The role which body awareness may play in female sexual response has received little empirical attention up to now. A study conducted by Herberich (2009) showed that women who feel more positively about their genitals find it easier to orgasm and are more likely to engage in sexual health-promoting behaviors. Seal & Merton (2007) demonstrated with a sample of women with sexual dysfunctions and negative body image, that awareness of one’s body is related to increased subjective sexual response in conditions where cognitive distraction does not occur. Physical appearance concerns seem to have similar negative impact on female sexual function, as do men’s problems about erectile function.

Koff & Govann (in press) interviewed 100 women who were asked to pay attention to body or genital cues during sexual stimulation had higher correlations between the subjectivity perceived sexual arousal and the physiological arousal than the control group. Sexual enjoyment, body awareness and self-image of women between 50 and 82 years were studied by Gruchalla et al. (2003). Self perception for enhancing greater body awareness as well.

The relationship between sexual arousal experience and genital response.


The Orgasmic Woman

The Orgasmic Woman is an intensive three month self-training program for women who would like to enjoy their sexuality more. The program consists of techniques from the cognitive-behavioral and hypno-therapeutic fields and from Komaja’s tantra training. This program, as an entity and especially its Erotic Power Training, which is performed daily, is designed for enhancing greater body awareness as well to have a positive influence on their life as well and it is not just a question of sex - as positive as possible to the body’s processes and states. Then the body becomes a reference point of being in the world (Hutchinson, 1994). This focus on body awareness, as well as being non-judgementally present, allows the participants to make a possibility to have flexibility and conscious choice about what one senses, feels, thinks and does. In this mind-body-awareness (Rytz, 2009), sexuality can be lived in a passionate, mindful and loving way.

Scientific Background

The role which body awareness may play in female sexual response has received little empirical attention up to now. A study conducted by Herberich (2009) showed that women who feel more positively about their genitals find it easier to orgasm and are more likely to engage in sexual health-promoting behaviors. Seal & Merton (2007) demonstrated with a sample of women with sexual dysfunctions and negative body image, that awareness of one’s body is related to increased subjective sexual response in conditions where cognitive distraction does not occur. Physical appearance concerns seem to have similar negative impact on female sexual function, as do men’s problems about erectile function.

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One of the supplementary exercises to the Erotic Power Training, which is examined in detail in this study, is the one which helps to increase sexual pleasure and to gain playfulness and control during making love.

Vajroli Mudra is an exercise for strengthening the pelvic floor muscle. It is important because through it women can increase sexual pleasure for themselves and also for their partner.

Results: 87% of the women reported that this exercise helped to give them a greater sexual enjoyment.

The Vajroli exercise concerns for strengthening the pelvic floor muscle and for getting more awareness about the different parts of the area and if the possibilities to integrate it in the love-play. Furthermore, the Vajroli exercise helps making love from the peripheral level to the chest.

70% of the participants answered that it helped them to bring more utility into the chest.

The Tabo Exercise consists of massaging of the anal muscles. This was a challenging exercise for many of the women.

Results: At the beginning, 75% of the women had negative emotions (such as fear, disgust, shame, guilt) in relation to the exercise; however, by the end of the training, the women reported that these emotions changed into positive ones, such as self confidence and courage. 47% of women reported sexual arousal during doing the Tabo Exercise. 60% of the women reported that while doing the The Orgasmic Woman they included the anal area in their sexual activities more.

To summarize

In general, having completed The Orgasmic Woman, the women felt more connected to their body than before doing the training.

For not at all: 5.3%

Somewhat: 14%

Very much: 30.2%

Extremely much: 46.5%

No answer: 2.3%

In general, having completed The Orgasmic Woman, the women have felt more connected to their body than before doing the training.

For not at all: 14%

Somewhat: 46.5%

Very much: 23.2%

Extremely much: 23.2%

No answer: 7.4%

The following reports by some of the participants of The Orgasmic Woman give an insight in the plenitude of experiences the women gained for greater body awareness and more sexual pleasure.

Diary entry of a 27 year old woman from Central Europe:

I got the impression that I can control my body through this exercise and that I can really train it. I hadn’t had any experience before. It was a real taboo; I have never explored that area, it was a forbidden place, I was not allowed to go near it. The "Tabo Exercise" was a real challenge for me. I started to accept the anus as natural, as normal part of my body. And also now I enjoy when my partner touches it. It is a new experience in our love-erotic play.

Diary entry of a 27 year old woman from Central Europe:

I had feelings of disgust while I touched at vaginas, and most interesting was to look at my own vagina. I felt repulsion to touch it. It was an unpleasant pain in my stomach and feelings of fear and uncertainty. Every time when I used to look at my vagina I felt dark spaces. I had the thought my vagina is not worthy. After the training I feel a lot less shame and acceptance the genitals, with my fingers, I discovered a completely new world in my vagina. The dark space was transformed into a red flower. All the disgust, fear and uneasy feeling was transformed into my body. But, slowly after a few times trying, and after reading the instructions given in the training program and speaking with my contact person, I was more relaxed and less disturbed while exploring my vagina. I even started to enjoy the exercise, and it became one of my favorite exercises. In the near future, I am in love with my own body.