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Speaker 1

Hello and welcome to my course on Yoni massage. Congratulations! I'm so excited that you are here. Congratulations on making the decision to become the best lover possible by sharing this incredible practice—which is filled with both ancient techniques and updated with modern science.

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Speaker 1

You are about to step into the next era of love, of connection, of pleasure, of orgasm, of satisfaction, and of healing.

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Now, Yoni massage is incredible for so many different reasons. I mean, on a very core level, it allows you to connect with your partner in a different way, in a healing way, in a way that builds pleasure, in a way that can create bigger and more ecstatic orgasm that can be very deeply healing that on an emotional and physical and mental level can provide a new level of connection between you and your partner, between her and her body, between you and her body, and between both of you and her pleasure.

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Speaker 1

Now, Yoni massage is incredible for so many different reasons, but some of the physical reasons are that it allows for stuck energy and stuck fluids to be moved

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Speaker 1

through this part of the body.

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Speaker 1

It moves blood flow, it moves lymph. It can break up, stop tissues, it can help to heal and even remediate scar tissue entirely.

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Speaker 1

But it also creates a sensation of safety.

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It allows for her

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to know her body better, for you to know her pleasure, better for both of you to discover new and different ways of touch that are even more pleasurable and even more exciting, creative and unique than ever before.

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Now, Yoni massage is something that you can do partnered, so I'm going to be directing these videos at the partner, at the male partner who's giving a yoni massage to his female partner.

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But it is not limited.

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Anyone can give a yoni massage, including the person with the yoni. We can give the massage to ourself

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and if you are female or non-binary, this technique will work on a partner who has a vulva no matter what their gender is or how they like to refer to their Yoni. I'm going to be using this language in these words just as shorthand throughout this course.

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Speaker 1

Now who am I? Well, I'm Caitlin V. I have a YouTube channel where I teach men to become epic lovers.

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Speaker 1

My core goal is to have you feel the most confident

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Speaker 1

in your ability to deliver and receive pleasure with your lovers.

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And I've gotten here as a result of working with many teachers, many incredible experts in the field,

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Jaiya, Joseph Kramer, Annie Sprinkle and Ellen Heed,

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Speaker 1

as well as the erotic blueprint coaches that I have practiced this on and practiced it on me and everyone else who has helped me to come to this place in my journey so that I can teach this to you.

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Speaker 1

And I want to give them credit because some of what where I learned these techniques are from them. And I've done my best to take what they've taught me, combine it with what I have learned both from personal experience and from working with clients and create this course in such a way that it will be very, very easy and effective for you to go through, learn the techniques, learn the touch types, and then take it into the world with you and begin to practice it with your lover.

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So on that note, how to take this course. Well,

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I recommend that you watch the whole thing through and then go back and rewatch some of the content modules. There's a lot of information in this course. It's going to be easy to follow, but you may want to repeat and go back and

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Speaker 1
revisit

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until you feel really comfortable giving the massage.

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Speaker 1
Now, of course, when you give the massage, you can have the videos with you, you can have the content with you, but I'm going to try to teach it in such a way that you really don't need that.

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Once you learn the

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anatomy, once you learn the different touch types, once you learn how to adjust your touch, once you learn the structure,

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order of operations for the massage, you will be able to do this confidently with your lover without having to refer back to the videos.

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Speaker 1
And that's because it's actually very intuitive. It's sort of like learning music.

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Speaker 1
You have to learn how to do your scales and play your instrument the right way. And then once you have some practice and you can do some songs, then you can improvise.

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Speaker 1
So take this course as the class itself. Learn the scales, learn how to play the instrument, and then go out there and improvise as if you were a jazz musician

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able to intuitively figure out how to tweak and change live when you're doing it with your lover.

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After you've taken the main content modules, watch the live demonstration of me with a live model. The bonus video that will give you an idea of what it can look like on one person on one vulva.

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And of course, if you want or need more support with anything Yoni massage related, anything related to lasting longer in bed, getting and staying hard, feeling like the most confident lover that you can possibly be,

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please check out my other courses and of course check out coaching. Me and my team of coaches are always available to work with you, with your partner, with you, together with you solo so that you can have the best and most incredible sex of your life. I truly believe in your capacity to blow your mind and the mind of your partner by being an incredible lover, no matter where it is that you're starting.

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And I would love to support you in getting there.

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Speaker 1

Before we dive into the massage itself, let me just give a few notes on safety and

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some of the factors that you may want to consider when giving a yoni massage.

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Number one is pregnancy. Many pregnant women who have normal healthy pregnancies tolerate yoni massage on the outside and even inside of their vulva and their vagina very easily.

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It can be really good for people who are about to give birth to experiences because it's very relaxing to the tissue can prepare their body to give birth. But that said, check with your healthcare provider if you want to give this massage to a pregnant woman, especially if there's anything unique about that pregnancy or any complications, you always want to be safe, especially when it comes to pregnancy.

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So do not recommend that you do this on a pregnant woman without confirming with your health care provider that it is okay.

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Also, other things to consider. Sexually transmitted infections, if she has any broken skin, lesions, cuts, scrapes, anything on her body or on your body, especially on your fingers, then consider using a barrier like a medical exam glove, just a standard latex glove.

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In fact, a lot of women prefer the sensation of a latex glove because it's so smooth, it has less friction than our fingers. It can feel really, really good. Some people just prefer that sensation over fingers in general. So consider using a barrier. Always play it safe.

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Speaker 1

And then if your partner has had surgeries, medical conditions, procedures, if she has PCOS or if she's had

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trauma directly to her body, if she's had a sexual assault, if she's torn during sex or during childbirth or any other, you

know, medical or physical condition, that may impact her ability to receive physical touch,

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have a conversation with her.

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Consider how to make this feel best and most pleasurable. That is the goal. It should feel good. And between the two of you, you should be able to figure out how to amend this massage so that it is just pleasurable.

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remember that sometimes

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things come up, sometimes healing happens, especially for doing scar tissue work.

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that can be a lot.

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Speaker 1

It can be intense in the moment. But consider that this massage is really about healing and you are more than capable and she's more than capable of navigating those big things. We can come up. Remember, that is part of the healing is releasing stuff.

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Speaker 1

So in the next module, we're going to talk about preparing for the massage and then we will go over the massage charge itself, all of the various touch techniques and how to give the best possible yoni massage.

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Speaker 1

I will see you in the next module.

Need Help or Have Questions?

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