

Gaia Favourite people and services: Sexy Resources

1. ***Theta Brain Wave Audio Mediation***

This will change every aspect of your life. Listening to 30 minutes a day. This is how I finally found zen after 20 years of healing. With in 30 days I change my whole nervous system. I recommend this product to everyone of my clients. **Created by Brain Sync.**

2. ***Pierre Black***

Naturopathist specializing in Chinese, Ayurvedic, and Naturopathic medicines. He has been important part of my health and wellness team. **He will change your life not just your health.**

3. ***Come as you are***

One of my Favourite sex toy stores..Warm, safe, educated staff of **sexual enhancement toy store!!**

4. ***Fetlife***

Facebook for kinky people. Amazing place to explore, discover and create community... You are not alone !! p.s. 99% of the world is kinky in some way!! **Embrace it and find others!!**

5. ***ASHA***

The American Sexual Health Association promotes the sexual health of individuals, families and communities by advocating sound policies and practices and educating the public, professionals and policy makers, in order to foster healthy sexual behaviors and relationships and prevent adverse health outcomes.

6. ***Good for Her***

High end woman sex toy store. **www.goodforher.com**

7. ***AL Link and Pala Copeland:***

They are my mentors and now my dear colleagues. Tantra education, books, audio, video, couples relationship products... **I recommend their books and product that they have created and written.**

8. **Kathleen Calabrese, PhD LMFT**

3800 Delaware Ave., Suite 102 A

Buffalo, New York 14217

www.consultdrcalabrese.com Is amazing woman and therapist that I truly support her life's work. Dr Calabrese have mutual clients that we work together to make a healing ,supportive a team!!
Go TEAM GO!!!!

9. ***Feel the Fear and Do It Anyway® by Susan Jeffers, Ph.D***

you can find this life changing book on Amazon if you want to learn about workshops and other events please visit www.susanjeffers.com.

10. **Robert McArthur RSSW, ICADC** Robert grew up in an alcoholic

home, and then became a substance abuser himself. In 1988 he embarked on a road to recovery. Since becoming clean and sober, Robert returned to school and with his education and experience he began working in the addiction profession in 1990. He has experience with in-patient, outpatient, individual & group counselling as well as lecturing and facilitating workshops. Using Robert's educational background accompanied with his addiction experience, he is helping others on their own road to recovery. To contact Robert McArthur

11. ***Susan McQuay, Part of my awesome health team.***

Susan McQuay has been practicing massage for 24 years. Her passion is promoting wellness in all area of life. She combines hot stone protocols with a full body massage which provides a very healing and effective experience. Susan can be reached at 519-591-4086 . "P.s. this is the massage therapist that I would recommend if you have past sexual abuse or trauma that you are not comfortable with touch she is gifted in creating a safe space". Gaia

12. **Precision Hair Gallery**

For all you sexy hair design and styling needs ask for Aaron Dorion. Tell him Gaia sent you!!

355 Erb St W ,Waterloo, Ontario, N2L 1W4 ,519-208-7170

14. Life with Herpes: Alexandra is one of my most favourite people. She can support you and your partner through the challenges of Herpes <https://lifewithherpes.com/>

15. Anna Pilon my awesome book keeper <http://gameofnumbers911.com/> My books were a mess and Anna fixed them up. She is so kind,patience and non judgemental. She as set it up everything is electronic so I can travel and my books and accounting is always up to date...

Boot camp Need to add this to Events page

Happiness Stop! Drop! & Wiggle! Boot Camp: Are you tired of being miserable?

Gaia Morrissette invites you to participate in an epic full day workshop experience while discovering seven (7) fun and easy tools that will support true happiness into your daily life! You are on your way to the happiness you deserve in your life! Here is a quick peek at what we will explore together:

- Why you are unhappy
- How to change it
- Practice Gaia's book, "Stop! Drop & Wiggle! 7 Easy Step To Happiness"
- You will walk away with seven (7) proven tools to positively change your life, beginning now.
- Lots of Laughter!

Costs: Half day \$1000 and full day \$1900.00 /per event Includes: Happiness Workbook, Signed Copy of "Stop! Drop! & Wiggle!" book, arts and craft supplies, light snacks, water, tea and coffee (remember you can book one in your community!)

Sexual Wellness Boot Camp: Do you ever wish you had more passion in your life?

Then come spend the day explore the 5 Aspects of Sexual Wellness. Play, Sensuality, Sexuality, Exploration and Sacred. Learn how your sexual wellness is directly connected to your passion, creativity and physical, emotional and spiritual health. Discover why you want it? How to get it! All the benefits! Here are some of the benefits of sexual wellness we will explore :

- More physical energy
- Happier in all areas of your life
- More physical health and longevity
- Lots and lots of Orgasmic Experiences
- Deeper connection in your relationship with others
- Supports improved general wellbeing and joy

- Increases imagination and creativity
- Boost self-esteem and self confidence

You might ask how are we going to do that? Well we will accomplish this through talking, education and interactive practice exercises. All tools you learn at Sexual Wellness Boot camp you will be able to practice at home and integrate into your daily life.

Important: There is no nudity or actual sexual activity happens during this boot camp* Everyone's comfort levels are respected! Costs: Half day \$1000 and full day \$1900.00 /per event includes Sexual Wellness Workbook, Arts and craft supplies, Light snacks, Water, tea and coffee (Remember you can book one in your community!)

Fees:

Standard price for half day boot camp 4 hours : \$1000.00 Plus travel costs

- Booking deposit of 30% at time of booking \$300.00

Standard price for full day boot camp 8 Hours: \$1900.00 Plus travel costs

- Booking deposit of 30% at time of booking \$570

Plus Taxes depending if I am teaching in Canada

Education page:

One of Gaia's favourite parts of being a Holistic Sexual Wellness Specialist Teaching, Training and Speaking. She feels so honoured to be able educate, empower and inspire others by always creating a safe, non judgemental space for learning and self discovery. She lovingly invite you to join life's greatest joys benefits of being an adult we can choose to continue to grow, learn, discover new knowledge that excite us. We all have very busy lives but if we don't make time to learn new things we start to feel empty and numb . Our daily life and routines can become boring, lifeless and robotic. When we gain new knowledge it help our brains to stay young and produce Dopamine which is one of the happy bio chemicals in your body. Come gain the knowledge that not only will make your sex life epic, but built strong healthy relationships with yourself and other, improve your physical health and wellbeing.

My book needs a page:

Are you tired of being unhappy?

If so, then welcome to “Stop! Drop! & Wiggle! 7 Easy Steps to Happiness.” This book takes you on an epic adventure to discover the happy life you have always wanted to live. Full of many fun and creative exercises, “Stop! Drop! & Wiggle!” promises a lighthearted and simple method to bring happiness into your daily life by reprogramming your emotional default expression to one of gratitude, love, and happiness. Here are some of the amazing discoveries you will make on this journey:

- Understand why you are not happy in your daily life.
- Gain awareness of how your mind, body, and environment affect your emotions.
- Discover healthy, effective ways to express emotions.
- Learn how 7 easy steps can achieve long-lasting change.
- Find your inner cheerleader and discover your problem-solving super power.

“Stop! Drop! & Wiggle!” also includes many bonus materials to support your emotional wellness.

Gaia shares her personal journey of self-discovery in a lighthearted, fun, and candid approach. With more than fifteen years of personal coaching and facilitating, Gaia brings a unique and insightful perspective to achieving happiness. Life is too short . It is time to learn how to be happy now! **Pick up “Stop! Drop! & Wiggle!” you are only 7 steps away from the happiness that you deserve.**

Buy Stop! Drop! & Wiggle!

U.S.

[Stop! Drop! & Wiggle!: 7 Easy Steps to Happiness -Amazon.com](#)

[Balboa Press](#)

Canada

[Stop! Drop! & Wiggle!: 7 Easy Steps to Happiness – Amazon.ca](#)



STOP! DROP! & WIGGLE!

7 EASY STEPS TO
HAPPINESS



GAIA SHAWNA MORRISSETTE

Free preview of the book

Why Do We Choose To Be Miserable?

I know, right now you are thinking, “WHAT?? I don’t choose to be miserable”. But it is surprisingly true; there are multiple factors that promote the miserable choice over the happy choice. In North America our childhood, society and even some religions help form our choice to be miserable. We are socially, emotionally, physically and spiritually supported if we are a victim, miserable or suffering. It’s no wonder we choose to be miserable.

What do I mean by miserable? I mean angry, sad, frustrated, hurt, jealous, melancholy, afraid, just to name a few. These are all important emotions, but if we hold on to them, over time they can fester and become our default emotional expression.

Our default emotional expression is where we spend most of our emotional energy. It is the emotion that exists in the back of our mind as part of our subconscious. It is a part of our day to day lives when we are not even aware of our emotions when we are doing day to day activities like playing a video game, having a shower, driving your car or doing paperwork. If this is not a pleasant and calm state of mind life can really feel like it is hard and it sucks all the time.

I want to share a great Bum Wiggle moment I had while writing this book.

I was at the bank one morning and using a typical greeting the teller asked, “How are you today?” I went on to tell her that I was “Fabulous!” She smiled politely and asked how it was that I could feel fabulous this early in the morning. (Recognize the socially acceptable default to choose misery?) I told her it was the Bum Wiggle! She looked at me rather puzzled and asked, “What do you mean, Bum Wiggle?” So in front of the WHOLE bank I showed her! She started to giggle and said, “That looks like fun.”

So I conspiratorially whispered, “You can try it too.” And she DID! She gave me a great big booty shake! We both giggled and laughed and afterwards she thanked me for the Bum Wiggle.

The most profound moment of this experience was when I turned around to see all the smiling faces where there had been blank, glazed over looks previously. A little bit of happiness goes a long way! We can make the world around us a better and happier place when we risk being happy and silly. My own experience has been that my expressions of happiness and silliness almost always inspire others to smile or join in. So, don’t be afraid to express your happiness with your body or words. It’s

more likely that your happiness will be infectious and less likely that it will result in you being judged.

Buy Stop! Drop! & Wiggle!

United States

SDW Testimonials

1. Stop! Drop! & Wiggle is a delightfully easy way for you to be happy. If you are willing to let yourself go and follow the simple 'lessons' Gaia outlines, you soon discover yourself wiggling and smiling more often. I've recommended this book to all my friends and can not wait to see Gaia's second book. This is a must have in self-help and self-improvement!**Tara** via Amazon

2. Stop, Drop and Wiggle is a logical and easily understood means to help yourself find out what 'happy' means to you. This is a self-help book that makes sense and celebrates the fact that we can give ourselves permission to smile and giggle and wiggle...just because! Gaia's happiness journey is like so many others. She really lives her message by finding happiness, gratitude and fun everyday.**Dale Day** via Amazon

3. Just posted on FB about this fabulous book and how great it was to read. With all the self help materials I have read I can say without a doubt that this was the most easy and fun to read. So if you are curious and I know you are, do yourself a HUGE favour and buy this book:()!!! I promise you will not regret it...happy wiggling, hahaha**Kerrie Jenney** via Amazon

4. I really really Love this book! (And you probably will too!) I read this book in the course of one day (and have continued to re-read & refer to it daily since then). It contains so much potent information I felt like I was significantly expanding just by reading it. Gaia's writing is down to earth and from the heart, it is fun and easy to read. The 7 step system is very powerful & life changing, *if you will do it*! I am one of those who likes everything fast, but the truth is, unlearning a lifetime of default patterns is not going to happen in an instant. Or one day. It will take some effort. But this book shows you how, and encourages you every step of the way. If you work with it daily, you will be happily surprised by the results. This book teaches a great set of tools along with the 7 steps that will absolutely change things for the better in your life. I am so grateful to Gaia for sharing her wisdom & heart with the world. We need it. Highly recommended for almost everyone. Disclaimer: There is some "colorful language" in the book, which in my opinion adds personality & increases the down to earth appeal of it. If you choose to be easily offended by words, you may not enjoy it as much as I did. Everyone else will love it.**Milena Joy Morris** via Amazon

Marvie:I have highlighted the one I want to feature

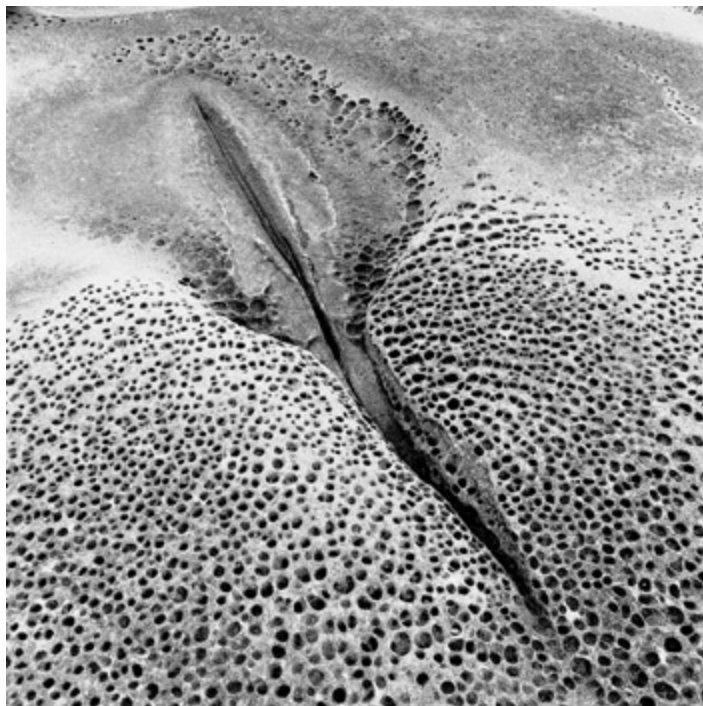


Workshop/Seminar Page:

Succulent

Living; Practical tantra for everyday!

Learn to experience pleasure in all areas of your life. Becoming aware and present in your body and be in the moment. Learn basic tantra techniques and to bring them into your daily life. Pleasure is not just for the bedroom it is for everywhere, anytime! You deserve to experience a life of joy, connection, awareness and PLEASURE . Start living that life TODAY!!



Let's talk about Sex

Open forum on all and any sex related topics including communication, oral sex, anal sex, intercourse, toys, positions, Orgasms and more. We start this workshop with participants writing down there concerns, questions and topics of interest on a piece of paper, it is completely anonymous so there is no need for shyness or discomfort: you will be in a safe space.



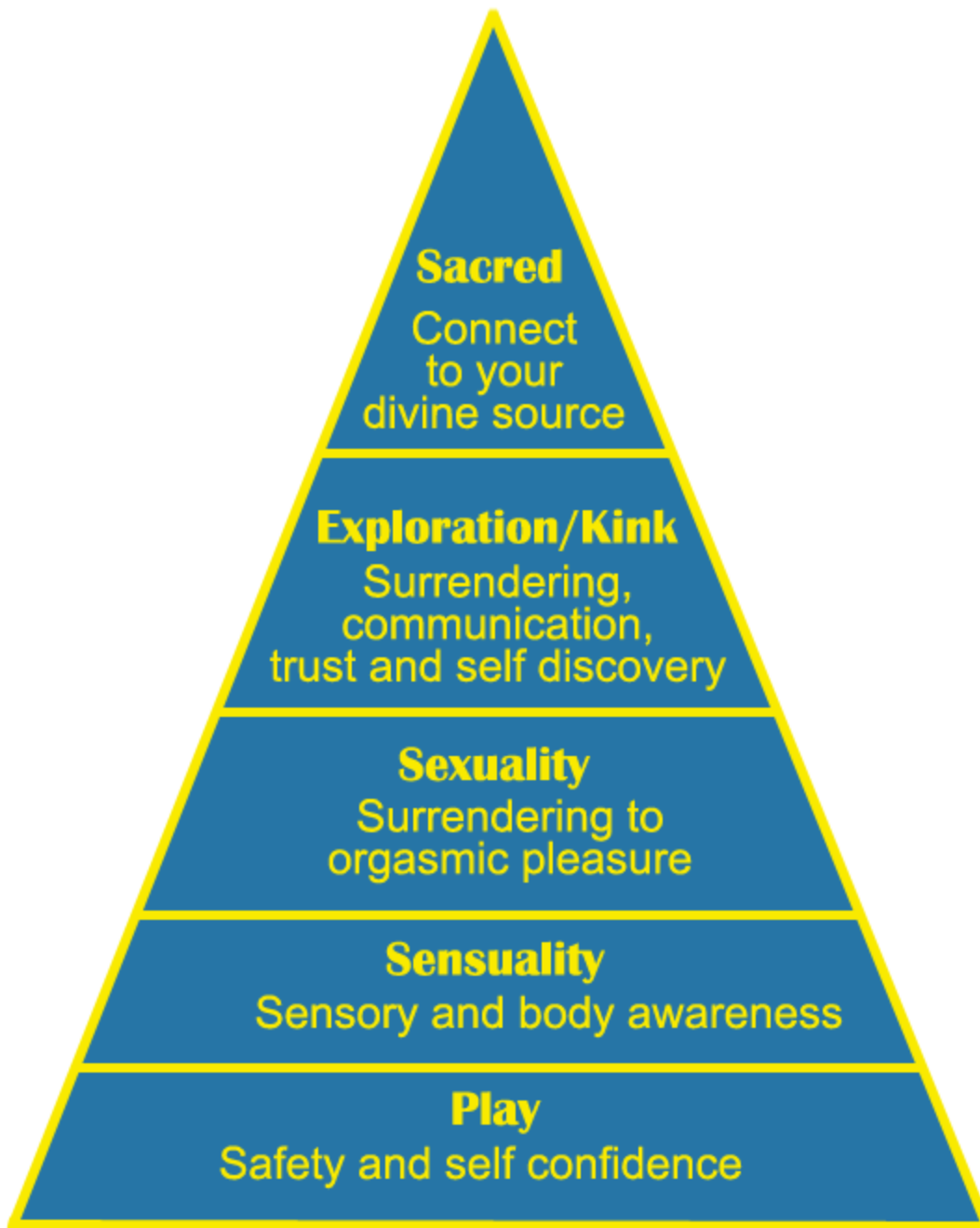
Art of Self Loving: Getting more from your

masturbation, whacking off, rubbing one out sessions

Learn about Tantric sexual energy, exploring full body orgasms, experiencing toe-gasms, armpit-gasms, knee-gasms and many, many other types of intense pleasure and release in

any part of your body, creating a loving sexual relationship with yourself. Discover how you can experience new levels of pleasure! Solidify the connection between self-love, self-acceptance and body image. The deeper and more fulfilling your solo sex life is, the more skills and knowledge you have to give and receive pleasure with a partner or partners. Learn the importance of letting go of shame and guilt about masturbation.

Self-pleasure, Self-Love is everyone's right and is an important part of a healthy sexual life!



Sexual

Wellness Workshop

Let's Talk about Sexual Wellness event: Are you happy with your sex life? Would you like to make it better? Would you like to take it to the next level? Come meet Gaia S. Morrisette,

world renowned sexual wellness coach and published author, for an engaging experience that will have you exploring beliefs, knowledge and joy. Some of the topics we will cover:

- Let go of shame or sexual dislike
- Improve your sexual knowledge
- Explore new levels of pleasure
- Gain knowledge of how the “5 Aspects of Sexual Wellness” affect all areas of your life

What is Sexual Wellness? Sexual wellness encompasses sexuality as a whole within five different aspects: Play, Sensuality, Sexuality, Exploration, and Sacred. If any one of these aspects are out of whack, then it will affect the rest of your sexuality. Your sexual wellness impacts the rest of your life including your mind, body and spirit. Each aspect is important for you to nurture and discover so you may have healthy sexual relationships with yourself and others. It is important to understand when within this context, the use of the word sexuality does not simply refer to the act of sexual activity or orgasm, which is a very good part, but is only a small part of sexuality. Gaia S. Morrisette considers sexuality as a whole, which affects our physical health, happiness, passion, creativity, emotional and mental wellbeing.

Gaia is super excited to meet you and support your sexual wellness!! See you soon!



Kink After Trauma

We are who we are today based on our past history the good, the naughty and the ugly. The likelihood of you being or playing with someone that has had a past of trauma is very high. Whether you are D or S or Switch, this workshop will benefit you and everyone you play with. Learn what it may physically look like when you or your play partner is triggered. Learn concrete coping strategies to bring someone back into their body and return to the present. Learn new safety skills on how to support your play partner during the scene and with aftercare. Learn how to take care of and ask for what you need emotional, physical and sexual before, during and after.

Past trauma does not mean you can't experience and have a healthy, joyful, kinky, dark, adventurous, sexual life. It just means you need to communicate, understand and create safety.



Make your Lover Scream your Name: Advanced

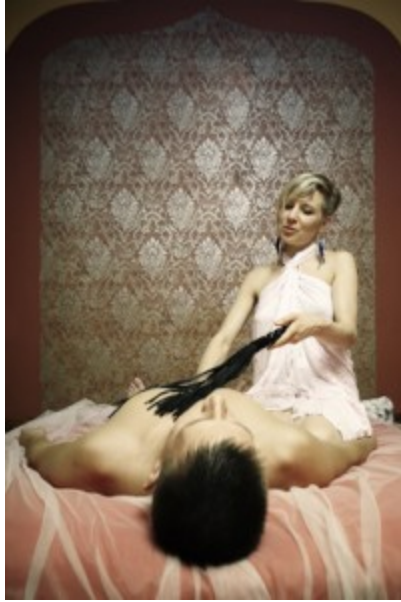
Foreplay!!

In this fun, playful and safe workshop, discover how to take foreplay, oral sex and touch to the next level. Develop new skills with hands on techniques that will have your lover(s) squirming and begging for more.



50 Shades of Play: with Gaia Morrisette founder of Succulent Living

Read the book, and now feeling deliciously intrigued to add some kink play to your own romance? We'll discuss the book together and discuss new techniques for communicating fantasies and desires to your partners. Learn about all the possibilities of opening up your relationships for role play adventuring. Be inspired to grow and develop a fantasy repertoire. Bring lots of questions and we'll discuss the many different kinds of play we loved to read (loved to fantasize about) between Anastasia and Christian but want more. Gaia will take you on a tour of a myriad of kinky delights and how to get started with your own exploration.



Spanking 101:

Discover the do's and do not's of spanking! Explore safe, sensual and pleasurable spanking techniques. In this hands on workshop we will have live demo's and practice time that will be guided and facilitated by world renown sex coach and educator Gaia S. Morrisette



Flashing your Fantasies and Desire

This interactive dynamic workshop you will learn: that your desires and fantasies are perfect and you do not need to be ashamed of them. Explore the difference between fantasy and making a desire reality. Gain skills in areas of negotiation and communication with your partner or partners. Discover the importance of letting go of fear, shame and guilt about your sexual fantasy and desires. After you have participated you will feel more confident and even be inspired with a few new fantasy to add to your spank bank!!!!



Square peg, round hole? Tired of trying to fit?

Learn the basics about Swinging, Nudism, Polyamory, BDSM. This interactive entertaining seminar and is filled with helpful tips and resources to support new pleasure, relationship and interpersonal freedoms. Come find your square hole or holes!!



Male Ejaculation Mastery Workshop

Are you tired of your penis making all the decision? Would it not be nice to feel confident that you are in control of when you want to cum/ejaculate?

Here are the benefits you will discover from having ejaculation mastery (muahahah world domination)

- You can support your lover or lovers in being able to have an orgasm or 10
- Prolong sexual experiences (can now have wild crazy monkey sex for hours)
- More intense ejaculation/ orgasm (your toes will curl and your eyes will roll back in your head)
- Building your self-esteem and confidence as a lover (you will be a rock star worshipped by all)

- Experience more bodily orgasmic bliss (toe-gasms, ear-gasms and even knee-gasms)



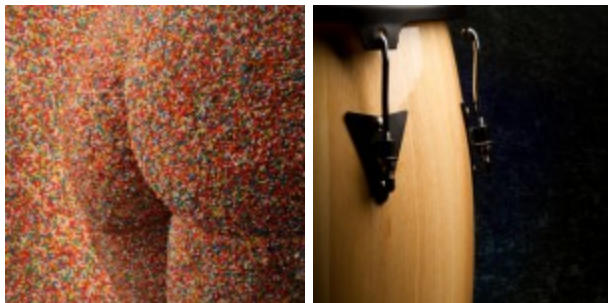
Food play and

exploration

Taking chocolate and strawberries to the next level.

Food and eating can be a very enjoyable, sensual, sensory and sexual experience alone, with a partner or partners. Learn how to see all types of food with new pleasure possibilities.

Learn food safety and preparation. Explore all the different ways in which food play can be a part of your sexual life: the playful, the sensual, the messy and the kinky. What would you do with a juicy mango, a head of broccoli, cherry pie filling, and frozen block of cheese?



Kinky drumming

Combines impact play (spanking) with tribal drumming.

Image the sexual music of moans, screams, whimper with the magick of the tribal drum beat.... Music for the gods!! Come learn how to play your submissive human drum like fine-tuned tribal drums. Come learn to play and experience the primal energy of the tribal drum. Come experience the freedom of surrender and express sounds of pain and pleasure to add your part to the music. In this very interactive workshop learn, experience and fine tune skills of negotiation, eye hand coordination, reading body language and playfulness. Let's make music together!!!



Succulent Drumming: Awakening and Experience

Pleasure

Come experience a safe space to let go of fear, self-doubt, and shame about sensual, sexual pleasure. Learn to use your drum and your vocal cords to express joy, arousal, and pleasure. Through this interactive drumming experience you will allow you to become more aware of your body, heart, mind and sexual spirit. In each drumming session we have Q/A time to talk openly about sex and relationship. It all done by anonymous written questions! Allow your body to experience tingling vibration of ecstasy pleasure that can last up to two days after a drumming session. WOW!!! Let's make some divine music and get tingling with pleasure together!

**** Other information from the site.... Event planners, university faculty and people looking for presenters! Each workshop or seminar can be 1 hour or 2 hour in length. All you need is the people and Gaia will create the safe , fun and non judgemental space of personal growth and development

Speaker Page:

Topics:

