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Sex with Jaiya

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January 14th 2011: How Female Cycles Affect Libido, Desire and Pleasure

Most couples don't understand the biology of sex, in fact most sex educators don't even understand it; but my guest Sheri Winston does. She's going to help you understand female monthly cycles, how they affect libido, desire and pleasure. Do you know what the best times of the month are to have sex? We're going to share some nitty gritty information on how to know your or your partner's cycle, the common mistakes people make when it comes to sexual techniques and arousal, and how to optimize her sexual pleasure. Don't miss it!



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Featured Guest

Guest Image

Sheri Winston

Holistic Sexuality educator Sheri Winston is a groundbreaking, award-winning author and teacher who offers empowering, entertaining, erotic education for everyone. She's the founder of the Intimate Arts Center. Sheri's unique holistic offerings are informed by her 17 years as a sexuality teacher, on top of decades of practice as a certified nurse-midwife, gynecology practitioner, registered nurse, childbirth educator and massage therapist. Sheri offers pleasure-centered sex-ed for grown-ups with a wide variety of practical and transformational intimate arts education. She delights in inspiring people to have a lot more pleasure, fun and fulfillment! Sheri the author of the award-winn

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