



5 Types of Orgasms for Women

+ a Bonus Orgasm!

1. **The G-spot** - The G-spot is located just behind the entrance of the yoni on the ceiling of the vaginal canal. You can stroke with a finger pad lightly pulling towards the vaginal opening for pleasure. You will feel a texture similar to the ridges of the upper palate of your mouth. You can lightly stroke the G-spot with your finger while simultaneously stimulating the clitoris for combined pleasure. Intercourse is often effective for reaching the G-spot as well with slow rhythmic thrusts.
2. **The A-Spot** - Between the cervix and the bladder lies a sensitive patch of tissue often deeper inside the yoni. The texture is also similar to the roof of the mouth. Women often report it's a gradual type of orgasmic feeling with a little pressure instead of an intense sensation often felt with the G-spot.
3. **Clitoral** - The well-known clitoral orgasm is an all-time fan favorite. It is located externally, usually underneath the "hood" of the labia majora. It can be stimulated with pressure using the base of your palm, with fingers, orally, or with a penis. Although vibrators are widely known for their effectiveness in achieving clitoral orgasms in a short amount of time you are invited to manually stimulate the clitoris as it will heighten the connection with yourself and/or lovers.
4. **Cervical** - Cervical orgasms can be some of the highest reach but well worth the stretch. It may feel like a smooth donut-shaped quality and when softly petted with a finger or touched with rhythmic

thrusters of a penis. This orgasm has been said to be the “Orgasm of the Gods” bringing forth deeply meaningful energy. Women often will cry and feel deeply nourished after having cervical orgasms.

5. **Anal** - Since the membrane between the yoni and the rectum is so thin anal penetration can be similar to vaginal intercourse perhaps with even more firmness. Often anal orgasms are a result of combined stimulation such as clitoral. This orgasm most often is reached slowly and gently.

Bonus Orgasm Spot! - Don't forget about the **vaginal opening orgasm!** The entrance of the vaginal canal is filled with all sorts of pleasure. When stimulated with an up and down movement or in and out with fingers this orgasm can feel subtle yet powerful radiating throughout the entire body. This orgasm is ideal for penis owners with a smaller size.



Begin or continue your Tantric journey by contacting me in getting started with personalized training and sessions in person (Los Angeles, CA or West Palm Beach, FL) or over zoom.

Individuals and couples sessions start now!

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Resources:

Lourdes Starshower <https://www.tantrahealerflorida.com/>

Maria Fazzino <https://www.energyoflove-tantra.com/>

For world-renowned in-depth in-person trainings on these and more Tantric expressions contact my mentor and teacher

Lourdes Starshower and tell her Raven sent you.

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