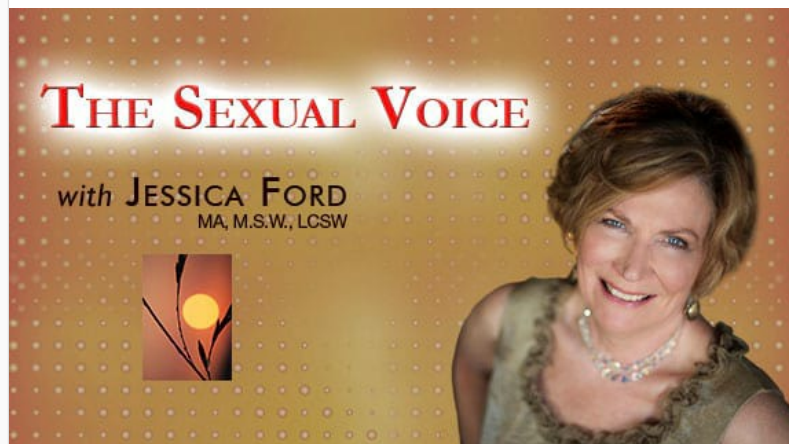


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The Sexual Voice
Archives Available
September 16th 2016: Mindfulness - Personal Intimacy and Presence with Self

The mindful approach is about listening without judgement to our innate wisdom of the body and mind connection through cultivating awareness, recognizing lifelong physical and mental patterns and teaching techniques and practices which expand mind-body integration. The need for mind and body connectedness in sex has prompted some new liaisons. Lori Brotto is encouraging women to bring Buddha into bed with them. 'We know a desynchrony exists where the genitals are doing one thing and the mind another, and this has a bearing on sexual response. So if we can teach women to bridge the gap between

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Featured Guest



Dr. Lori Brotto

Dr. Lori Brotto is a Professor in the UBC Department of Obstetrics and Gynecology, and a Registered Psychologist in Vancouver, Canada.

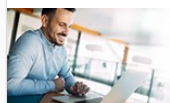
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