

A romantic couple is shown in profile, holding hands and kissing. The man is on the left, and the woman is on the right. They are both smiling and looking at each other. The background is a soft, glowing light with many small, bright spots, resembling a starry night sky or a magical atmosphere. The overall mood is intimate and affectionate.

LAYLA MARTIN PRESENTS

4 RITUALS *to* SUPERCHARGE SEX *and* CONNECTION

A step-by-step guide to 4 simple relationship rituals you
can use to enhance your intimate connection.



GRATITUDE RITUAL

A proven way to consciously create more gratitude, connection, love and happiness in your relationship.

1.

Set a timer for one minute for each of you

2.

Share everything you're grateful for and be sure to include:

- Something about your partner specifically
- Something about your relationship
- And something about your life in general



SAFE COMMUNICATION RITUAL

A contained ritual you consciously
create at least once a week.

1.

Set a timer for one minute for each of you and share:

- **What are you afraid of in your life and/or partnership?**

2.

Set a timer for one minute for each of you and share:

- **What do you really want, what are your deepest desires?**

3.

Set a timer for one minute for each of you and share:

- **What do you really love about your partner?**



INTIMACY RITUAL

A ritual designed to drop you into an intimate connection through the depth of your heart rather than your mind.

1.

Set a timer for 3 minutes

2.

Sit comfortably across from each other with no distractions

3.

Look into your partner's eyes the entire time

4.

Breathe deeply into your spiritual heart



EROTIC RITUAL

A powerful way to give your partner a set amount of time to relax and receive pleasure.

1.

Create a comfortable, sexy space for your partner to lie down

2.

Hit play on a sultry soundtrack. Here are 4 playlists to try:

- [Penis Massage Playlist](#)
- [Tantric Yoni Massage Playlist](#)
- [The Sensual Seduction Playlist](#)
- [Sultry Bedroom Beats](#)

3.

Click on the appropriate audio below and follow the steps:

- [Penis Massage Guided Audio](#)
- [Pussy Massage Guided Audio](#)