



Your Guide to Joyful Intimacy

begins with
Profound Presence
through your 5 senses

Viktoria of PlayfulLoving.com

Site

What you see in the moment with no critical thinking, no judgement, no story around it.



Sound

What you hear in the moment. Listen with your heart without any mind chatter.

Smell

smell

What you smell in the moment. Drink in the scents of life with an open mind.

Taste

What you taste in the moment with your lips, mouth, tongue, and palette. Hold, squish, swirl, suck, and savour.

Touch

What you touch in the moment with your hand, fingers, finger tips, palm, arm, feet, leg, etc.



Get the vibrant life, love & intimacy you desire.