

Good for Her fall 2010 seminars

Good For Her is Canada's premiere workshop centre and women friendly sex toy, book and DVD shop. Our specialty is providing quality sexuality products and education that empower and celebrate everyone's sexuality.

Good For Her sexuality seminars are taught by some of the most knowledgeable and experienced sex educators in Canada and the U.S. Since 1997, over 15,000 women, men and couples have experienced Good For Her's unique style of friendly, informative and enjoyable seminars. Who knew "school" could be this fun and comfortable!

Bigger, Better and Multiples: Orgasms for Women

Learn how to have multiple, extended, and full-body orgasms. Learn to orgasm in new ways, including during intercourse with G-spot orgasms. Gather tips and techniques for expanding pleasure and for enjoying multiple, more powerful and longer-lasting orgasms that can blow you away, whether going solo or with a partner. Women* only.

With Carlyle Jansen, \$33

Thursday September 23 (7-10pm)
Thursday November 25 (7-10pm)

Burlesque & The Art of the Tease

This workshop focuses on giving you the confidence, moves, tips & tricks to put on a spectacular private or public performance. Wear comfortable clothing & shoes and bring along your boas and gloves. Women* only.

With Lorraine Hewitt (aka CoCo La Creme), \$33

Tuesday November 2 (7-9:30pm)

NEW! Cherry on Top: Erotica for Women

Sizzling readings. Sassy discussions. Tantalizing writing exercises - Cherry on Top is for women interested in the sensuality of the written word. In this workshop, you will learn to arouse, empower, and heal through poetry and prose. No prior writing experience required ~ just an open mind and explorative spirit. Women* only.

With Melissa Benner, \$33

Saturday November 13 (12-2:30pm)

Discover Your Erotic Sensual Self

Realize the depth of your sensuality through an unveiling of the ideas, fears and emotions that hold you back from your fullest erotic potential. This experiential workshop aims to give you tools and food for thought that will enhance your relationship with yourself and with those you love. Women* only.

With Carlyle Jansen, \$33

Friday October 29 (7-10pm)

Diving into Ecstasy (Tantric Sex)

An introduction to spiritual sex, this workshop covers the basic keys of Tantric lovemaking, including practical exercises for tuning into your sexual energy, freeing female orgasm, and male ejaculation mastery. No sexually explicit activity. Heterosexual focus. All genders welcome.

With Pala Copeland and Al Link, \$33

Tuesday September 14 (7-10pm)

Erotic Massage for Couples

Couples, treat yourselves to an erotic retreat in the trendy Distillery District. Deepen your connection through learning how to give and receive an erotic massage. Includes full-body massage as well as genital massage techniques. Each couple will have privacy to practice and learn. Why wait for Valentines Day to learn how to better pleasure each other? Includes gourmet lunch and snack. For male-female couples.

With Carlyle Jansen, \$225 per couple

Saturday September 11 (10am-6pm)

Find Her G-Spot: A Workshop for Men

If you are looking to deepen your understanding of female pleasure this workshop is for you! Learn the anatomy and techniques to hit the spot that everyone is talking about! Say goodbye to the mystery with these new skills and positions to pleasure her more than either of you thought possible. Men* only.

With Tara McKee, \$33

Monday October 25 (7-9:30pm)

Flirtation 101

This fun and interactive workshop will cover the ins and outs of friendly and romantic flirting. You'll learn how, when, where and with whom you should flirt and why. Toronto's biggest tease, CoCo La Crème will teach you how to sail through social situations with grace and style. All genders welcome.

With Lorraine Hewitt (aka CoCo La Crème), \$33

Saturday October 16 (12-3pm)

G-Spots and (Female) Ejaculation

The G-Spot does exist! You have the potential to ejaculate! Learn the anatomy, tools and techniques to find your G-Spot and broaden your orgasmic repertoire. A great workshop for the G-Spot novice or a seasoned practitioner! Join Tara McKee for a workshop that will enhance your bodily possibilities in an open and fun environment. Anyone with a G-Spot welcome: women, FTM's and transmen included.

With Tara McKee, \$33

Tuesday November 9 (7-9:30pm)

NEW! Getting Off on Going Down and Giving Head

Porn fantasy? Impossible dream? No, it's a learnable skill! Give fabulous oral pleasure and learn how to get off on it! In fact, you can learn to come from anything! Start with basic Hands-Off Self-Arousal skills, then learn to use them while pleasuring others. All genders welcome.

With Sheri Winston, \$33

Wednesday November 24 (7-9-30pm)

Getting the Sex You Want

Get more of the sex and pleasure you want! Don't settle for mediocre or let the sizzle fizzle. Learn how to spice it up, communicate effectively, find creative ways to negotiate differences in desire and deepen the intimacy you crave. Join us— you deserve it! Men welcome when accompanied by a woman*.

With Carlyle Jansen, \$33

Monday November 15 (7-9:30pm)

Giving Great Head

We use a woman's perspective to teach you how to give fantastic head to men. Workshop includes dozens of tips and techniques that will improve both your and your partner's pleasure from oral sex, including the "million dollar point", positions, toys, intensifying orgasms and erogenous zones. Women* only.

With Carlyle Jansen or Lorraine Hewitt (aka CoCo La Crème), \$33

Wednesday September 15 (7-9:30pm) **Wednesday October 20 (7-9:30pm)**

Wednesday November 10 (7-9:30pm) **Saturday November 27 (12-2:30pm)**

Going Down: The Art of Oral Sex on Women

Want to take it up a notch? Want to connect with the most intimate part of her body and see her writhing in pleasure? Spend an evening learning advanced tips and techniques on going down on women and then watch it pay dividends in increased pleasure, closeness and heat. Become the one she raves about to her friends. Men* only.

With Juliet, \$33

Tuesday October 12 (7-9:30pm)

How to Drive Your Man Wild With Pleasure

Become the best lover any man has ever had. From sure-fire seduction to mind-blowing orgasms, you'll learn what he craves and how to satisfy it. Master the touch and techniques that will truly make you the most irresistible lover, able to give and receive pleasure like never before. Women* only.

With Rebecca Rosenblatt (aka Dr. Date), \$43 (includes course book)

Monday September 13 (7-9pm)

Monday October 18 (7-9pm)

Keep Her Coming: The Art of Pleasuring Women

Enhance your lovemaking skills and bring her to ecstasy every time. Find out how to help her get "in the mood" and bring her to new heights once she is there. Learn advanced techniques that will ensure that she keeps coming back for more. Make her fantasies come true! Men* only.

With Carlyle Jansen, \$33

Tuesday November 30 (7-9:30pm)

Kink 101

Join Carrie Gray of ASLAN Leather for a tour into the world of erotic sensation play. Learn how to translate sexual desires from fantasy to reality by exploring role-play, D&S and communicating consent. Pick up tips on using a flogger, how to put your partner in bondage and using sensory deprivation toys. All genders welcome.

With Carrie Gray, \$33

Friday September 24 (7-9:30pm)

Kink 201: Tie Me Up, Tie Me Down

Learn how to use rope for bondage, fun & sexy scenes! Also learn to incorporate flogging, caning, and sensory deprivation into your kink playtime. Learn about safety, negotiation, how to set up a heavy scene, psychological aspects of SM and important aftercare tips. Bring your enthusiasm and be prepared to play! All genders welcome.

With Carrie Gray, \$33

Friday October 22 (7-9:30pm)

Learning to Orgasm

Many women are unable to orgasm or wonder whether they are indeed having orgasms or not. This workshop will help you understand how to become orgasmic and teach you skills to get there. We will cover psychological as well as physical aspects of being orgasmic. Non-orgasmic women only.

With Carlyle Jansen, \$45

Saturday October 2 (12-5pm)

NEW! Live Nude Women: Over 40 and Foxy

Admit it: you've never felt hotter (and for some of us, in more ways than one). Join seasoned stripper and sex columnist Sasha Van Bon Bon as she guides women 40+ in a thorough study of the moves and attitude necessary to strip with smouldering style. Fan those flames! Women* only, no nudity required.

With Sasha Van Bon Bon, \$33

Thursday October 14 (7-9:30pm)

Playing with Dominance and Submission

Want to learn more about how to give and receive power with confidence & creativity? This workshop will show you how to bring out your inner Top or bottom and includes tips on communication, role play, tools for pleasure/punishment, playing out your desires safely, practical skills and other necessities to achieve ecstasy through play. All genders welcome.

With Carrie Gray, \$33

Friday November 12 (7-9:30pm)

Pleasure Lab: Your Erotic Anatomy and

Self-Pleasure Skills

Discover more about your sexual anatomy than you ever knew existed. Practice 20 thrilling new techniques for pleasuring yourself. Add them to your repertoire then teach them to a partner. Although in a group, each woman will be covered and will privately look at and explore herself with the aid of a mirror. A transformative workshop! Women only.

With Carlyle Jansen, \$33

Monday November 1 (7-10pm)

Secrets of Female Pleasure - Women's Anatomy of Arousal

From her award-winning book Women's Anatomy of Arousal, acclaimed sex educator Sheri Winston presents this fun, fascinating and highly useful workshop. Going far beyond the clitoris and the G-spot and exploring the entire Female Erectile Network, you'll more fully understand the vast female erotic system. Expand your and/or your partners' arousal and orgasm with this essential, empowering information. All genders welcome. If you don't learn anything new – the class is free!

With Sheri Winston, \$33

Tuesday November 23 (7-9:30pm)

NEW! Sensational Sex: For People Living with HPV/ Cervical Cancer

Sensational sex is possible for everyone! Share with others living with HPV/cervical cancer to learn the latest information and to maximize pleasure in your life, whether single or partnered. Gain skills in negotiating sex and talking to partners about safer sex and pleasure. Discover strategies for finding pleasure where there are new challenges. Women and trans men only.

Presented by Carlyle Jansen and Dr. Sheila Wijayasinghe MD (Hassle Free Clinic)

\$8.85 with proceeds to the Cervical Cancer Foundation

Saturday October 30 (1-3:30pm)

Spicing it Up: Hot Sexy and Sustainable Relationships

Learn to create, sustain or rediscover the passionate relationship you crave. Keep it alive and spicy with a toolkit of ideas to last a lifetime. Discover new ways to enhance libido and ensure sexual satisfaction in relationships even with differences in desire. Leave with a renewed passion for discovery! All genders welcome.

With Carlyle Jansen, FREE

(pre-registration required)

Thursday October 7 (7-8pm)

Stripping, Lap Dancing and Sexual Seduction!

Come learn incredible tips and techniques of stripping and lap dancing! Join erotic dancer extraordinaire Dylan Ryan for some playful instruction, confidence building rehearsal and sexy choreography that's bound to astound anyone you choose to dazzle in the bedroom and beyond! Feel free to bring a garment you'd like to learn how to incorporate. Women* only.

With Dylan Ryan, \$33

Friday November 26 (7-9:30pm)

Talking Dirty and Role Play

Master the art of erotic talk so you can have the kind of sex you always wanted, through fantasy sharing, role play, naughty instruction, and hot, dirty dialogue intended to excite, entice and enchant anyone, anytime, anyplace! It's all about what to say and how to say it oh-so-deliciously! Women* only.

With Rebecca Rosenblat (aka Dr. Date), \$43 (includes course book)

Monday October 4 (7-9:30pm)

NEW! The Empowered Submissive

Discovering a taste for sexual submission? Learn how to do so with power, confidence, and pleasure as you uncover the gifts that receptivity offers both you and your play partners. Concrete tools will be provided to work through common emotional and practical challenges. All genders welcome.

With Shahrazad, \$33

Wednesday October 27 (7-9:30pm)

The Reluctant Dominatrix

Come join professional dominatrix and sexuality counselor Shahrazad in an exploration of how to overcome emotional resistance to being sexually dominant and open to the potential of wielding power for mutual pleasure. Take home practical techniques to acquaint you with your inner dominatrix. Women* only.

With Shahrazad, \$33

Wednesday September 22 (7-9:30pm)

The Search for Pleasure: Pelvic Pain and Painful Sex

If you experience painful sex, you are not alone. More and more women are troubled by pelvic pain, vaginismus and other concerns. In this workshop, we will explore new ways to enjoy sexual contact with our partners and ourselves, share resources to improve our health and enhance pleasure, and find support for dealing with sexual discomfort and pain. Women* only.

With Tara McKee, \$33

Sunday November 28 (1-3:30pm)

The Sophisticated Handjob

Offer your partner an even finer hand job than he can do for himself! Learn over 25 manual techniques that will make you an expert in fun and seductive handjobs. Add variety, surprise and sophistication to your sex life with this overlooked sexual technique. Includes positions, toys, erogenous zones and more. Women* only.

With Lorraine Hewitt (aka CoCo La Crème), \$33

Tuesday October 26 (7-9:30pm)

The World At Your Finger Tips: Self-Pleasuring for Women

Self-pleasuring is sex! Masturbation is something many women struggle with or avoid. In this workshop we will talk about what holds you back and provide information on where to start, what to do, and all about toys, too. Masturbation is not just for single women, we can all enjoy it. Women* only.

With Tara McKee, \$33

Wednesday September 29 (7-9:30pm)

NEW! Monthly Introduction Series

Good For Her is proud to present a monthly, economical series designed to offer participants fundamental skills and knowledge on a variety of topics.

Introduction to Strap-Ons

Looking for some expert strap-on tips? Curious about the world of harnesses and dills? Join us for a thorough discussion about different types of harnesses, how to pick what is right for you, and of course, how to rock your strap-on for the benefit of both you and your partner. All genders welcome.

With Chase Ryan, \$8.85

Thursday September 30 (7-8pm)

Introduction to Porn by and for Women

Curious about the world of smut, but afraid of running into boring, offensive movies? Alison Lee, director of the Feminist Porn Awards, takes you on a journey through the world of female-friendly porn, screening a variety of short clips. Find great porn that you can enjoy solo or with a partner! All genders welcome

With Alison Lee, \$8.85

Thursday October 21 (7-8pm)

Introduction to Anal Pleasure

Interested in anal pleasure but not sure where to start? Afraid it might not actually be pleasurable? Tried it without much success and not sure you want to go back? Debunk the myths of anal pleasure and discover some fabulous new ways to experience the full potential from this often misunderstood erogenous zone. All genders welcome.

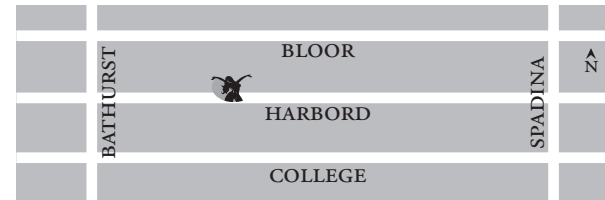
With Carlyle Jansen, \$8.85

Monday November 29 (7-8pm)

Women* includes trans women

Men* includes trans men

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STORE HOURS

Mon-Thurs: 11 - 7

Friday: 11 - 8

Saturday: 11 - 6

Women & Trans only Hours

Sunday: 12 - 5

Hosting a party?

Make it a Sex Toys, Giving Great Head, Sexy Mamas, G-Spots, Burlesque or another workshop of your choice, tailor-made for your group and in the privacy of your own home! Email or call us for details. www.goodforher.com.

Workshops must be pre-paid. We suggest registering early as many workshops sell out. Participants may cancel up to 3 days prior to the workshop and receive a store credit.

No store credit will be given for cancellations with less than 3 days notice.

Sliding scale payment is available—let us know when you register.

People 18 and over, of all orientations, and genders/sexes are welcome, except where noted.

We regret that our workshop space is not wheelchair accessible.

Workshop prices do not include applicable taxes.

REGISTER ONLINE AT WWW.GOODFORHER.COM,
IN PERSON OR CALL 416-588-0900



Good for Her

SEXUALITY SEMINARS for everyone

FALL 2010

www.goodforher.com