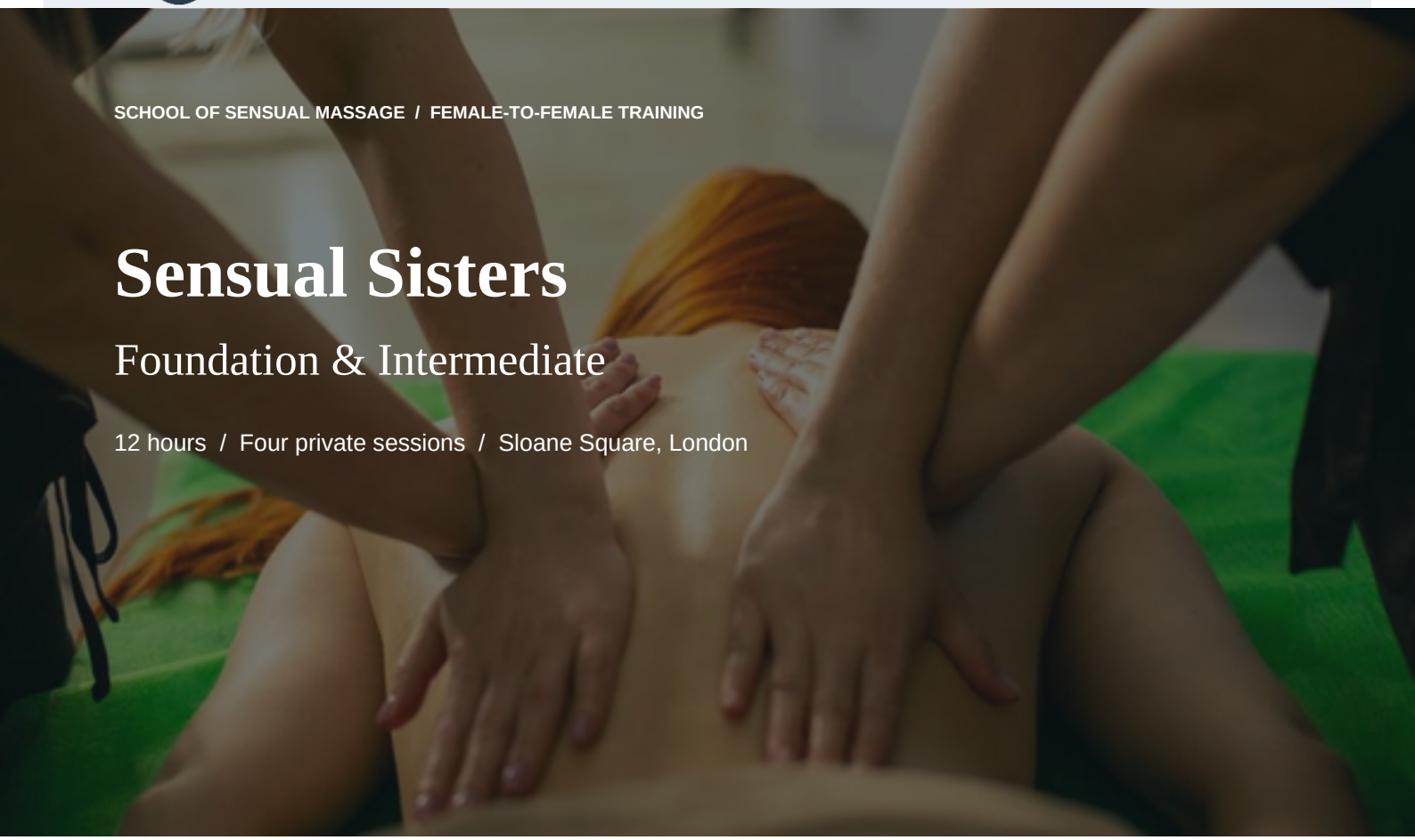


SCHOOL OF SENSUAL MASSAGE / FEMALE-TO-FEMALE TRAINING

Sensual Sisters

Foundation & Intermediate

12 hours / Four private sessions / Sloane Square, London

LEARN WITH CONFIDENCE, BUILD CONNECTION

A guided progression from Foundation skills to connected Intermediate practice

A complete, consent-led learning pathway

Develop a head-to-toe massage sequence, learn to respond to feedback and build towards reciprocal and body-to-body practice with personal tuition from Colin Richards.

FOUNDATION / 6 HOURS

Build the routine.

INTERMEDIATE / 6 HOURS

Deepen connection.

12 HOURS TOTAL

Progress at your pace.

Adults aged 18+ | Current dates, receiver arrangements and fee confirmed with Colin.

A guided 12-hour pathway

The combined course takes you from the fundamentals of sensual massage through to more connected, reciprocal practice. It is designed for women starting at Foundation and continuing into Intermediate, with time to develop technique, confidence and responsive touch.

TWO LEVELS, ONE PROGRESSIVE COURSE

FOUNDATION / 6 HOURS

Start with the essentials

No previous massage experience is required. Learn communication, preparation, a complete head-to-toe routine and agreed external sensual elements.

INTERMEDIATE / 6 HOURS

Develop your practice

Build on Foundation with face-up massage, connected bodywork, reciprocal feedback and further techniques introduced with guidance.

THE COURSE IS FOR

PARTNERS

Enrich touch, trust and communication together.

CURIOUS BEGINNERS

Start with structure, explanation and supportive guidance.

ASPIRING PRACTITIONERS

Build a practical foundation before considering further training.



Every receiver is different. Comfort, preferences and feedback guide the learning.

Learn to notice, communicate and respond

Technique works best when paired with observation. Learn to notice breathing, movement, muscle tone and words, then adapt your pressure, rhythm, position or intention to the receiver's feedback.

FOUNDATION SKILLS

BUILD ANTICIPATION

Use pace, pauses and attentive touch.

READ THE RESPONSE

Notice changes in breath, movement and muscle tone.

COMMUNICATE WELL

Ask about preferences and boundaries.

UNDERSTAND THE BODY

Learn external anatomy and sensual response.

ADAPT YOUR TOUCH

Change pressure, rhythm or position when useful.

REMOVE PRESSURE

Arousal and orgasm are possible outcomes, never requirements.

THE CENTRAL SKILL IS RESPONSIVENESS



Build a complete massage from the start

Learn the setting, opening conversation and a head-to-toe routine that develops gradually from therapeutic to agreed sensual touch.

SETTING AND BEGINNING

OPENING SEQUENCE

Prepare a warm, private space. Discuss intention, preferences, health considerations and boundaries. Practise a calm opening, head and scalp massage, towel reveal and light fingertip strokes.

BACK AND SHOULDERS

BACK-BODY SKILLS

Develop therapeutic pressure, effleurage, petrissage and body mechanics. Work with hands, thumbs, forearms and elbows across the shoulders, neck, spine, lower back and sacrum.

BODY CONNECTION

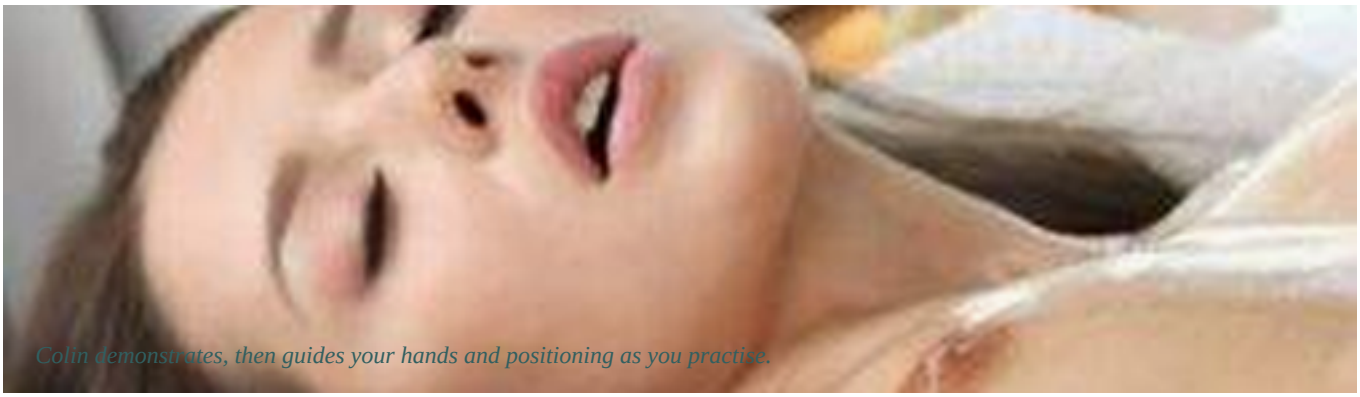
CONNECTED MOVEMENT

Practise side-of-body work, arm slides, crossed-arm strokes, supported stretches and attentive hand-hold feedback.

LEGS AND CLOSING

REST AND CLOSING

Build a flowing sequence through legs and feet. Return to calming touch, cover the receiver and allow time to rest.



Colin demonstrates, then guides your hands and positioning as you practise.

FOUNDATION INTIMATE ELEMENTS ARE DISCUSSED AND AGREED FIRST; COMFORT AND ONGOING CONSENT ALWAYS GUIDE THE PACE.

A considered introduction to intimate touch

More intimate external touch is introduced only after discussion and agreement. The receiver's comfort and ongoing consent guide whether and how the massage progresses.

FOUNDATION INCLUDES GUIDED PRACTICE IN

GRADUAL TRANSITIONS

Move from back-of-body massage towards more sensual touch without rushing.

EXTERNAL INTIMATE TOUCH

Explore agreed external techniques around the groin, vulva and clitoral area, with careful communication and hygiene.

BREAST AND BODY WORK

Explore breast, nipple and abdominal massage within the receiver's stated preferences.

PACE AND RESPONSE

Continue, pause, ease pressure or return to therapeutic massage in response to feedback.



MOVING FROM FOUNDATION TO INTERMEDIATE

Foundation establishes preparation, judgement, hygiene and responsive touch. Intermediate builds on this base with reciprocal practice, body-to-body work and further techniques taught with supervision.

Give, receive and respond

For Foundation graduates, Intermediate develops a more connected and independent flow. You will practise varied positioning and reciprocal feedback while keeping preferences, comfort and boundaries central.

INTERMEDIATE SKILLS

CONNECTED BODYWORK

Explore body-to-body strokes and carefully controlled weight where agreed.

RECIPROCAL PRACTICE

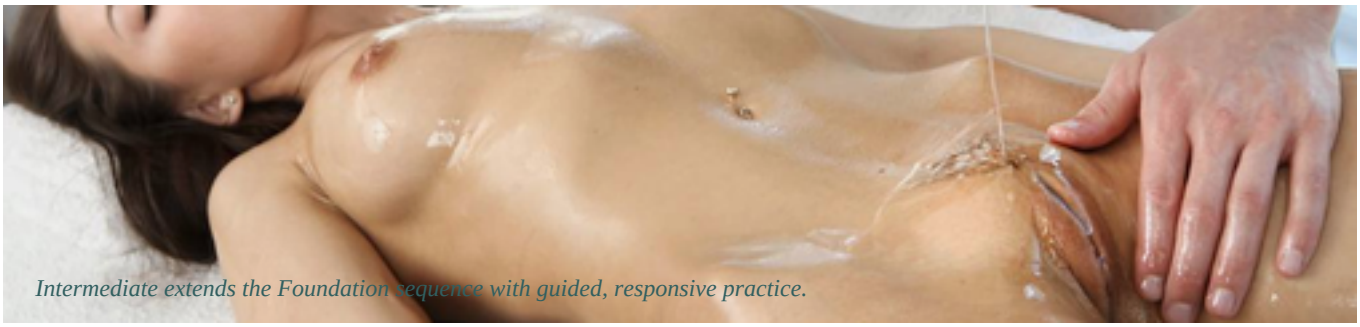
Agree when and how touch may be shared in return.

FACE-UP TRANSITION

Cover, turn and settle before continuing through the feet, legs, shoulders, neck, arms and hands.

READ AND ADAPT

Notice words, breath and movement; pause, change approach or return to a familiar technique.



Intermediate extends the Foundation sequence with guided, responsive practice.



Explore further, at a considered pace

Colin explains each technique, supports practice and helps you adapt it to the receiver’s stated wishes. Intermediate techniques are introduced with clear preparation, hygiene and ongoing consent.



INTERMEDIATE INCLUDES GUIDED WORK IN

SENSORY-TOOL STROKES

Selected, light massage-fork strokes as an additional sensory element, where agreed.

INTERNAL TECHNIQUES

Relevant anatomy, preparation and supervised technique only with explicit, ongoing consent.

READING AROUSAL AND COMFORT

Arousal is never treated as consent or a required result; pause or adapt at any time.

ADVANCED OPTIONS ARE TAUGHT SEPARATELY

This combined course covers Foundation and Intermediate elements. Further specialist approaches sit beyond the 12-hour programme.

Twelve hours of guided learning

The programme is planned as four private three-hour sessions: two Foundation sessions followed by two Intermediate whole-body modules. Colin can discuss dates, receiver arrangements, format and current fees before you decide whether to book.

THE FOUR SESSIONS

1 / FOUNDATION	Preparation, communication and the opening sequence.
2 / FOUNDATION	Complete routine, agreed external sensual elements and feedback.
3 / INTERMEDIATE	Face-up sequence, body contact and supported transitions.
4 / INTERMEDIATE	Reciprocal practice, further guided elements and next steps.

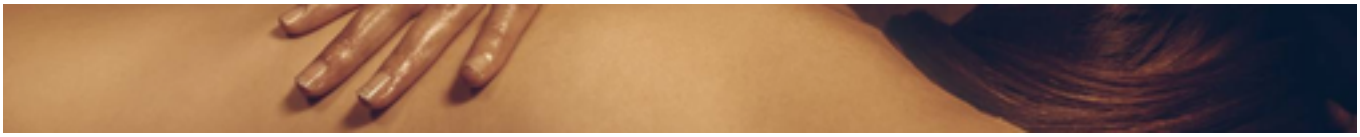
Discuss the course with Colin

Tell Colin about your aims and any previous experience. You can discuss receiver arrangements, health considerations, boundaries, dates, format and current fee before confirming a place.

COLIN RICHARDS / SCHOOL OF SENSUAL MASSAGE

colin@intimacymatters.co.uk | +44 (0)7966 522 696

Sloane Square, London SW1X 9DE | schoolofsensualmassage.co.uk



Adults aged 18+. All practical work is professionally guided and subject to agreed, ongoing consent.