



School of Sensual Massage

Courses Events Community

SCHOOL OF SENSUAL MASSAGE / FOR MEN

Massage My Woman Foundation Course

Six hours / Private tuition / Sloane Square, London

Learn to give with confidence

A practical course in female pleasure: understand how arousal develops, watch Colin demonstrate and practise a complete, unhurried sensual massage with personal guidance.

Two 3-hour sessions • Options from £800 • Consent-led learning



A practical course in female pleasure

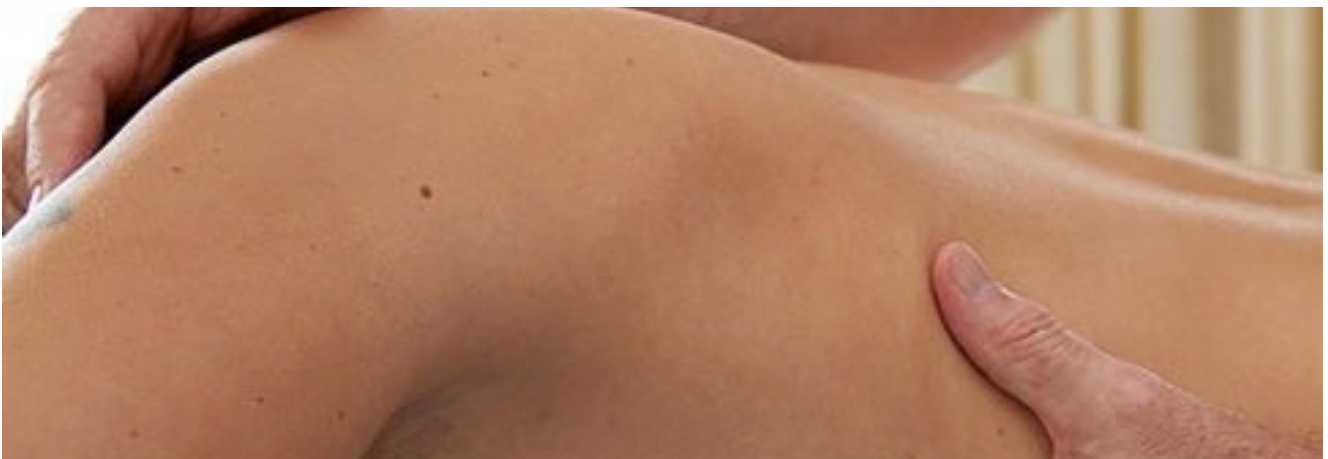
The starting point for men who want genuine confidence and skill in attentive, unhurried touch.

Many men learn through guesswork or feel pressure to “get it right”. Foundation gives you time, structure, honest feedback and guided experience. Over six hours, you learn step by step with vetted female volunteers or a partner you bring. No previous massage experience is required.

WHO THIS COURSE IS FOR

- Men in relationships who want to deepen connection and pleasure.
- Single men seeking confidence when dating or beginning a relationship.
- Men who want to understand female arousal and extend foreplay.
- Anyone who wants to respond to a partner’s body rather than rely on guesswork.

The goal: become more present, creative and responsive. Every woman is different; the receiver’s comfort and responses guide your decisions throughout.





Learn to notice what she is feeling

The psychology and physiology of arousal are taught alongside practical touch.

Arousal can be influenced by trust, confidence, self-consciousness, previous experiences, relationship dynamics, hormonal changes and a sense of safety. You explore why anticipation matters, why pressure can close arousal down and why gradual, varied touch can be more effective than rushing.

YOU WILL LEARN HOW TO

- Create anticipation through pacing, pauses, intention and confident touch.
- Read breathing, movement, muscle tone and other non-verbal cues.
- Communicate about preferences and consent without losing the flow.
- Understand the external anatomy of the vulva and clitoris.
- Understand G-spot and S-spot principles through demonstration.
- Build, ease and rebuild arousal while removing pressure to achieve orgasm.

The central skill is responsiveness. Notice how this particular woman responds, then adjust pressure, pace, position and intention. A fixed sequence should never override her feedback or boundaries.



Build a complete massage from the start

Learn the setting, opening conversation and a head-to-toe sequence that moves gradually from therapeutic to sensual touch.

CREATING THE SETTING AND BEGINNING WELL

- Prepare lighting, temperature, privacy, towels, oils and music.
- Agree intention, boundaries and consent before touch begins.
- Introduce head massage, a towel reveal, feather sweeps and gentle fingertip strokes.
- Practise pressure points and therapeutic back massage with hands and thumbs.

BACK, SHOULDERS, LEGS AND BODY CONNECTION

- Use forearms, elbows, effleurage and kneading with controlled body connection.
- Develop side-of-body work, arm slides, an embrace and supported back stretches.
- Massage both legs, then explore waist-to-neck pressure and figure-of-eight buttock work.
- Introduce agreed teasing around the buttocks, groin, perineum and external anal area.
- Explore a topless-giver module only where agreed within the receiver's boundaries.

Colin teaches how anticipation can develop without immediately focusing on intimate touch. The receiver's responses guide when and whether the massage progresses.



A considered introduction to erotic touch

The Foundation elements are demonstrated and practised gradually, with agreement and ongoing feedback.

RECEIVER FACE DOWN

- External genital massage using flat hands, sweeping movements and controlled pressure.
- A still vulval hold, groin pressure, leg lifts and light clitoral stimulation.
- External anal touch or teasing only where agreed.
- A demonstration of face-down vaginal thumb massage and internal-stimulation principles.

RECEIVER FACE UP

- Foot, ankle, leg, shoulder, neck, arm and hand massage to alternate intensity.
- Massage of the mons pubis, outer labia, external clitoral area and upper thighs.
- Breast and nipple massage with variations in pressure and movement.
- Selected external vulval and clitoral techniques, including changes of position and reach.
- Demonstration of G-spot and S-spot anatomy, angle, pressure and response.

Orgasm is possible, never demanded. The aim is to understand how arousal develops and support pleasure when wanted. The receiver's experience and feedback matter more than any particular outcome.



Watch, practise, receive direct feedback

Two 3-hour sessions on separate days are standard. A single 5½-hour day may be arranged on request.



90 MIN

Discussion and demonstration

Start with female sexuality, arousal and communication. Colin then demonstrates selected movements, explaining what he is doing and why.

PRACTICE

Guided hands-on training

Join Colin for a half-body massage, mainly on the back of the body, then practise agreed intimate elements. Colin guides positioning, rhythm, consent and response.

15 MIN

Receiver feedback

Close with direct feedback about your style, touch and technique. Discuss your progress and any next steps.

YOUR COURSE INCLUDES

- Personal instruction, vetted volunteers or a partner you bring, and all oils, towels and refreshments.
- A printed take-home summary, Sensual Connect student group access and an optional follow-up call.



Choose your Foundation arrangement

OPTION ONE

Two volunteer receivers

Two guided teaching massages with separate female volunteers over two 3-hour sessions.

£850

Deposit £425

OPTION TWO

Partner or friend + volunteer

One guided massage with a woman you bring, and one with a female volunteer, over two 3-hour sessions.

£800

Deposit £400

WHERE FOUNDATION CAN TAKE YOU

Intermediate: develop body-to-body massage, reciprocal touch and student practice with internal techniques after Foundation. Advanced: explore a wider selection of assertive, oral, toy-assisted and more intense techniques. Professional training also includes client care, boundaries and business preparation.





Deposit and cancellation terms

Please read these before confirming your dates. Full terms are available on the School website.

BOOKING AND BALANCE

A 50% deposit secures the dates. The balance is due the day before training begins. Bank transfer, PayPal and cards are accepted.

AT LEAST 72 HOURS' NOTICE

Receive 75% of your deposit back or transfer to a new start date within 12 weeks of the original.

TWO TO THREE DAYS' NOTICE

Transfer only if you provide a new start date within seven days and begin within 12 weeks of the original date.

WITHIN 24 HOURS OR NON-ATTENDANCE

The full deposit is lost. A missed module cannot be repeated or refunded without at least 24 hours' notice.

PAUSING OR WITHDRAWING

Documented health or significant personal circumstances may allow a pause. Remaining sessions must finish within 12 months. No refund is issued after training starts.

EXCEPTIONAL CIRCUMSTANCES

Bereavement, serious injury or significant illness can be discussed with Colin, with supporting evidence.

PAYMENT PLANS

Instalments may be available across two months; ask Colin for details.

Completion: The two Foundation modules should normally be completed within one month. Full terms: schoolofsensualmassage.co.uk/terms.



Apply for Foundation training

Submitting an application starts a conversation; it does not reserve a place.

COMPLETE THE MESSAGE MY WOMAN APPLICATION FORM

https://intimacymatters.formstack.com/forms/man_to_man_show__maxi_copy_copy_1

- 1 Apply**
Tell Colin what you hope to learn and whether you wish to bring a partner or work with volunteers.
- 2 Discuss your goals**
Arrange a free 15-minute call, discuss suitability and agree possible dates.
- 3 Confirm your place**
Review the terms and pay a 50% deposit. You will receive preparation details before training.

CONTACT COLIN RICHARDS

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schoolofsensualmassage.co.uk

ENQUIRY FORM

REQUEST A FREE 15-MINUTE CALL

Colin Richards is a Sex & Intimacy Engineer, Somatic Sensual Masseur and educator with over 20 years' experience. All practical training takes place with adults in a professionally guided, consent-based setting.