

Embodied Curiosity

Discover (or Rediscover) Your Relationship to Your Body's Pleasure

Reawaken your body 🔥 Respark your desire 🔥 Remember who you are.

January - March 2026

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Embodied Curiosity is a magnetic doorway into transformation — a journey from disconnection into empowerment, from silence into expression, from going through the motions into feeling vibrantly alive.

Here, you'll rekindle intimacy with yourself and your relationships, awaken the deep well of pleasure your body already holds, and free your voice to speak desire and boundaries with confidence.

All of this unfolds within a safe, supportive, and deeply rooted community that invites you to explore, expand, and step into more of who you truly are.

- 🔥 Has pleasure been like a tempting lover — slipping in and out on its own terms, always leaving you waiting for more?
- 🔥 Have you felt your relationship plateau, and know deep down the spark starts with you? Or are you in a new relationship and want to bring your best — alive, sexy, and embodied self?
- 🔥 Have hormonal shifts, motherhood, fertility struggles or life transitions, like new jobs, moving, loss or grief, left you wondering if your desire can ever be reawakened (spoiler: it can)?
- 🔥 Are you craving a safe space to explore sex, kink, and desire — to bring your fantasies and edges without shame or judgment?

- 🔥 Do you feel that hidden emotional or mental blocks are keeping you from fully enjoying your life, your body, and your connections with others?
- 🔥 Do you long to shed old insecurities and blocks so you can show up curious, bold, and fully expressed — whether with yourself or a partner?
- 🔥 Have you ever sensed that your body was designed to feel so much more — to unlock new sensations, new power, new pleasure?
- 🔥 Do you feel a quiet pull, a spark of curiosity, to explore something new... even the places you've once considered off-limits?

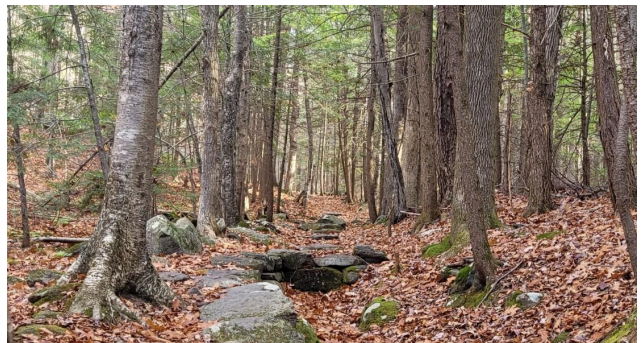
Embodied Curiosity is about more than pleasure — it's about reclaiming and rediscovering yourself. Over 13 weeks, you'll be guided to release emotional blocks, reconnect with your body, and give yourself full permission to follow curiosity into new territory. You'll learn to voice your desires and boundaries with confidence, embody the aliveness you've been craving, and discover parts of yourself ready to be awakened. This is a safe, playful, and potent space to shed old conditioning and step into a fuller, freer, more radically expressed you.

Who Is This For?

This journey is for women who are **curious, courageous, and ready to explore the full landscape of themselves** — not just the easy parts, but also the shadows, the stuck places, and the secret longings that want to be seen.

It's for those who are tired of drifting through life disconnected from their body, and instead want to feel **grounded, sensual, and fully alive** — even embracing the darker, wilder parts of their nature.

It's for women who are excited to do their inner work, but were never given the tools, language, or roadmap for cultivating pleasure, sensuality, or sexuality. Maybe you thought intimacy and passion would “just happen” — and when it didn't, you blamed yourself. It's not your fault. Your body holds the blueprint for depth, passion, and authentic, revelatory pleasure.



And it's for those who sense that what we do with our own bodies ripples out into the world. The more we heal shame, silence, and disconnection, the more we create a culture of **curiosity, body love, and fearless connection**.

Are you ready to claim your part in this change — and discover what your body and soul are truly capable of?

"I met Sara while I was still working to untangle the layers of purity culture I grew up in. At that time, even the idea of listening to my body and using movement to release unprocessed emotions felt edgy and unfamiliar—let alone learning about kink or engaging in any part of it.

Sara met me exactly where I was. With kindness and gentleness, she guided me through the first steps of my untangling process. She created a space of safety that allowed me to try, explore, and begin to trust myself again.

I know I still have more work to do in these areas of my growth journey, but I will return to Sara every chance I get."

--Roseanne Delaney

What You'll Gain:

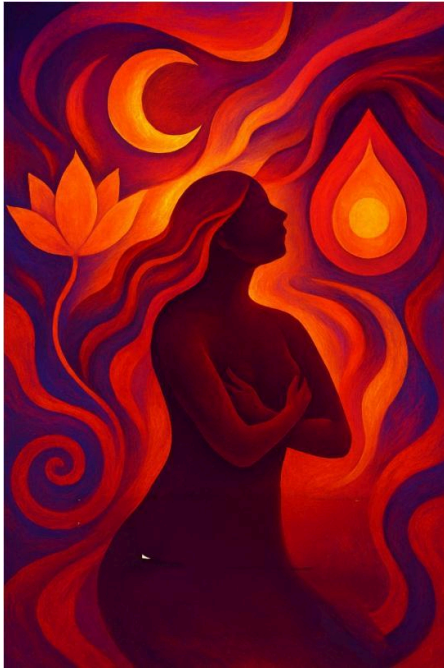
Learn to utilize tools and skills to get into your body vs thinking with your mind

The body keeps the score, carrying our experiences even more deeply than the mind. Sometimes this shows up as pain, hurt, or anger. By learning to release and gently befriend these feelings, we open ourselves to the full spectrum of life—making space for joy, pleasure, and bliss to flow more freely.

Get in touch with the four main pieces of you that help in decision making

Attune yourself to the four guiding centers within—the brain, the heart, the gut, and the

sexual self. Each holds its own wisdom: the brain shines with clarity, the heart overflows with compassion, the gut whispers with intuition, and sexual energy awakens creativity and vitality. Woven together, their voices guide you toward choices that open the path to fuller, more authentic living.



🔥 Novel experiences where you discover your body likes something your brain didn't think you would

The body often discovers delight in ways the mind cannot predict. A caress, a stretch, a slow movement—these sensations can awaken unexpected pleasure and awaken deeper awareness. By noticing and honoring these discoveries, we cultivate a richer connection to our own desires, learning to trust the body's innate wisdom and embrace the fullness of sensation.

🔥 Identify and dissolve projections and insecurities, and instead take ownership of your process and pleasure

Together we'll learn to notice when projections and insecurities arise and see them for what they are.

Gently release their hold over you, and anchor yourself in your personal process. By actively owning your growth, your decisions, and your pleasure, you open the door to deeply embodied and authentic experiences that are entirely your own.

🔥 A delicious ability to surrender to the universe

The ability to surrender to the universe is the practice of softening tension, deepening the breath, and allowing life's unfolding—through experiences, connections, and sensations—to guide you. Learn to cultivate this surrender in small moments each day: relax your shoulders, slow your breath, and notice what unfolds without grasping for control. When this practice extends into your intimacy and into the way you show up in the world, it expands your capacity to receive more love, more opportunities, and more of life's richness with openness and ease.








🔥 A robust set of resources to navigate future transitions or plateaus, so you can always find your way back to your own joy, curiosity, and growth

Who Am I & Why Am I Doing This?

For much of my early life, I struggled with fear around my own sexuality, believing that if I stayed quiet and invisible, I could delay being seen or desired. Over time, I came to understand that pleasure, sensuality, and sexuality are distinct experiences that can overlap but also exist on their own. This realization opened a path to exploring what truly brings joy and vitality to my body and spirit. I believe that while life brings inevitable challenges, we each have the power to cultivate aliveness, pleasure, and self-connection in the midst of them.

My own exploration began over a decade ago, when I first stepped into a BDSM dungeon not knowing what I was seeking but open to discovery. Since then, I've explored a wide range of kink and sensual practices that have profoundly transformed my relationships—most importantly, my relationship with myself. Today, I teach kink workshops, assist in sacred sexuality offerings, and guest-teach on topics such as sensuality, boundaries, emotional expression, and embodiment. Grounded in over a decade of being an educator, one of my greatest gifts is helping others feel permission to embrace their full, eccentric, and playful selves while honoring their emotional depth. I can't wait to celebrate what brings *you* joy.

A Taste of What We Will Explore

-  Emotional Release techniques
-  Somatic Movement
-  Consent with Ourselves and Others
-  Meditation
-  Archetypes/Roleplaying
-  Sexual Blueprints
-  Listening to our multiple “minds”

Duration:

- 12 week program
- Each call will be 1.5 hour

Transformation You Can Expect:

- A bit of a recap from the “what you will gain” section but it's nice to remind them of the value before you share the price otherwise the price seems to come out of nowhere

"Insert Michelle's Testimonial" -- former client etc, no worries if you don't have any yet!

Financial Investment:

When we don't take care of our own sensuality and stay curious about our pleasure, life shrinks, days start feeling flat, and we can't even remember the vibrant aliveness of who we are. So the cost of not following our curiosity impacts our relationships and even our career and sense of worthiness. The benefits of this group are not only that you get to harness your desires, chart a new path of pleasure, and feel finally safe to expand to your edges, but that you have the deep support of me, Sara, and all the other participants. The investment in living a turned on life is \$2500 paid in full and done with, or via payment plan -- see details below. And if you'd like even more private attention, see the VIP option too :)

How to Enroll:

- **Option 1: Pay-in-Full**
 - 2500 total
 - Program cost includes a welcome gift with ideas to start your journey!
 - [Enroll HERE](#) and take your place in EMBODIED CURIOSITY
- **Option 2: Payment Plan**
 - \$575 a month for 5 months
 - Also includes the welcome gift!
 - [Enroll HERE](#) and take your place in EMBODIED CURIOSITY
- **Option 3: VIP Package**
 - 6900 total
 - *Includes everything above plus:*
 - 6 private, 1:1 sessions for customized support with Sara
 - Could be used as a couple's session
 - VIP Welcome gift with luxurious tools and toys to enhance your pleasure journey
 - Curated guidance to create your own pleasure scenes, fantasies, roleplays, etc.
 - Aftercare via email to support you with integration between sessions
 - Option to pay-in-full and receive \$500 discount

- [Click HERE](#) to enroll now for VIP option

Final call to action and heartfelt gratitude :)

  NAME  
CONTACT INFO