

## **My Story with Orgasmic Yoga**

by Leni Kastl, CSB

I masturbated regularly since puberty and it was my main sexual practice for most of my life, often as a daily activity. Sadly this didn't make me be seen as a sexual person.

When I was in yoni massage training, the teacher handed out information about Orgasmic Yoga as an alternative homework. In that hand out, I read that most people got hot by fantasies only and scarcely touched themselves. I was startled: I myself stimulated myself with fantasies and used my hands just for the final "get off." On some lazy Sundays, I engaged in more play, but mostly I denied myself what I missed so much when being sexual with other people: caressing touch all over the body.

I obviously didn't let my body have very much fun! Most of what I perceived as joy or freedom had to do with my head and with thinking, not my body.

After reading this hand out, I decided to stop fantasizing. This first made me stop masturbating too. I couldn't get organized by myself to make time for erotic practice sessions in everyday life. Even my cd-player died as I attempted to do erotic trance dance sessions. I then turned 49, experiencing a hormonal change, leading to less sexual drive.

In 2013, I decided to enroll in the International Institute of Sexological Bodywork in Zürich. The

training began with thirty days of Orgasmic Yoga sessions. My practice became very emotional. I enjoyed the sweet feeling of my fingers on my skin. I also became aware of how split off my genitals were from the rest of my body. As I practiced, I remembered puberty, when I was curious about all the changes and sensations of my body."

For the last two years, I haven't masturbated much. I haven't made orgasmic yoga a regular practice yet. I hope to get there. Sometimes I fantasize while masturbating, with a wider range of contents. However, in times when I do regular Orgasmic Yoga, I feel more stable, balanced, secure and happier.

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I am a Sexological Bodyworker, certified at IISB in Zürich in 2013.

Please visit my website: <http://baubobodywork.com>