



The Mental Sherpa by Theta Spring Archives Available

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There are many road of self-exploration. Today we dive into a more controversial area of exploration that became more popular since the release of 50 Shades of Grey. While this area of sexual exploration has become more mainstream, it is an area that is deeply misunderstood. Join host Alexandra Janelli of The Mental Sherpa Show & guest host Breonna Rodriguez sex and relationship writer for Vivala as we have an up close and interesting interview with Mistress Mona Rogers who is a lifestyle and professional Dominatrix. Come learn how trust, vulnerability, exploration, and open non-judgement

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Featured Guests



Mistress Mona Rogers

Ms. Mona Rogers is a lifestyle and professional Dominatrix. She has been experimenting with kink most of her life and became fixture in the pro scene in 2007. Throughout the years of her exploration she has become deeply in touch with her kinky side and enjoys being able to share her love for her art through multiple avenues such as workshops with the Domi Dollz, the book she co-wrote "Kisses To Kink: A Dominatrix's Guide to Great Sex", and one on one lessons.

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Breonna Rodriguez

Breonna Rodriguez is a digital storyteller. Spending the last 15 years designing for brands like Coca-cola, Harper Bazaar, W Magazine and GQ, she combines this award-winning ability to visually sway the eye, with an unwavering passion to speak from the heart. On Vivala.com she writes a weekly beat about love, sex and relationships.

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