



Sensuality Supercharged Bootcamp

3rd to 12th of June 2025

Practice check-list

| Done | Date | Practice |
|--------------------------|--------------|------------------------|
| <input type="checkbox"/> | 3rd of June | Breast massage 1 |
| <input type="checkbox"/> | 4th of June | Breast massage 2 |
| <input type="checkbox"/> | 5th of June | Visualisation 1 |
| <input type="checkbox"/> | 6th of June | Visualisation 2 |
| <input type="checkbox"/> | 10th of June | Pelvis/belly breathe 1 |
| <input type="checkbox"/> | 11th of June | Pelvis/belly breathe 2 |
| <input type="checkbox"/> | 12th of June | Live Call + Q&A |

✨ After the Live Call + Q&A, submit the check-list to me by email and you might win a VIP 1/2 coaching day with me worth over 1000€! ✨

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