

-Sexual Yoga-

Erotic Mindfulness for the Embodied You



Rainbow Caress Guidance for the Giver

1. State your intention for this practice.
2. Take some slow breaths with your partner while resting your hands over your partner's vulva.
3. Begin the one-fingered, slow, and downward stroke. Use gentle yet firm pressure.
4. Repeat the same stroke for the period agreed upon, usually ten to twenty minutes.
5. Finish by cupping the whole vulva, calling to mind your intention.

Rainbow Caress Guidance for the Receiver

1. State your intention for this practice.
2. Breathe.

3. Be aware of sounds, sensations and body feelings. Notice distractions/thoughts without attaching to them. Breathe.
4. If you become distracted, bring your attention back to the touch you are receiving. Breathe.
5. Notice what your body tells you. Be available for surprises. Breathe.
6. When the stroking has come to an end, recall your intention. Ask yourself, “What do I want to remember about this session?”

Video resources for your solo
or partnered practice sessions

OrgasmicYoga.com