exercise assists you in knowing your body's reaction and response to stimulation and can be adapted for solo, couple, or multi-partnered practice. Choose body brushes in various sensations. These dry body brushes can be found at Target, WalMart, and Amazon costing between \$15-\$35. Start with dry body brushing either in the morning or at bedtime once a week for two weeks. Increase dry body brushing one day every two weeks. **BEGIN** with using the dry body brush on your own for at least four weeks before adding partner(s). If you are a couple both members body brush themselves for four weeks. By doing so, there is increased awareness of your own body which may promote requests for certain body areas for pleasure, soothing, and comfort.

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