

**YOUR GUIDE TO**

# Joyful Intimacy & Deeper Connection



**PRACTICE DAILY**

by yourself / and with your partner

Feel deeply connected again, where intimacy is natural, present, and alive.

## Sight

What do you see in the moment from the tiniest to the largest, with no critical thinking, no judgement, no story around it.

## Sound

What do you hear in the moment. Close your eyes & listen to the tiny, quite, & big sounds with your heart without any mind chatter.

## Smell

What do you smell in the moment. Drink in the flavourful scents of life with an open mind.

## Taste

What do you taste in the moment with your lips, mouth, tongue, and palette. Hold, squish, swirl, suck, and savour.

## Touch

What do you touch in the moment with your hand, fingers, palm, forearm, cheek, thigh, feet, leg, etc.

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