



An Intimate Practice:

5 Steps to Connecting Deeper with your Partner

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Relationship Counselor & Clinical
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- Doctorate in Human Sexuality
- Masters in Counselling
- Masters in Public Policy and Management
- Bachelor of Arts (Comm)
- Cert in Sex Therapy
- Cert in Practical Counselling
- Cert in Life Coaching

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1

**Set a time
period for the
massage.**

30 mins, 45 min,
or longer.





2

One of you will be the giver first.

Can use coconut oil or any massage oil you prefer.

Your focus here is solely on the pleasure of your partner. It's purely on giving, and paying attention to your partner.

3

The other person is receiving.

Your focus here is to feel the pleasure.

Remove any thoughts of:
“Are they having a good time too? I feel guilty getting all this attention” by coming back to your breath.



4

Remove any idea of having sex afterwards.

Why?

Because if there's an expectation of sex after the massage, it can prevent the recipient from fully letting go.

Try it...



5

And now swap - with the giver now receiving; and the receiver now giving.

Make sure each of you have equal amounts of time giving and receiving.

Notice how you feel and discuss what you learned about yourself and your partner.



**For relationship and sexuality support,
please contact me**

– Dr. Martha Tara Lee. D.H.S.

I specialize in all things sexuality and relationships. 😊

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