

## Sexual and Intimacy Exploration for Couples

- 7-Breath Forehead Connection:

You slowly come together, forehead to forehead (or third eye to third eye for you more spiritually inclined folk), and you go through seven rounds of connected breaths. You inhale slowly together, and exhale slowly together a minimum of seven times. You do this without talking, and with your eyes closed. This exercise helps you literally sync up to your partner, and it also encourages you both to slow down and focus on your breath. It's an excellent exercise to use to gain a clear, slow moment of connection.

- Cuddle for 10+ minutes
- Kiss for 10+ minutes
- Extended one-way foreplay
- Give each other massages
- Hold hands
- Soul Gaze exercise: To do the Soul Gaze exercise, simply sit facing your partner and look into their eyes. Think about the old adage that the eyes are a “window to the soul” and notice what you're picking up from your lover.

- Play games in the bedroom: For some fun in the bedroom, you can play truth or dare, strip poker, strip checkers, sexual board games, erotic and sexual position card games, or erotic dice games. Create couples erotic coupon cards to exchange (handmade or purchased versions) ...basically anything that gets you both in the mood and naked.
- Conscious Sensuality:  
This a Tantric practice that can work wonders for physical intimacy. You begin by taking five minutes to gaze into each other's eyes and breathing deeply. Next, you spend five minutes touching and caressing your partner's limbs, neck and torso before allowing them to do the same to you for another five minutes. Following this, you should take another five minutes to kiss each other. Focus solely on what it feels like without necessarily trying to progress to more overtly sexual interactions. You can if you like, but you can also agree to limit this exercise to kissing until you feel more comfortable.
- Lots of foreplay.
- See how long you can truly pleasure each other before you just have to have each other. For a lot of women, foreplay is paramount to their overall sexual experience.
- "Quickie"
- Surprise each other:
- A night at a hotel, when you arrive your spouse is already naked or in something eye-catching.
- Have sex in another room or any fun place you choose

- Mixing up the places adds variety to your sexual experience together.
- Sleep naked
- Role-play outside the bedroom: Role-play doesn't just have to be limited to inside of the bedroom. The two of you can dress up, go out, and arrange a one-night stand. During the "one-night stand, act like strangers the whole night: different names and backstories, and flirt as if you just met. At the end of the night go home together.
- Create your own erotica.
- Get a journal to pass between the two of you for "Reading of your own erotic"
- Other role play ideas: stripper, the repairman/ women, professional/student, favorite movie characters.
- Use Blindfolds: Use silk scarves, repurpose men's ties or eye mask as eye shields.
- Using ice sexually
- Sex in a favorite position
- Sex in a new position
- Masturbating: Masturbating during sex, or while your partner watches, masturbate together
- Sex in a chair
- Sex with constant eye contact
- Use a sex toy on or with your partner
- Have phone sex
- Get tied up
- Have sex in a car

- Watch porn with your partner
- Sex in a shower
- Have sex in a public location
- Indulge in a sexual weekend:
- This is a time where you and your partner dedicate the duration of the time exploring one another sexually (no cellphones, no shopping, no television, no family)
- Give your partner a hand job while driving
- Introduce dirty talk into the bedroom
- Have sex in complete darkness
- Try a sex position that is out of your comfort zone
- Have Silent sex
- Tie each other up: Handcuffs can be somewhat intimidating, but when fastened in such a way that you can easily wriggle out of them, scarves can provide the sensation of being restrained without compromising your ability to move entirely.

### **Educational Disclaimer**

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