



LAYLA MARTIN PRESENTS

4 RITUALS *to* SUPERCHARGE SEX *and* CONNECTION

A step-by-step guide to 4 simple relationship rituals you
can use to enhance your intimate connection.



GRATITUDE RITUAL

A proven way to consciously create more gratitude, connection, love and happiness in your relationship.

1.

Set a timer for one minute for each of you

2.

Share everything you're grateful for and be sure to include:

- Something about your partner specifically
- Something about your relationship
- And something about your life in general



SAFE COMMUNICATION RITUAL

A contained ritual you consciously
create at least once a week.

1.

Set a timer for one minute for each of you and share:

- **What are you afraid of in your life and/or partnership?**

2.

Set a timer for one minute for each of you and share:

- **What do you really want, what are your deepest desires?**

3.

Set a timer for one minute for each of you and share:

- **What do you really love about your partner?**



INTIMACY RITUAL

A ritual designed to drop you into an intimate connection through the depth of your heart rather than your mind.

1.

Set a timer for 3 minutes

2.

Sit comfortably across from each other with no distractions

3.

Look into your partner's eyes the entire time

4.

Breathe deeply into your spiritual heart



EROTIC RITUAL

A powerful way to give your partner a set amount of time to relax and receive pleasure.

1.

Create a comfortable, sexy space for your partner to lie down

2.

Hit play on a sultry soundtrack. Here are 4 playlists to try:

- [Penis Massage Playlist](#)
- [Tantric Yoni Massage Playlist](#)
- [The Sensual Seduction Playlist](#)
- [Sultry Bedroom Beats](#)

3.

Click on the appropriate audio below and follow the steps:

- [Penis Massage Guided Audio](#)
- [Pussy Massage Guided Audio](#)