

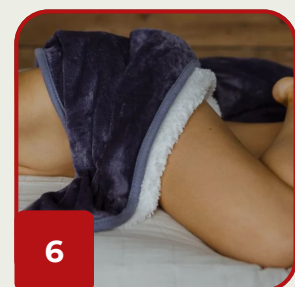
# Recommended Items

## DO I NEED TO BUY ANYTHING?

Throughout this course, Nadia will be demonstrating various practices for Yin Solo Tantra and self-pleasuring. To fully engage in these practices, it's recommended that you gather similar items. While they don't need to match Nadia's exactly in size or shape, having equivalents with the same purpose is advised.

Below are suggested items to have on hand for your Yin Solo Tantra and self-pleasuring practices:

1. Obsidian Purification Wand
2. Rose Quartz Unconditional Love Wand
3. Jade Egg to build Pelvic Floor Strength
4. Sacred Squirter for G-spot/Female Ejaculation
5. Cervix Serpent Glass Wand to Open the Portal to Your Deepest Desires
6. Splash Blanket for Peace of Mind and Full Surrender





# Recommended Items

## WHAT CAN I DO TO INCREASE MY COMFORT AND OVERALL EXPERIENCE?

You could consider incorporating these optional items to enhance your sacred space and sensory experience:

- Candles
- Incense
- Fabrics you like (silk, sarong, linen, fur, plush, velvet)
- Feathers, stones, crystals
- Essential oils
- Chocolate, Fruit or beverage you like
- Personal lubricant
- Fractionated Coconut Oil or Massage Oil which can be in a squeeze/squirt bottle warming in a thermos of boiling water
- Anything else you like for self-pleasuring, comfort, or cuddling
- You may like to have your favourite playlist and speaker handy just in case the music/voice volume balance isn't ideal during the session

## DO YOU RECOMMEND ANY BRANDS TO BUY PRODUCTS?

Feel free to take advantage of our [Yoni Pleasure Palace](#) affiliate link for added discounts (referral code: m2rhy2q).