



Jenny Keane: Activate Arousal: A Workshop for Estrogen Based Bodies with Low Libido



Jenny Keane is the holistic sex educator that sparked a sex-positive, pleasure revolution in Ireland during lockdown. Guiding thousands of women in her live workshop, Orgasm Online, Jenny's teachings make sex education simple, fun and unashamedly normal. In this session, you will learn how to decode your own physiology so that you understand that your body is capable of so much more than pain, exhaustion, confusion, or blame. Be sure to be infected by her sparks.

**TOP EMBODIMENT TIP:** Massage your breasts!

Desire versus Arousal: **The Difference Between What's Mental and What's also Bodily**

- Desire starts in the mind.
- Arousal is when this desire is felt in the body.
- Dancing, for example, increases arousal through increasing neurotransmitters such as serotonin and dopamine.

Libido: **Physiology and Dysfunction**

- Libido is governed by serotonin, nitric oxide, oxytocin, and cortisol. When one is out of balance, so will the others.
- Maintaining a good libido takes effort and time, not just a quick fix with pills.
- Dysfunction is more common these days because sex is no longer about family building.
- Dysfunction indications friction, which articulates the skin of life.
- **Low libido quick fixes:**
  1. Exercise for arousal.
  2. Rethink birth control.
  3. Opt for a high fat diet.
  4. Adopt 'cycle thinking' to work with active menstruation.
  5. Establish pleasure practices and gratitude practices,
  6. Introduce sexual self-care, such as allocating intentional sexy time.

Stress and Sex: **Fear, Fighting, Feeding, and Fucking**

- **Fear** activates the limbic brain, which has to do with survival. The limbic brain then overrides the neocortex, which is for learning, creativity, and envisioning a bright future.
- **Fighting** is necessary to complete the emotional cycle, instead of being stuck in the same situation over and over.
- **Feeding:** Sometimes it is important to binge; but bingeing for too long numbs our senses.
- **Fucking** is about making the radical choice to move toward your sexuality, making time to turn yourself on.
- The neocortex is hardwired for beauty. It is not about turning away from trauma, but working towards pleasure.

Resources

- ❖ **Website:** [jennykeane.com](http://jennykeane.com)
- ❖ **Instagram:** [@hellojennykeane](https://www.instagram.com/hellojennykeane), **YouTube:** [Jenny Keane](https://www.youtube.com/JennyKeane)



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ILAN STEPHANI

**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

**#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

Love and Rage Embodiment Training [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

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