



Enjoy the female orgasm with joy

Many of us women have not yet experienced an orgasm, we are not sure whether what we are feeling is an orgasm, or we lack the knowledge and experience how to experience an orgasm with our partner. This goes hand in hand with thoughts like “something is wrong with me”, “I'm not a real woman”, “I'm glad when he finally comes and I'm over with it”, “I'm pretending to have an orgasm”. The interest in and the joy in sexuality are clouded, the access to sensual pleasure is blocked. You can learn to enjoy your own sexuality and experience pleasurable orgasms. This can be compared to learning to play a musical instrument. The tones are there, but they only become a melody when I have mastered them and combine them rhythmically.

The sheltered, mindful setting of this women's therapy group provides you with a great opportunity to understand and embrace your own kind of femininity. The lively exchange between women facilitates and strengthens one's own femininity.

The main focus of the group is:

- In-depth knowledge of female sexuality and sexual learning steps
- to practice and deepen what has been learned at home in the protected intimate sphere
- Recognize and represent your own needs
- Recognize obstructive habits and get rid of them
- Discover new things with joy

Curious women of discovery in a spirit of optimism, whether single or in partnership, who like to enjoy and want to revive their sensual, erotic lust are warmly welcome.

When: March 16./March 23./March 30.2021 WED 6.30 p.m.-9.00 p.m. (Swiss time), online

Head: Patricia Matt, couple and sex therapist (DGfS), Transactional Analyst TSTA-C

Registration: by March 10, 2021 to patricia.matt@gmx.li,

After your registration you will receive an invoice of 150 Euro. The immediate payment of the invoice serves as a confirmation of registration.