



# Intro to Orgasmic Yoga

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## What is OY?

Oddly, Orgasmic Yoga (OY) isn't really about orgasms or yoga. It's about developing or reclaiming your erotic capacities. You can practice it to reawaken awesome feelings in your body, or to discover those feelings for the first time. This means feeling juicy, vital, and alive! Simply practicing OY will improve your sex life - be it solo or partnered. It's also known as Mindful Masturbation (Mm... yummy!).

"OY invites embodied, mindful self-accountability. The self-directed practice sessions involve breathing, savoring, sound, movement, touch, placement of attention, and awareness of intention." (J. Kramer)

The main focus of attention in OY is on sensation in the body. It's typically practiced for 30 minutes, & ideally for 30 days. If you're like me, you're wondering how the heck you can self-pleasure for 30 minutes, let alone 30 days! But this is the amount of time it takes to break down old habits, and 30 minutes enables you to slow down & try new things.

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## Who Developed it?

OY was developed by Joseph Kramer, Ph.D. and other erotic explorers. Joseph is the foremost teacher of erotic massage in the world. In 1984, he founded the Body Electric School in Oakland, California. In 1999, he founded The New School of Erotic Touch. And in 2003, he founded the new legal profession of Sexological Bodywork, which I have a certificate in.

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## Why Practice OY?

If practicing sex sounds strange, know that the practice of self-pleasuring actually increases our ability to feel pleasure! It also generates health and wellness. Exactly what does OY do?

- Orgasmic Yoga gives us a greater awareness of our eroticism and helps us reclaim our sexual voice and vitality
- Creates new neural pathways for pleasure

- Puts our bodies into extended periods of enjoyment, hardwiring a positive state of being
- Generates or increases feel-good chemicals that course through the body including dopamine, serotonin, oxytocin, PEA & endorphins
- Brings presence and mindfulness into our experience of pleasure
- Provides greater freedom, aliveness, flow, interconnectedness, relaxation, alertness and general wellness

We practice this in much the same way we practice learning a foreign language or a musical instrument - slowly, with intention, one note or word at a time. You are invited to spend this time channeling your sexual arousal into your heart. Let every caress, every stroke celebrate everyone and every thing you are connected with.

Let your OY session weave together the heart and genitals. This often produces a state of arousal that is free of fantasy, unfinished emotional business, religious dogma, cultural caveats and habitual sexual behaviors. In this erotic trance state, you become aware of the body as a source of wisdom, happiness and freedom.

This is "Heart Pleasuring", quite different from "Having a Wank." It is nourishment, vitality, health and wellness.

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## **How to DO it? Follow this Orgasmic Yoga Check List**

1. Set an intention(s) at the beginning. This could be, "I want to last longer" or "I want to feel more" or "I want to experience a connection to the universe", etc. Feel into your deepest sexual desire and go for it!
2. Set a time container. This means having a clear beginning and ending time. I recommend 30 minutes.
3. Have a session structure or outline. Don't just see what happens, but have a general plan. Today I'm going to dance or witness myself in a full-length mirror or incorporate different strokes or focus on heart pleasuring. That said, invite pleasure. If something isn't working, shift it. Stay in your body and focus on what's really happening, what you're really feeling not how you imagine you "should" be feeling.

4. Know that you can break your patterns by using your patterns - build up arousal in your usual way, then shift the experience to something new. Pendulate back and forth in this way if needed.
5. Incorporate one or more minutes of Kegels / PC muscle clenches. The importance of the pc muscle for sexual health and enjoyment can't be overstated!
6. Incorporate conscious breathing patterns and awareness. Notice how your experience of pleasure shifts as you slow your breathing, speed it up, change the rhythm and/or connect it to tension and release.
7. Try different types of self touch. This could be self touch that's not genital. And/or genital touch that's different than your go-to touch. Try tapping, kneading, scratching, slapping, etc. Try a pattern, then something more random. Use your fingers, or incorporate objects like a hair brush, a feather, a fork or spatula.
8. Use movement before and during. This could be yoga, stretching, dancing, etc. Change your position - try standing if you usually sit. Open your eyes, then close them.
9. Welcome sound. This could be music, your voice, moans and laughter. Grief and tears are also welcome.
10. Invite playfulness. Notice enjoyment/bliss vs interest/excitement.
11. Be quiet and still for the last five minutes of each OY practice. We need to consciously install the positive experience in our brains.
12. Use reflection and note-taking after each session - if possible. If this feels daunting, just reflect on what this particular OY practice session was like for you. Did you follow your intention or do something different? What surprised you? What felt good and what didn't? Did you learn anything about yourself? Be compassionate. There are no expectations. It is what it is. Just notice, witness and lovingly embrace yourself.