

sexapalooza

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OTTAWA SHOW GUIDE

FEBRUARY 7-9, 2014 OTTAWA CONVENTION CENTRE



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Love is the
answer, but
while you are
waiting for
the answer
sex raises some
pretty good
questions.

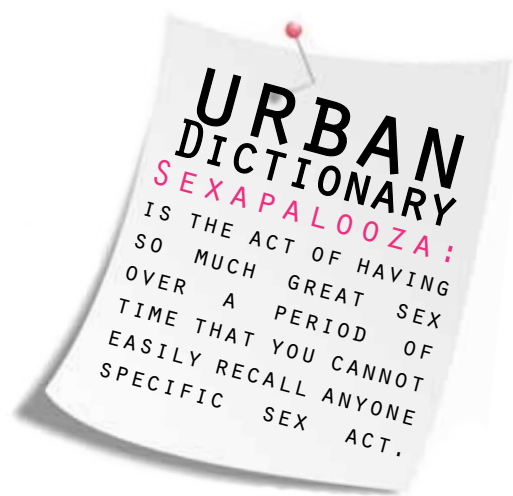
Woody Allen

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ORGASMS:

Like a roller coaster climbing the track to the top.. gradually building and building, until you hit the cresting point and it gets faster & faster as it hurtles along the track heading for the next peak.



Sex is like a misdeameanor, the more I miss it, da meaner I get!

“ People who are more open to talking about sex are actually happier with their sex lives ”



Sex counts as a workout! During 30 minutes of active sex, you burn about 200 calories.

THE FIGURE '8'

When you're at her service down below, work the supersensitive area around her clitoris in a figure-8 pattern. Arouse her with gentle sucking until the little button swells, then carefully expose the area with your fingers. Use the slippery underside of your tongue to circle it to the left and then to the right. With the rougher top side of the tongue, flick from right to left and then up and down. Finally work up to figure 8s, alternating between your tongue's smooth underside and firmer tip. Constantly vary the degrees of pressure you use.

Sexy Swimmers

About 20 million to 100 million sperm cells per milliliter of ejaculate.

Turns out, eating a lot of fish can help your sperm swim like a super fish.

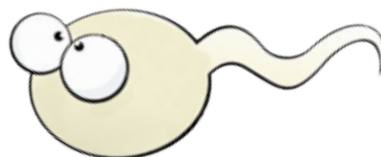
Sperm were not discovered until 1677!

The male body thinks that sperm are germs.

Sperm live in a cold environment.

Inside a woman's reproductive tract, a man's sperm can survive for up to five days.

Sperm deposited outside the body might live at most a few hours.



Most of the time, a woman only releases one egg per month

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seXXapalooza

upcoming show dates 2014

Toronto, ON
International Centre
February 28-March 2, 2014

Sherbrooke, QC
Sherbrooke Exhibition Centre
March 21-23, 2014

15 Amazing Facts about Kissing



You may know how to kiss, you may even be an amazing kisser, but, how much do you really know when it comes to some kissing trivia? Here are some interesting facts about kissing that'll teach you everything you need to know and more!

Fact No 1 Around 50 percent of people have their first kiss before the age of fourteen. These pubescent kisses are often quite awkward and clumsy but, as they say, you live and you learn! The more you kiss the better you get at it. And, what's even more important, if you tone down the nervousness and getting all stressed out about it – it all comes very naturally!

Fact No 2 The science of kissing is called philematology and the most important muscle when it comes to kissing is called orbicularis oris. It is the same muscle you use to pucker your lips. However depending on the kiss up to 34 facial muscles can be used. That's quite a workout you'd agree!

Fact No 3 Passionately kissing for one full minute can burn around 26 calories. So, a little make-out session with your man should make up for that chocolate cake you had earlier!

Fact No 4 Kissing customs vary around the world. It's estimated that around 90 percent of the world population kisses – there are some cultures in Africa and Asia that do not seem to practice kissing.

Fact No 5 Lips are a 100 times more sensitive than the fingertips. They hold even more sensitivity than the genitals!

Fact No 6 Kissing can be healthy in many ways! Not only can it burn a few calories, it can also be good for the teeth, since the extra saliva it produces cleans them out and prevents teeth decay. It can also help reduce blemishes and even add a couple of years to your life span according to some studies.

Fact No 7 No two lip impressions are the same.

Fact No 8 Approximately two thirds of people tip their heads to the right side when they kiss.

Fact No 9 It's possible for a woman to reach an orgasm while kissing.

Fact No 10 Kissing releases the same neurotransmitters in the brain as bungee jumping, parachuting and running so it can most definitely produce quite a rush!

Fact No 11 The Kama Sutra doesn't only contain countless sexual positions, but also 36 different kinds of kisses, such as 'tongue fighting' and many others. The ancient Romans, on the other hand recognized only three kinds of kisses: osculum – a kiss on the cheek, basium – a kiss on the lips, savolium – a deep kiss.

Fact No 12 Ancient Romans also used a kiss to conclude any kind of a contract – so, kissing as the way to conclude the wedding ceremony can be traced all the way back to that time.

Fact No 13 On average people spend around two weeks, or 336 hours, of their lives kissing.

Fact No 14 Kissing is considered by many to be an act even more intimate than sexual intercourse. Men are for example much pickier when it comes to choosing the women they wish to kiss, than when trying to get laid, as many studies have shown.

Fact No 15 Do you know anything about Blarney stone in Ireland? The legend says that the builder of Blarney castle was involved in a lawsuit, so he asked the Irish goddess Clíodna for help. What she told him is to kiss the first rock he came by on his way home. He then pleaded his case with great eloquence thanks to this and won it, so he took the lucky stone and built it into the parapet of the castle.

These days, many people come to this exact place looking to become more eloquent. The thing is – kissing the stone is way more difficult than it sounds. You'll have to climb dozens of stairs to even get to it, and then comes the tricky part. Sitting, back turned to the stone while someone's holding your feet and arching backwards to reach it while holding on to the handles placed there specifically for this purpose.

SPA JUNKIE & The Art of STRAIGHT TALK


ARE YOU STILL WAXING
DOWN THERE?

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kind, the OMG my life
just changed kind

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Sexapalooza Martini

Mix equal parts:

- Sour Puss raspberry liqueur
- Raspberry flavoured vodka
- Cranberry juice

Shake together
and strain
into glass.

Garnish with a
waterproof vibe
or a pierced cherry.



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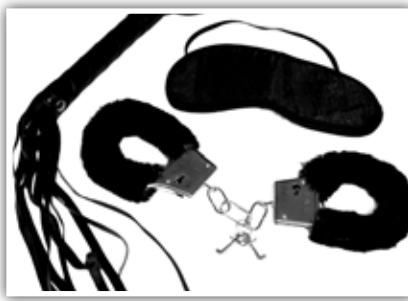
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Add an element of surprise to the bedroom with Liberator Shapes. Find out what makes the Combo the greatest invention for sex since the bed.

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A handwritten note greeted me at the front door. My partner isn't much for leaving love letters, so I was both surprised and intrigued when I read the titillating instructions: "On the table you will find a blindfold, a pair of furry cuffs, and a whip. Put on the cuffs and blindfold and deliver the whip to me in the bedroom. Quivering with excitement, I did exactly as I was directed..."

Boutique

Bella



sexapalooza.ca

Have your product description here in our next Sexapalooza Show Guide!

Company Name

Telephone

Website

900 woman were asked..

how they want their breasts treated

34% want more oral action (kissing, sucking, or licking)

3% wish you'd lavish more attention on her nipples

24% wish you'd share your nipple attention with the rest of her breast

17% wish you'd be a little more rough with her breasts

22% wish you'd pay more attention to her breasts during intercourse, instead of just during foreplay

1 **In which of the following ways are men's and women's sex drives different?**

- Women are more likely to call themselves bisexual
- Women are more influenced by the attitudes of their peer group in decisions about sex
- A woman's willingness to perform various sexual practices is more likely to change over time
- All of the above

2 **Older women are more likely to experience orgasm when sex is within the context of a relationship.**

- True
- False

3 **Which gender has a higher preference for reaching orgasm through oral sex?**

- Men
- Women

4 **How long is it before the average man ejaculates during sexual intercourse?**

- 5.4 minutes
- 9.1 minutes
- 18.7 minutes
- 32.6 minutes

5 **What's the average length of an erect penis?**

- 4 to 5 inches
- 5 to 6 inches
- 7 to 8 inches
- 8 to 10 inches

6 **Stress can make a man's penis shrink.**

- True
- False

7 **Most women under age 60 think about sex less than once a day.**

- True
- False

1. All of the above. Experts say women's sexual inclinations are more complicated than men's. While men are very rigid and specific about who they become aroused by, women have less-directed sex drives. Researchers say women are more likely to call themselves bisexual and that their sex drives overall are more "fluid" and can be more heavily influenced by social and cultural factors.

2. False. Women over 50 are more likely to report orgasm when a sexual event is with someone who is not a relationship partner. Researchers speculate that many newly divorced or widowed women may find the novelty of a new partner arousing.

3. Women. Only 10% of men reported a preference for oral sex to achieve orgasm, while 18% of women reported that preference. Men are more likely to reach orgasm when sex includes vaginal intercourse, but women are more likely to reach orgasm when they engage in a variety of sex acts that include vaginal intercourse or oral sex.

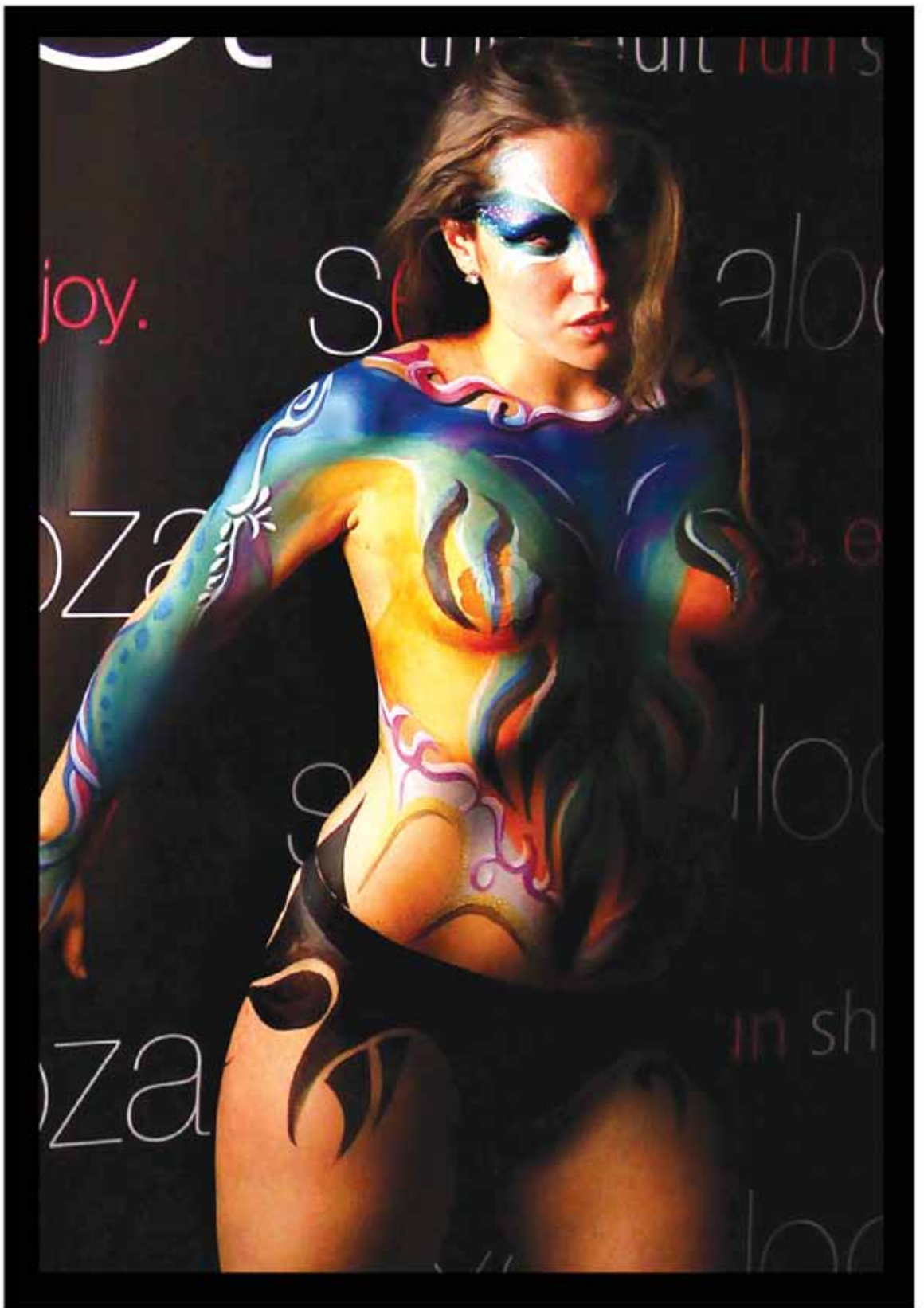
4. 5.4 minutes. A study in the *Journal of Sexual Medicine* found that the average duration from the beginning of vaginal penetration until ejaculation was 5.4 minutes.

5. 5 to 6 inches. Erect, the average penis length is between 5 and 6 inches. When flaccid, penis size averages around 3.5 inches.

6. True. One more reason for men to avoid stress: It can make your penis shrink, if only temporarily. A man's flaccid penis varies in size considerably because of various environmental factors and their effects on the sympathetic nervous system. Cold water and cold air are perhaps the best known causes of this "shrinkage" phenomenon, but psychological stress can do the same thing.

7. True. While the majority of adult men under 60 think about sex at least once a day, only about one-quarter of women report this level of frequency. As men and women age, each fantasize less, but men still fantasize about twice as often.

SEXAPALOOZA



Toronto Body Painting

Pole Dancing as Fitness Art Form

No longer seen as a lewd form of entertainment for men, pole dancing has become an international craze as a challenging and fun form of fitness. For many years, 3Sixty Dance & Fitness has exhibited at Sexapalooza. Thousands of people have been amazed while watching their students' ability to twist and turn in a seductive and acrobatic manner on a pole.

At 3Sixty students move through levels of difficulty in the classes. Each level is crafted specifically to the comfort level and experience of the student. Starting with a ten to fifteen minute sensual warm up, you learn moves such as "The Flirt" and "Rising Goddess," all while building your core and upper body



3Sixty instructor, Sheena, in an intermediate move

strength. One spin or trick is featured per week, and a dance routine is built upon each class. Each level is 8 weeks. Classes are one hour per week, plus an additional 2 hours a week of practice time during "Pole Jam!"

Classes are offered in a fun, safe, supportive, non-judgmental environment and are designed for all ages and sizes. Their students include moms and daughters, to grandmothers and cancer survivors. Do not wait until you are "in shape" to start – as pole dancing classes is HOW you will get in shape.

3Sixty Dance and Fitness is Ottawa's largest and most celebrated pole dance studio. They recently expanded to a new location, 910 Clyde Ave, at the Queensway, featuring 2 studios, 10 poles and 6 poles, in addition to their existing Kanata studio with 11 poles. 3Sixty is the #1 pole studio in Ontario, having won 1st and 2nd place in the Pro Division, 1st in Doubles, and 1st in the Masters Division (age 40+), at the 2012 Ontario Pole Fitness Championships. 3Sixty is also home to many national level competitors.



"Bendy" Jenny, 1st place in Ontario, and 5th place at the 2012 Canadian Pole Fitness Championships

Classes are offered in a fun, safe, supportive, non-judgmental environment and are designed for all ages and sizes. Their students include moms and daughters, to grandmothers and cancer survivors. Do not wait until you are "in shape" to start – as pole dancing classes is HOW you will get in shape.



3Sixty instructor, Lyne, mother of 2, in her forties, and in the best shape of her life

I have never had so much fun while getting a complete workout on the pole. I haven't walked out of a class yet where some part of my body hasn't felt newly challenged and hurts (in a good way). My stomach muscles hurt from a combination of all the laughing we do and the 'stripper push-ups'. You leave it feeling a little sexier after each class, and I would recommend it to anyone, especially my fellow mommies out there. I loved it so much I've treated it as a weekly workout and signed up for another session. Finally a workout that I look forward going to each week!!

- Juliann

I started pole fitness at 3Sixty Dance and Fitness in July of 2011. I do not have a background in dance or gymnastics and have never really committed to working out before taking pole. I was shy at first, as I wasn't strong or coordinated, but I quickly realized how supportive everyone is, and that this is just a place to have fun! I found the instructors at 3Sixty so encouraging and positive, as are the other women you meet in class. I am now in level 10 and I feel so proud and accomplished in how far I have come. The best part of it all is that it is so much fun, and you feel so great afterwards! I have never been able to stick to going to gyms, but I try to never miss a pole class. Pole fitness is such a unique form of exercise, I recommend it to anyone!

- Carly

in·ter·course, noun:

- 1 : communication between people
- 2 : connection between persons
- 3 : exchange of thoughts or feelings
- 4 : physical sexual contact

women's & couples' workshops

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100% Silicone Toys: 100% Silicone is non-porous, hypo-allergenic and conducts vibration very well, making it a perfect material for sex toys. It is also phthalate-free and latex-free. Clean with soap and water, or with toy-cleaner, rinse well and let air dry. Solid (not motorized!) silicone toys can be sterilized by boiling for up to 5 minutes or by soaking in a mild bleach solution. Do not use with silicone-based lubes.

Thermoplastic Rubber (TPR), Jelly Vinyl (PVC), or Latex Rubber toys: Clean your soft rubber toy with soap and water, or with toy-cleaner, rinse well and let air dry. Because all soft rubbers are porous materials that cannot be sterilized you may want to use a condom on your toy. Use with water-based or silicone-based lubricants. Do not use oil-based lubes. Do not boil or bleach, and store soft rubber toys away from heat or direct sunlight. All of our soft rubber toys are phthalate-free

Plastic (ABS), Vinyl (PVC) or Polyurethane (PU) Toys: Plastic and vinyl are less porous than soft rubber but your toy may have seams that can trap bacteria. Clean with soap and water, rinse well, towel dry. Check your toys every so often to make sure seams have not split. Use with water-based or silicone-based lubricants. Do not boil or bleach. Do not drop plastic toys on hard surfaces!

Silicone Blends or Jelly Silicone: These toys contain silicone but are not 100% silicone, so they cannot be truly sterilized, you may want to use a condom on your toy. Clean with soap and water, or with toy-cleaner, rinse well and let air dry. Do not use with silicone-based or oil-based lubes. Do not boil or bleach.

100% Elastomer Toys: Elastomer toys can be very soft and elastic and are phthalate-free and latex-free. Because elastomer cannot be sterilized you may want to use a condom on your toy. Clean with soap and water, or with toy-cleaner, rinse well and let air dry. Use with water-based or silicone-based lubricants. Do not use oil-based lubes and do not allow elastomer toys to come into contact with each other, they will melt together! Do not boil or bleach.

Reel Feel Superskin™/Cyberskin™ or similar: Superskin and similar realistic-feeling materials are very porous and somewhat delicate. A condom will keep Superskin toys clean. Wash with soap and warm water, rinse well and allow to air dry. Dust the toy with cornstarch (not talc) to keep it silky smooth. Do not use with oil- or silicone-based lubes.

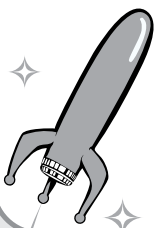
Stainless Steel or Tempered Glass Toys: Glass and steel are hard, non-porous materials that can be easily sterilized. Clean with soap and water, rinse, and towel dry. Be careful not to drop your glass toy! Tempered glass is quite sturdy but might shatter on ceramic tile. Both glass and steel toys can be warmed or chilled by running under the hot or cold water tap. Use with any type of lubricant.

Leather & Rubber Gear: Before first use condition leather products with Dubbin or similar protective treatment. Leather/rubber can be cleaned using soap on a damp cloth, making sure to dry thoroughly around any rivets or metal. Follow cleaning with an appropriate conditioner. Rubber gear can be conditioned and shined using silicone lubricant (more body-friendly than automotive rubber protectants like Armor All).-

Vibrator care: Follow cleaning instructions for appropriate material; be careful not to get water into the battery compartment - most vibrators are waterproof, so you can just toss them in the sink as long as the cap is on tightly. If your toy is multi-speed, do not use the speed dial to tighten cap. If you have an "egg" shaped toy and use it internally, do not pull on the cord to remove it. If your vibrator is not working, make sure the cap is on tightly, rearrange or replace batteries (please see our toy return policy below), and check to make sure the paper/plastic battery sleeve is in place. Remove batteries when not in use to prevent leakage. Electric (plug-in) vibrators like the Hitachi Magic Wand should not be run for more than 20 minutes, and let your electric vibe cool down between uses!

toy tips...

- Lube! It can really change how a toy feels, even for external use, by reducing friction and increasing sensation.
- Condoms are recommended for shared toys, and essential for toys used both anally and vaginally.
- Start slow: using a vibe on its lowest setting will let you warm up to your toy, not numb yourself out.
- Run your toy under the hot water tap to warm it up! This is especially nice for masturbator sleeves like the Fleshlight.
- Toys cleaned with a toy-cleaner should be rinsed thoroughly to prevent irritation.
- Always (always, always!) use lube for any kind of anal play, and make sure your butt toys have a flared base.



Batteries: Your new toy runs on... AA's C's AAA's AG13/LR44 Other

Return Policy: All toy, condom, lube and lotion sales are final.

Warranty: If defective, your vibe will be replaced only with receipt and original packaging:

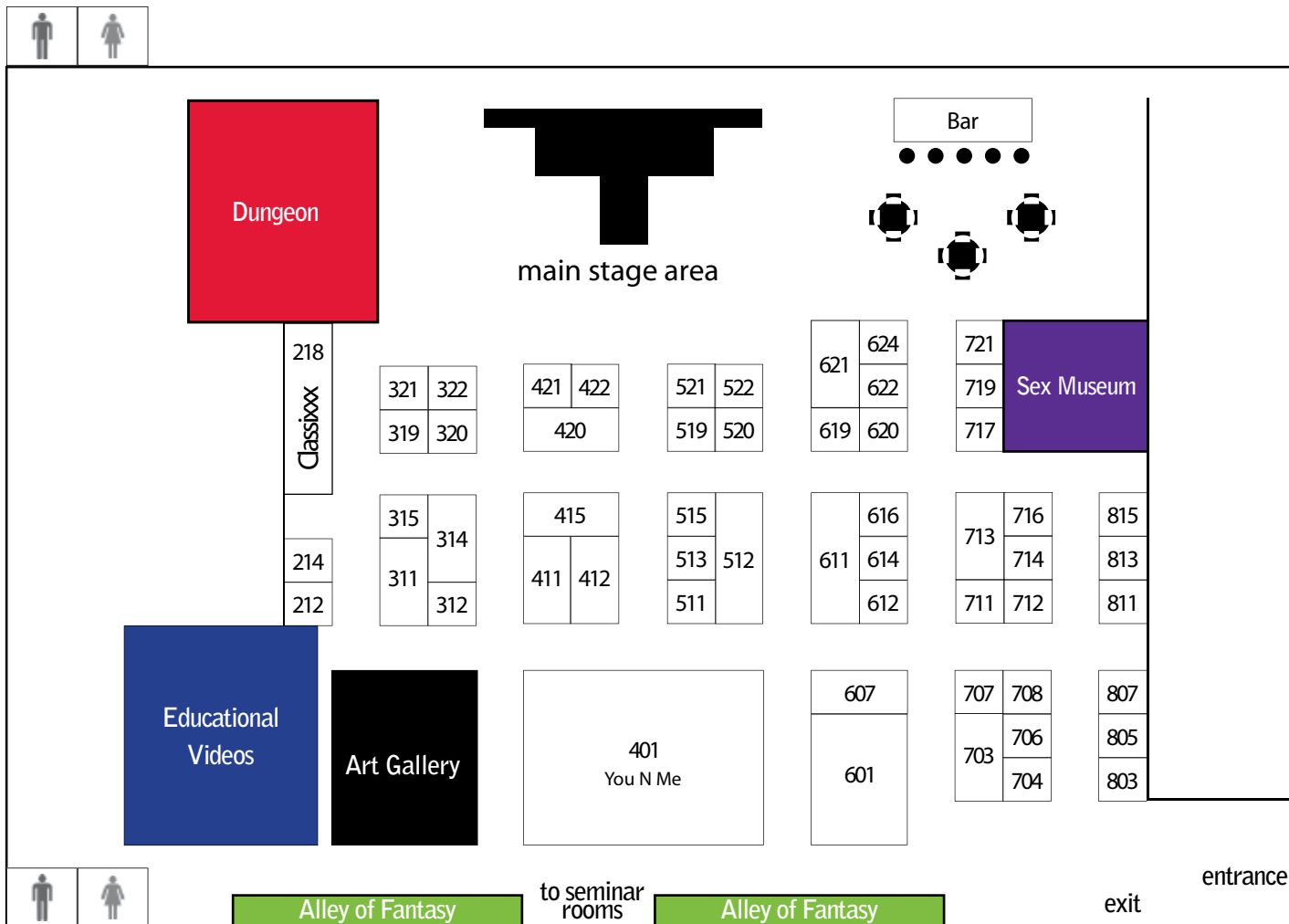
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educational videoschedule

ART OF ADVANCED ORAL SEX



Oral sex is not just a prelude to intercourse, but an act of deep intimacy that adds new sensations to your lovemaking. Share new heights of sexual passion and learn how to give and receive, bringing your partner to ecstatic climax every time. Two DVD set instructs in seductive techniques for giving both fellatio & cunnilingus. From personal grooming to a variety of positions and styles, attractive real life couples explicitly explore innovative ways to help you become the best oral lover | 130 minutes

G-SPOT & FEMALE EJACULATION



Female ejaculation is every woman's birthright, and the G-spot produces an exquisite orgasm that is different from the clitoral orgasm. Female ejaculation expert and author Deborah Sundahl tells all there is to know about female ejaculation and the G-spot in this explicit guide that is sure to get that feminine fountain flowing again! Learn what female ejaculate is, how to locate and stimulate the G-spot, how to create female ejaculate, what sex toys are useful and how to use them, and discover the best sexual positions to create female ejaculate. Six real life couples discuss their experience with female ejaculation, and explicitly demonstrate just how easy it is to learn. This is the ultimate and most practical guide on this fascinating topic. | 70 minutes

ADVANCED TOYS FOR GREAT SEX



With the ever advancing legitimization of the sex industry, never before have so many options for pleasure been available for both men and women. Watch attractive real life couples explicitly discover the world of vibrators, dildos, male enhancements, lubes and a lot more. Learn how to incorporate new experiences for you and your partner into your lovemaking. Explore new gateways to sexual ecstasy through the ins, outs, and in-betweens of today's hottest products. | 120 minutes

Friday

- 6:00 PM** Art of Advanced Oral Sex
- 7:30 PM** G-Spot & Female Ejaculation
- 9:00 PM** Advanced Toys for Great Sex

Saturday

- 1:00 PM** Art of Advanced Oral Sex
- 2:30 PM** G-Spot & Female Ejaculation
- 4:00 PM** Advanced Toys for Great Sex
- 6:00 PM** Art of Advanced Oral Sex
- 7:30 PM** G-Spot & Female Ejaculation
- 9:00 PM** Advanced Toys for Great Sex

Sunday

- 1:00 PM** Art of Advanced Oral Sex
- 2:30 PM** G-Spot & Female Ejaculation

Please note: All show schedules (main stage, seminars, and video) are subject to change. For complete descriptions and the current schedule, please check signs at the main entrance or at each feature location.

BED BONDAGE RESTRAINT KIT

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Make any bed your bondage playground with this easy to install kit. No bed posts required! Four soft cuffs are attached to 60 inch adjustable straps. Also includes a 60 inch adjustable connector strap for a secure fit. Portable and perfect for travel.

*Boutique
Bella*

main stage information

Shade Nyx's Theatre Macabre

Shade Nyx and her kinky friends have come together to form a brand new BDSM and Female Domination themed, GLBTQ and ABDL/TBDL friendly, entertainment troupe. Eager to make their formal debut on our Main Stage, this Ottawa based troupe have put together a collection of their sexiest performances just for you!



Pole Dance

Presented by: 3 Sixty Dance and Fitness

As the first place winners of the Ontario Pole Fitness Championships you don't want to miss these ladies perform jaw dropping tricks on the poles! 3Sixty offers classes from beginner, no experience necessary, to advanced, as well as pole parties for a fun girls' night!

Magic Mike Night Erotic Dancer

Presented by: RSVP Events

Feast your eyes on Diesel! A special sneak peek at what you can expect to see at RSVP Event's Magic Mike Night at the Centurion Centre on Valentine's Day.



Bondage Bed Demo

Presented by: Boutique Bella

Looking for an easy, sexy way to live out your bondage fantasies? Ease into bondage with the Sportsheet Bondage Bedsheet Set. Watch as Geoff demonstrates and offers tips on sexual positioning and toys.

Dark Meets Light Fashion Show

Presented by: Da Boss Lady

Take a trip down the rabbit hole with our hero as he stumbles his way between light and darkness in this sensual exploration of Da Boss Lady's line of highest quality historical and erotic corsets. This fashion show spectacular features performers from Shade Nyx's Theatre Macabre.

The Art of Flogging

Presented by: Isaac Wesley, The Ottawa Leather Knights

Flogging is an Art that is both sensual and sexual for those involved. Showcasing the role in sensation play that focuses on Techniques and various Characteristics of floggers. Where the safe targets are and where to avoid but more importantly how to make flogging more rewarding for beginners.

Burlesque Act

Presented by: Capital Tease Burlesque

Since the troupe's inception in 2010 the seasoned performance of Ottawa's Capital Tease have been raising the bar in the world of burlesque. With every bump and grind these experts in tease will draw you in and fill you with a yearning anticipation that no other show can provide.



Drag King Show

Presented by: Canada's Capital Kings

The only drag king troupe in Ottawa featuring six of the best kings will showcase some of their best numbers including their famous group numbers for you!

Fan Dance

Presented by: Kerosene Misfortune

Kerosene Misfortune of Bourbon & Spice Burlesque will do a tantalizing fan dance to the song Blue Angel by Roy Orbison.

For complete descriptions and the current schedule,
please check schedules at the main entrance or at each feature location.



Leyla Productions

*Stop by Booth 422
to meet Leyla and the
beautiful models from
our 2014 calendar!*



Ooh What a Feeling!

Presented by: Alana, Classixxx

Learn all about the different toy textures available to you. From silicone, aluminum, ceramic and others. Learn which ones are good for temperature play and which lubricants are appropriate with them.

Introduction to Japanese Bondage

Presented by: Dunter

This workshop will give an introduction to Japanese bondage used in BDSM. It involves tying up in, visually pleasing patterns. This is a traditional style of bondage and it's deeply rooted in history. It makes a connection between the rigger and the model and it's considered a sensual experience.

Introduction to BDSM

Presented by: Dunter

This seminar will cover the history of BDSM as well as an explanation of some of the basic practices. We will demonstrate the use of tools and implements and cover how people meet or negotiate their scene. We will talk about safety, safe practices and much more

Her Toy Box is His Tool Box...

Presented by: Greg, Love Style

In this fun seminar for couples, Greg calls out the men to teach sex cheats (give her hours of foreplay with no effort), tricks (to make you irreplaceable), and techniques, both with and without toys. Prepare to laugh and learn now, then moan and scream later.

Introduction to Bondage

Presented by: Isaac Wesley, The Ottawa Leather Knights

Introduction to bondage where knowing the Ropes and what Knot to do is the key. Explore how bondage can be both sensual and sexual in power exchange. Demonstration in how to do bondage and what to look and feel for will be the main points of interest.

Flogging 101

Presented by: Isaac Wesley, The Ottawa Leather Knights

Leather and kink folk around the globe constantly strive to look for ways to enhance their sexual and spiritual experience. To that end, this seminar will provide the basics of flogging. The art of flogging has been proven to improve your sexual pleasure, improve circulation and relax aching muscles. Flogging relies on the art of impact play. Want to learn more? Join us over the weekend at Sexapalooza.

Toygasm! An Introduction to Sex Toys

Presented by: Venus Envy Staff, Paige and Kandace

"What is it? What do I do with it? Where do I put it?" Are you buying your first toy at the show? Or perhaps you have lots of vibrators, but want to know more about butt plugs or cock rings? Then this is the session for you! Vibrators, dildos, butt toys, cock toys and lube - this workshop will give you a chance to find the right toys for you and your partners!

Dominating the Bedroom

Presented by: Shade Nyx

In this fun and sexy seminar, Primordial Goddess Shade Nyx teaches you how to bring out your inner goddess, and bring your man to his knees.

Lap Dance for Your Lover

Presented by: Randi Rouge

Join burlesque beauty Randi Rouge as she teaches you the moves for a sexy lap dance routine you can share with your Valentine.

Play, Simmer, Sex: This Couple's on Fire!

Presented by: M-C Thauvette, SexiBliss

Turn on the heat—and each other—by putting the play back in foreplay. From food play to indoor water fights-cum-impromptu wet t-shirt shows, learn ways to recapture that youthful pre-sex simmer so that your 'O' boils over!

For complete descriptions and the current schedule,
please check schedules at the main entrance or at each feature location.

The DOs and DON'Ts of Sexting

DO use your imagination

DON'T text sexy promises you don't intend to make good on in person

DO focus on making your partner feel good

DON'T always wait for your partner to initiate sexting

DO initiate by casually bringing up the last time you were intimate

DON'T go from zero to sexting in 3.5 seconds

DO engage in textual foreplay to get comfortable and warmed up

DON'T underestimate the value of sexy adjectives

DO show your partner the same respect you would in real life

DON'T cross over any boundaries that exist in reality

DO ask your partner what they want

DON'T ask "What r u wearing?", unless you're being cheeky

DO be playful and have fun with it!

DON'T send photos unless you trust your partner completely

DO send a sexy photo to let your partner know you're in the mood

DON'T pressure your partner to send photos

DO keep the photos you send on the classy side

DON'T bother describing complicated sex positions

DO pay attention to how your partner responds

DON'T jump from describing one sexy act to the next

DO respond with how your partner's words make you feel

DON'T forward sexy text messages from you lover

DO delete your sexting conversation afterwards



Gourmet Sex:

The Easy Recipe to Simmer, Steam, Sizzle, and Boil!

A Sex Educator's Guide to Cooking Up Mind-Blowing Orgasms

How many times have you heard “this food is orgasmic”? Here's a little secret: That's a two-way street. **Learn to cook up that gourmet sex** in the bedroom, the bathroom... and yes, the kitchen.

What ingredients will you need? **Confidence, communication, commitment, and trust.**

1. A helping of **confidence** comes from loving your body and yourself. Learn to play to your strengths and turn that judgmental inner monologue into one that's as self-fulfilling as it is sexually fulfilling. Season liberally with **bedroom games from flirty to dirty** to know what makes you happy.

2. **Communication** goes great with confidence. It's all about being able to **say what you want—and shout out what you love**. Learn how to reduce your anxiety with your partner and go from putting them off to turning them on. Take that simmer to a boil and watch your sex drive bubble over.

3. Add a dash of **trust** to your communication. Once you've learned to stop judging yourself and you see your partner isn't judging you either, once those lines of communication are open, it's all give and take from there. Sneak a spoonful of that **trust... you'll never taste anything better.**

4. **Commitment's** the final ingredient. It's not just about being committed to the relationship, whether it's casual or long-term. It's about staying committed to **what you like, what you love, and what gets you hot.**

Serve up that sex **steaming hot**. Have as many helpings as you like.

Want to whip these ingredients up into **mouth-watering, mind-blowing sex**? Register for one of SexiBliss' regular sex workshops at our [sexapalooza](#) seminar and **save \$50** off the registration fee.

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\$129

Couples' Sex Workshop
March 1st & March 23rd
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Free wine & refreshments
and a break for lunch
\$199

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Dirty Sex Trivia

- 1. In ancient Greece, women showed their vajay-jay's to ward off what?**
 - A. Evil spirits
 - B. Storms at sea
 - C. Syphilis
 - D. The wrath of the Gods
- 2. Masturbation is more common for?**
 - A. Blue collar workers
 - B. Housewives
 - C. White collar workers
 - D. Working women
- 3. Dishabiliophobia is the fear of what?**
 - A. Becoming disabled during the deed
 - B. Broke dick
 - C. Undressing in front of someone
 - D. Having sex with a disabled person
- 4. Temporary impotence is caused more by what two things?**
 - A. Coke and crack
 - B. Cigarette smoking and tight pants
 - C. Hot tubs and tighty whities
 - D. Too much sex and herpes
- 5. How long after penetration do 75% of men ejaculate?**
 - A. 3 minutes
 - B. 15 minutes
 - C. 5 minutes
 - D. 1 hour
- 6. How many calories does a teaspoon of sperm have?**
 - A. 15
 - B. 40
 - C. 10
 - D. 5
- 7. Who invented the french tickler?**
 - A. Frederick Tickler
 - B. Some french dude
 - C. A Tibetan monk
 - D. I don't know but DAMN he should get a nobel peace prize!
- 8. Kama Sutra has how many positions?**
 - A. 84
 - B. 205
 - C. 36
 - D. 1025
- 9. Besides the genitals and breasts, what other body part also swells during intercourse?**
 - A. Tongue
 - B. Nose
 - C. Ears
 - D. Belly button
- 10. In what month have most Canadians lost their virginity?**
 - A. February
 - B. September
 - C. July
 - D. June

Answers: 1.B, 2.C, 3.C, 4.B, 5.A, 6.D, 7.C, 8.A, 9.B, 10.D

Weekly social media contests - LIKE and FOLLOW us to win!



/sexapalooza



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PAST FACEBOOK CONTEST WINNERS INCLUDE...

Jenna LadyRadio Beattie, Maryah Lee Abdi, Rose Ambrico, Angela Stonham-Ehrhardt, Candy Hall-MacGregor, Nathalie Robitaille and Carrie Morningstar!

[Check out our weekly contests for YOUR chance to win.](#)

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25 places to have sex (other than in bed)

CHANGE ROOM They're literally built for undressing.

IN AN ELEVATOR If you're going up, might as well get down.

ON A JUNGLE GYM Return to your childhood sense of play by swinging together from some monkey bars.

OFF THE BEATEN TRAIL Take a hike with your lover and stop to enjoy nature, and each other.

AT THE OFFICE Schedule your lover in between board meetings - just try and keep it brief.

OUT TO DINNER Skip the appetizers and go straight for the amuse-bouche with a quickie in the loo.

AT THE OFFICE Schedule your lover in between board meetings - just try and keep it brief.

AT THE CLUB Crowded Dance Floor + Mini Skirt - Panties = Vertical Tango.

IN THE SHOWER Pick up a non-slip bath mat and a pair of suction-cup handles to keep things safe and sexy.

IN THE BACKYARD Leave those hedges untrimmed for a bit of privacy.

HOT AIR BALLOON You're sure to soar to new heights with all the extra heat you generate in that basket!

ON THE COUCH Might as well make it game day for the both of you. Chips and dip optional.

ON AN AIRPLANE Join the mile high club by taking a tandem tantric trip to the restroom.

IN THE LAUNDRY ROOM Give the spin cycle a spin - you won't regret it.

IN A CAR Forego the back seat in favour of a reclined passenger seat and let her do the driving.

AT THE OPERA 'It's not over 'til the fat lady sings' - Try not to drown her out with an aria of your own.

AT THE GYM If there's one place you should get your heart rate up and endorphins pumping, it's the gym.

IN A POOL OR LAKE Bring along some silicone-based waterproof lube and you're sure to make a splash!

ON A MOTORCYCLE Take your sex life full throttle while straddling a steel saddle.

IN THE KITCHEN The place is full of sexy props - try spanking with a spatula!

AT CHURCH Confess your sins while you commit them.

AT THE ZOO Savagely ravage your lover along side the lions, tigers and bears - oh my!

UNDER THE BLEACHERS Celebrate your own touchdown while the crowd cheers on the game.

ON A TRAMPOLINE A wild romp on a tramp is sure to put a bounce in your step.

ON THE GREEN Add your own 19th hole.

Giddy Up! Get in the Saddle with Pony Play!

by Ponygirl Bixy, North American Pony 2014



Ponygirl Sinthia, Ottawa ON

Remember Anne Rice's Sleeping Beauty Trilogy? Remember those scenes with the slaves, trussed up tight in bondage, a butt-plug tail swishing sassily between their legs, a bridle complete with bit and reins pulling the carriages of the Ladies and Masters? Remember

how you got turned on, and then blushed because you didn't really quite know what it was about these 'ponies' that got you so excited?

The fetish world is a large place, and in it you come across some truly unique experiences. Pony play, and through extension, Critter play has been rumoured to have been a favourite kinky past time since Ancient Greece (its true! Aristotle enjoyed being ridden as a horse). This kink is high-stepping out of the shadows and is fast becoming one of the most popular forms of erotic expression in North America.

The attraction of Critter and Pony Play comes in a variety of forms. It could be the eroticism in wearing the costuming of a show pony- fetish gear accentuating the body's attributes, boots and shoes to die for, the severity of a muzzle, the jaunty

feathers often found attached to the headpiece and the way a tail falls between parted legs. It could be the appeal of control, and giving up control- just like with bondage, knowing your lover is restrained and open to your whims is hugely arousing. So is the chance to let go of all the human, adult cares, responsibilities, and baggage that accumulates as we move through our life. To be able to walk away from our regular selves and enjoy the pleasures can sometimes have a deeper meaning when we take a break from our socially constructed identities.

Pony play, and through extension, Critter play has been rumoured to have been a favourite kinky past time since Ancient Greece (its true! Aristotle enjoyed being ridden as a horse).

It could be that you really love playing with taboos, and being 'used' for 'breeding' allows you to safely enjoy a fantasy without worrying about your moral choices afterwards. Or, you might be turned on by the idea of being able to take your imagination into the bedroom by moving beyond the Sexy Cop/ Nurse/ Receptionist and into the Neko world where sex and play become far more blended. Imagine how sensual the feeling of fur would

be, running over your skin as you made your special kitten purr. Critter play and Pony play offer the chance to both be playful and intense, sexual and innocent. By embracing non-human attributes, you find new ways of communicating, deepen physical connection, and expand your scope of sexual adventures.

There are 3 main kind of ponies: Cart, Riding and Show ponies.

CART PONIES are trained to pull carts or chariots, like the ones in the Perils of Gwendolyne video. **RIDING PONIES** are ponies that can actually be ridden. Usually there are more men as riding ponies than there are women, simply because some women can't handle the weight. **SHOW PONIES** are ponies that are based on their appearance, their form and style.



afraid to play?

match up the **sexual** phobias to their definitions below

Heterophobia	1
Paraphobia	2
Sexophobia	3
Erotophobia	4
Paraphobia	5
Philematophobia	6
Philophobia	7
Sarmassophobia	8
Satanophobia	9
Urophobia	10
Venustraphobia	11
Vestiphobia	12
Virginitiphobia	13
Gamophobia	14

A	Fear of sexual perversion.
B	Fear of Satin.
C	Fear of clothing.
D	Fear of marriage.
E	Fear of the opposite sex.
F	Fear of beautiful women.
G	Fear of sexual perversion.
H	Fear of rape.
I	Fear of kissing.
J	Fear of the opposite sex.
K	Fear of falling in love or being in love.
L	Fear of urine or urinating.
M	Fear of love play.
N	Fear of sexual love or sexual questions.

answers: 1-E; 2-G; 3-J; 4-N; 5-A; 6-1; 7-K; 8-M; 9-B; 10-L; 11-F; 12-C; 13-H; 14-D



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Your guide to

SQUIRTING

by Nikki Ransom-Alfred

No, it's not pee! A woman's ejaculate is a protein-based prostatic fluid and contrary to what you may have been told, you can learn to squirt too! It's important to not compare your squirting to what you may see in adult movies; you may squirt a couple of drops to a couple of teaspoons to completely soaking your bed sheets.

Many women have been on the verge of squirting but unwittingly hold it in. The erogenous zones along a woman's front vaginal wall are close to our urethra so when stimulated, it can often make us feel like we have to urinate even though we don't. To avoid this, urinate prior to having sex so that when this sensation comes, you know what is really going on within your body.

If you are new to squirting, first begin doing your kegel exercises. A strong PC muscle intensifies your sexual sensations, boosts your orgasms, and facilitates squirting. When you're ready to try squirting, you want to be relaxed and highly aroused. Incorporate plenty of foreplay into your lovemaking to make sure you are adequately stimulated and have allowed your G-spot to swell.

Next, you and your partner should locate your G-spot, found one to two inches deep along the front vaginal wall, using a clean finger (with trimmed nails), a toy, or penis. Stimulate this area in a variety of ways: a "come hither" motion, a gentle massage to soft and forceful thrusts, just to name a few. Every woman's vagina is different and every woman likes to be stimulated differently.

Stimulate the G-spot bringing her to orgasm, or even better, simultaneously bring her to a G-spot and clitoral orgasm. Again, every woman is different but the fun is in experimenting and seeing what takes your lady to her peak of arousal and enables her to ejaculate.

Ladies, when you reach your peak and feel that urge, bear down and push! Squirting may not happen the first time or even the second, but you must continue trying, practicing, and experimenting until you have this wonderful sexual experience.



"Every woman's vagina is different and every woman likes to be stimulated differently"

2014 sexual astrology



Aries

Mar 21 : Apr 19

You are going to feel competitive this week when it comes to love, Aries. You will be prompted to begin a new undertaking in your love life. Lose yourself in the moment, but keep your head out of the clouds.



Taurus

Apr 20 : May 20

You are likely to feel some jealousy pangs toward the end of the week. Take action with some dominance during your next lovemaking session, Taurus, whether you are a man or a woman.



Gemini

May 21 : June 21

You have a reputation as a selfless, passionate lover and should play up this creativity in your sex life. Those under the Gemini sign will be tempted to reveal information this week; don't give in.



Cancer

June 22 : July 22

Work on building a strong bond with your next date or significant other. Your next sexual experience should be about you, Cancer. Let your partner take control of your body this week.



Leo

July 23 : Aug 22

You will feel the desire to shower your lover with praise and attention this week. Think it over carefully before proceeding, Leo. Caution is your best friend.



Virgo

Aug 23 : Sept 22

Talking about shared interests and making connections will be easy this week. This is a good time to socialize and date someone new. Don't get lost in the details, Virgo, and just have fun.



Libra

Sept 23 : Oct 22

Be ready for a change, especially if you are dating, and adapt to it as best as you can. Remember to have an open mind and be ready for anything, (maybe your partner wants to try something new in bed?) Libra!



Scorpio

Oct 23 : Nov 21

You can be incredibly magnetic. Take some time to yourself on a weekly basis so you can recharge for your next date. Your dating life is about to pick up speed and you want to be ready, Scorpio.



Sagittarius

Nov 22 : Dec 21

Use your passion for knowledge to discover something new, Sagittarius. A new partner, or a new way of communicating your desires - both intimately and openly.



Capricorn

Dec 22 : Jan 19

Your independence can be easily mistaken for a distance. You love to give advice, but now it's take to take some of your own. This week, Capricorn should get out there and join the crowd!



Aquarius

Jan 20 : Feb 18

You receive attention from every sign on the board for your irresistible personality. You will see a spark in your sex life; All you need to do is stop making assumptions about the way people feel about you.



Pisces

Feb 19 : Mar 20

You are laidback and easygoing - this makes it easy to love you, Pisces! Focus on building a strong foundation for your relationship, even if you are single at the moment. Use your persuasive power for the better.

Sex Positions search-a-word

V	A	I	N	C	O	W	B	O	Y	S	N	T	Y	R	A
S	W	P	R	E	T	Z	E	L	O	U	W	F	L	O	D
S	T	O	T	A	O	B	Y	Z	T	P	H	O	F	T	I
Z	P	A	G	Y	G	G	O	D	S	E	E	N	R	A	T
E	N	O	R	I	T	A	L	F	Q	R	E	S	E	V	N
S	M	O	R	F	X	E	I	F	U	H	L	T	T	E	S
W	R	I	R	K	I	A	O	Z	A	E	B	O	T	L	S
A	S	E	S	I	L	S	E	R	R	R	A	P	U	E	C
T	I	F	V	S	R	A	H	G	E	O	R	P	B	C	I
E	X	V	V	I	I	Z	P	A	A	I	R	E	A	O	S
R	T	G	A	B	R	O	L	D	I	D	O	R	M	W	S
F	Y	G	U	R	P	D	N	O	A	O	W	A	A	G	O
A	N	L	M	I	L	B	E	A	T	N	G	G	G	I	R
L	I	N	J	W	E	R	Z	L	R	U	C	E	U	R	S
L	N	L	T	E	H	Z	B	V	I	Y	S	E	U	L	O
T	E	B	S	P	I	D	E	R	I	P	Z	Y	N	E	E

- butterfly
- cowboy
- cowgirl
- doggy
- elevator
- flatiron
- lapdance
- lotus
- missionary
- piledriver
- pretzel
- scissors
- sixtynine
- spider
- spoon
- spork
- starfish
- stoppage
- superhero
- tsquare
- waterfall
- wheelbarrow



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