



# Private Sessions

with MAGDA  KAY

# Who is it for?

## Couples, who...

- want to celebrate their love, explore Tantra and **expand their already amazing connection**
- are looking for **new**, different & exciting experiences
- want to **celebrate a special occasion** in a unique, romantic way
- have been facing **growing challenges** and want to **break the negative pattern**
- have tried counselling or therapy but are **unable to move through conflict**
- feel they are **drifting apart** and want to **find their way back to each other**
- lost the spark and want to **reignite the passion** they used to feel

## Individuals (Men & Women), who...

- want to **explore Tantra**, deepen their understanding of intimacy and learn new things
- **feel blocked by old patterns** and are ready to break free from them
- are **looking for love** and want to be ready and **open to receive it**
- whose body has shut down to protect them from pain or abuse and who are ready to heal
- want to **deepen intimate connection with themselves** and others
- want to **embody masculine/feminine energy**



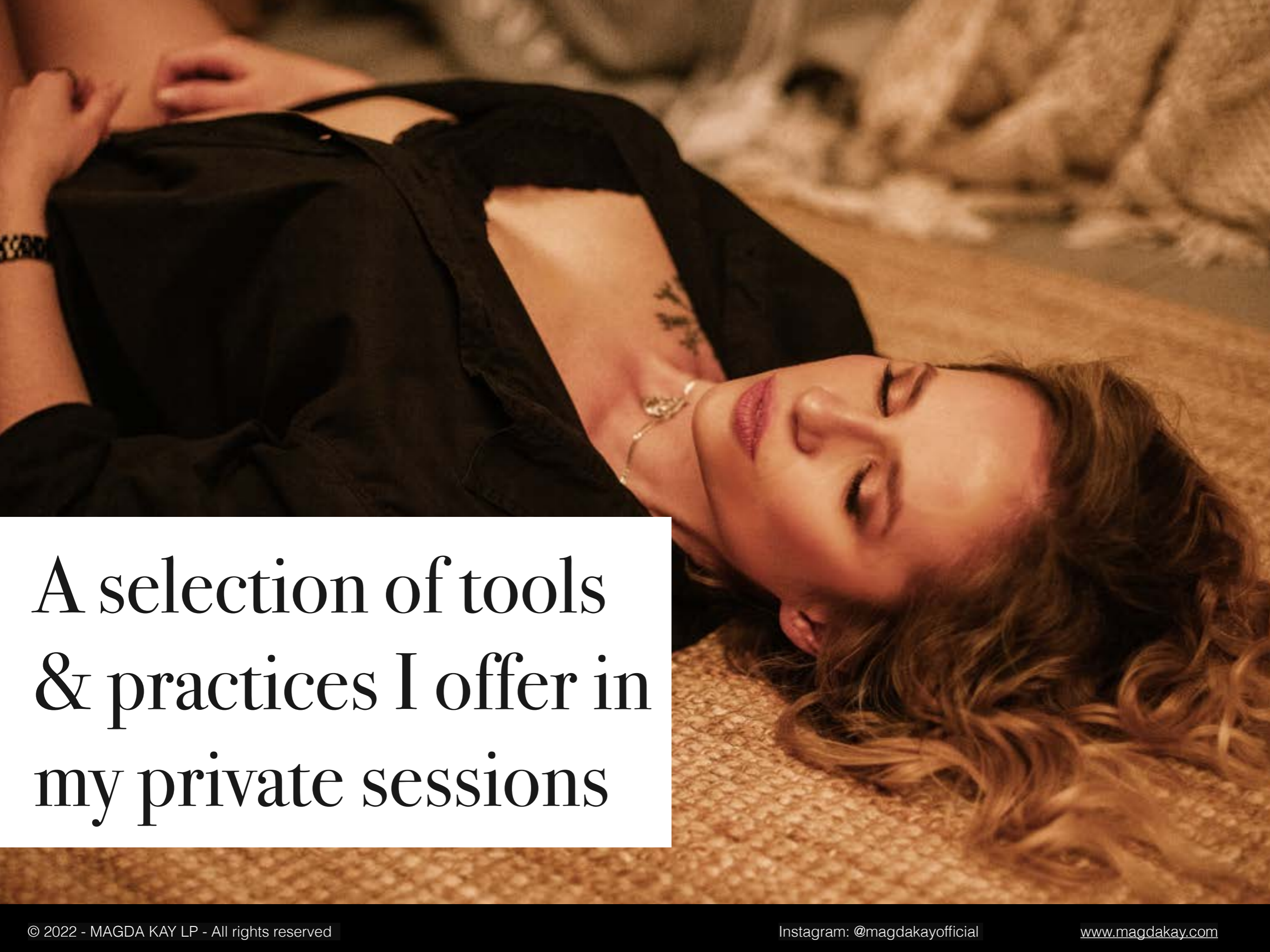
# What happens in a private session?

Every private session is **individually designed** based on your needs (discussed during our free introductory call).

The sessions happen in-person. They are practical, based on **movement, breath, sound, touch & meditation.**

We begin our session with a grounding meditation, then proceed with the specific breath work or ritual. You will receive all needed explanation so you know what we do and why. At the end we will discuss how you can implement this work in your daily life.

Next you'll see *examples* of techniques I offer in my private sessions...



*A selection of tools  
& practices I offer in  
my private sessions*

## Awaken of The Senses Ritual

A beautiful journey through each of your physical senses, helping you to open for more subtle sensations. I will tease each of your senses with various stimuli (different scents, sounds, textures) one by one, while all you need to do is receive and relax.



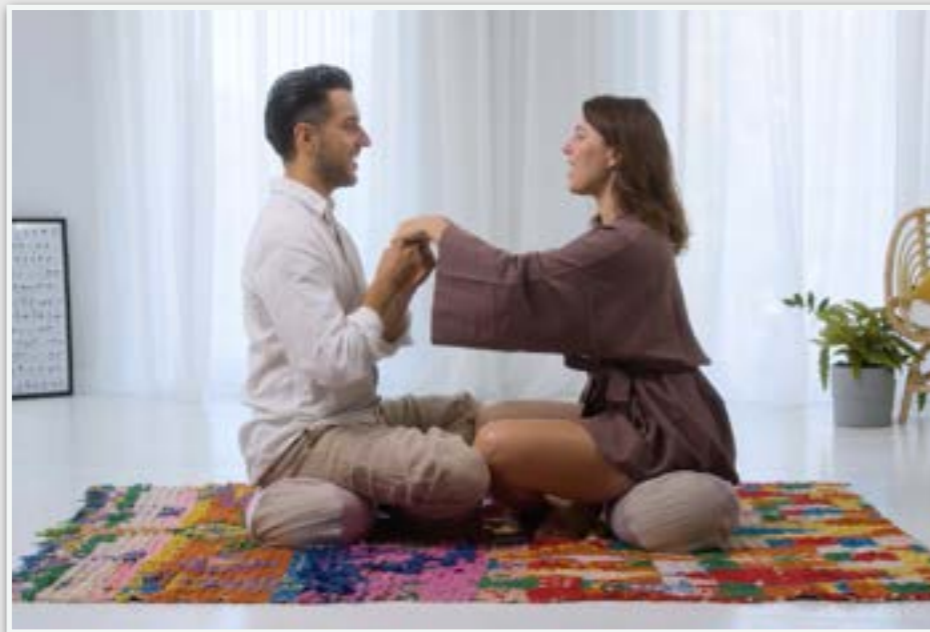
## Chakra Breath

Powerful breath practice in which you travel through each of your Chakras. You will energetically connect to each chakra and then deeply breath into it. After a few minutes of such intense breathing you may experience activation of your kundalini energy - that can manifest through the shaking of your body, tears or even energy orgasm.



## Orbit Breath

For this practice you sit in front of your partner (or me) and circulate breath through our bodies. We take deep breaths with our mouth. We inhale or exhale into 2 chakras: your sex center & your heart - two primary centers for intimate relationships. Just a few minutes of this breath can give intense sensations.



## Pussy/Cock Meditation

Most of us don't have a relationship with our sex center. In this practice you connect and speak to your pussy/cock. They know the best what they need to fully open, to be hard & aroused or to experience more and deeper orgasms.



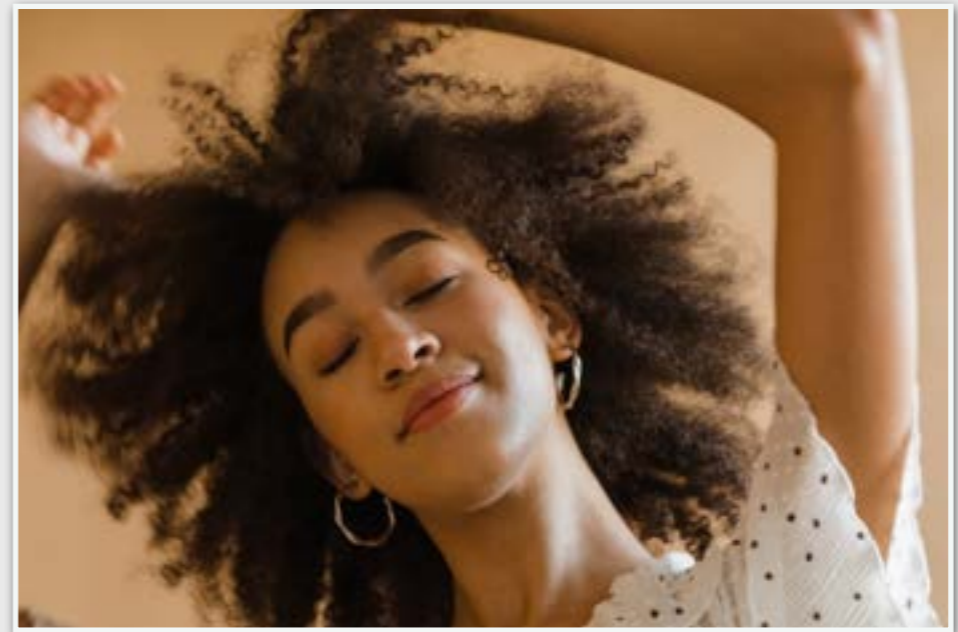
## Bossy Massage

In this practice you are in full control of what happens to you. You direct what kind of touch and where you want to receive. This helps you to take back ownership of your pleasure and receive everything you want. And it's a practice to receive and honor the boundaries of the other.



## Ritual for Manifesting Your Dreams

In this practice you charge your intention with your own life force energy. We travel through each chakra, filling your intention with specific qualities. At each chakra you will move, breathe and sound in accordance to this center. There will be some intense & active moments as well as soft & quiet.





# About Magda Kay

If you don't yet know me, hi!  
My name is Magda and I'm an Intimacy Expert, Tantra Teacher & Conscious Relating Coach.

After almost 2 decades of exploring psychology and human behavior, yoga, Tantra and various energy work modalities, I created my own unique way of working with my clients.

I'm a very down-to-earth person. I have the ability to see beyond the layers. I can pick on something in just a few minutes, giving you answers you may have been searching for, for years. You will leave the sessions with a deeper understanding of your dynamics, rewired patterns in your body and next steps on how to move from here onwards.



"The guidance together with your good energy and information you emitted during our sessions was empowering to me. I was once disconnected from everything in life, feeling lost, depressed, alone, unsupported and things just don't move. I am beginning to get my life back in track and will continue to work to improve and grow to be a better person. I really don't have the words to express my gratitude. Last but not least, Magda, my heartfelt thanks to you". - Amy, Malaysia



"We used to be crazy about each other. Finding alone time was never an issue until the kids came. Now they come first. And so does the house and work. We started spending less and less time together. This is why we decided to work with Magda. We wanted to bring back that passion we had. With Magda's help we started taking time for each other, going on dates and appreciate one another. Having Magda keep us accountable allowed us to create new routine around our relationship, despite a strong urge to keep pushing it to the side. It is absolutely possible to enjoy passionate relationship even if you have family and work to keep you busy and Magda has been great and guiding us to this place. Thank you!"

Amy & Andre - France

"I have been curious about Tantra but didn't know how to get started. Then I met Magda through a friend and decided to give it a try (despite feeling still rather uncomfortable about the whole thing). We worked privately with Magda, and it was beyond what I could have expected. Magda showed me a whole new approach to sex and how to enjoy intimacy with my partner outside of the bedroom. I always thought it's something women wanted, but I couldn't find pleasure in it myself. But then we did a few really fun exercises together that showed me a whole new side to sexuality and pleasure. I've become a much more considerate lover and my partner's happiness is the best proof of that."

Derek - Australia



# Rules of conduct & Etiquette

# IMPORTANT

Please remember these are professional services.

I do create an intimate space for you so you can open up. This may feel very vulnerable and deep. You may even find yourself developing feelings or desire towards me. However, this should never be confused with an invitation for more. I am your coach and my role is to guide you. I am not your companion.

In my presence and during our sessions, please adhere to these rules:

- **No sexual/ intimate interaction between us of any sort**
- **No full nudity (and strictly no genital nudity)**
- **No genital stimulation or direct self-arousal in my presence**
- **Do not try to touch my body**, especially my breasts, waist, belly or thighs, without my consent. If our practices require touch, it will be explained and discussed. My body is not an object, it is a part of me and this must be honored.

**Should any of the above rules be broken, the session will immediately stop with no refunds.**

# The Deets

- Sessions are **2 hours long**
- You need a **private space** and a **double bed/mattress**
- The session can happen at my place or at yours. Many clients like to book a hotel room. We discuss this on the call.
- Sessions are available around the world, in a **location that works for both of us**. Please note I do not currently offer sessions in USA.
- If the location requires me to travel, then the booking of minimum 3 sessions is required or the client may choose to cover the travel costs.
- You can book just 1 session, or a package. With the minimum of 3 sessions, you will receive a **complementary bonus follow up online call (1-hour long)**
- Available for **men, women & couples**

## PRICE:

- 350 USD (for individuals)

# Ready to book your session?

Then let's talk.

The first step is a **free consultation directly with me**, in which we'll discuss what kind of an experience you're looking for.

We will also discuss available **dates & location**.

To book your call please email us at *[info@magdakay.com](mailto:info@magdakay.com)*

[OR CLICK HERE](#)

