



Spice Up 2021

Ally Jewel Intimacy School

10 weeks of classy co-ed sex ed and intimacy coaching for groups

- Week 1** Laying the Foundations – visions, goals, and ground rules
- How to show up at school – setting boundaries, staying safe, being brave
 - Mapping the gap – where are you now in your intimate life, and where would you love to be in 10 weeks?
- Week 2** Orgasmic Orientation (Video Modules: 0 & 1)
- Practicing our #1 turn on - PRESENCE
 - How to be present and empathetic for your future partners and right now in our community
- Week 3** Becoming an Erotic Detective (Video Modules: 2)
- Uncover Exhibit A - your unique sexual wiring, aka your Erotic Blueprint™
 - Find the current state and stage or your sexual journey – clue there are five of each
- Week 4** Deliciously Determining Your Blueprint (Video Modules: 3)
- Discover your superpowers and shadow side - we all have both
 - Map your personal pleasure zones – a safe, fun exercise to equip you to hand future partners a treasure map of your turn-on's... yummy!!!
- Week 5** Frequently Feeding the Blueprints (Video Modules: 4)
- Discover the touch you crave and learn top touches for other Blueprints
 - Master the art of flirting and seducing in the Blueprints
- Week 6** Seductively Speaking the Blueprints (Video Modules: 5)
- Learn to say the most arousing things in and out of the bedroom
 - Align your body language with the words that you and your partner crave
- Week 7** Holistically Healing the Blueprints (Video Modules: 6)
- Remove the blocks between you and your erotic freedom
 - Transform your biggest obstacles into your deepest pathways for pleasure
- Week 8** Expertly Exploring the Blueprints (Video Modules: 7)
- Learn to play in other Blueprints – preparing for pleasure with partners with different Blueprints
 - Get superpower sex skills for more orgasms, and orgasmic states
- Week 9** Hot Sex for a Lifetime (Video Modules: 8)
- Learn the secrets for a lifetime of passion, connection, and ravishment
 - Make a plan for expanding your erotic awareness and experience
- Week 10** Celebration Party
- Dress up and dance - bring your Blueprint persona out to play
 - Working out what's next

NOTE: Ally Jewel reserves the right to reorganize our content to serve the community.