



# Sex After Kids

AN AWOKEN BEAUTY WORKSHOP

## Can it be Magic?

I wish I could tell you  
there's a secret  
formula.

There isn't.

There is no magic.  
Except your own.

## Back or Forwards?

Can you go back?

Is it at all possible?

Or has everything  
changed?

Can Sex change too?

## **Expectations**

What are they?  
Where did they come  
from?  
Are they serving me?

## **Recipe for Libido**

- The Time & Space Formula
- Mental Load Issues
  - Connection (s)
  - Revisit Seduction

## **Time & Space Formula**

Make space. Take  
space.  
Make time. Take time.  
Give space & time too.  
Take time & space for 2

## **Mental Load**

How long is your to-do list? (related to house and life)

What percentage of it is shared?

## **Connection**

Connect with *Yourself*.

Physically  
emotionally

Erotically

& connect with your partner.

## **Revisit Seduction**

Everything has changed, why wouldn't this too?

What makes you feel desired, loved, wanted?

## **Play!**

Sex should not be this  
serious.  
Seriously.

## **Patience**

Things won't go back,  
they will go forward.  
Embrace the change.  
Don't pressure  
yourself.

## **Kindness**

Be kind to yourself  
Be kind to your body  
Be kind to your orgasm  
Be kind to your partner  
Breathe