

# Amara Charles

Nourishing Arts of Sexual Pleasure

## MEDIA KIT

Famous broken marriages, infidelities, and sexual dysfunction are no longer the shocking news they once were, as use of the words “marriage,” “trust” and “fidelity” in the same sentence seems to be on shaky ground these days. What causes intimacy to erode to the point where decreased interest in your partner becomes an unrecoverable chasm that leads to sometimes disastrous ends?

***The answer lies in a couple’s desire and ability to be intimate — not just one, but both partners. Introduce your audience a new kind of sexuality that promotes healing, adventure, intimacy and closeness while enhancing any relationship, whether a high-profile couple or the couple next door.***

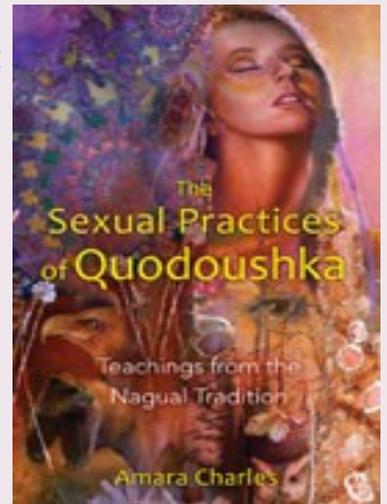
Author and sex and intimacy expert **AMARA CHARLES** is available for interviews to discuss current trends in marriage, fidelity and sexuality, as well as her forthcoming book, ***THE SEXUAL PRACTICES OF QUODOUSHKA: Teachings from the Nagual Tradition***, a breakthrough guide for anyone who wants to:

- ☑ Identify and best please the nine male and female genital anatomy types — such as Coyote Man or Buffalo Woman.
- ☑ Learn exercises to foster sexual pleasure and orgasmic intensity, including the Firebreath exercise for full-body orgasm.
- ☑ Discover powerfully healing sexual energetic techniques.

The book is accompanied by a fantastic website, [AmaraCharles.com](http://AmaraCharles.com), that features videos, articles, tips and tools to teach couples and singles how to improve their intimate relationships.

Charles will give your audience practical, straight-forward, interesting information about steps they can begin taking immediately to improve their intimate relationships and add more romance to their lives.

***The Sexual Practices of Quodoushka***  
**launches on Amazon.com and other**  
**outlets Tuesday, Sept. 27.**



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## Sample Interview Questions

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|-----|--|----------------------|
| 1.  | Why do we continue to hear about powerful marriages being wracked by infidelity?   | 1 minute to answer   |
| 2.  | Is it really as simple as needing to spend more intimate time together? Can a couple ever really affair-proof their relationship?  | 2 minutes to answer  |
| 3.  | Do everyday couples experience the same challenges?  | 1 minute to answer   |
| 4.  | How important is sexual intimacy to the survival of a relationship?  | 1 minute to answer   |
| 5.  | How can busy couples make more time for intimacy?  | 2 minutes to answer  |
| 6.  | You've written a book about intimacy, <i>The Sexual Practices of Quodoushka</i> (kwuh-DOE-shka). What makes your book different from other books on relationships, sexuality and tantra? | 1 minute to answer   |
| 7.  | That's a big word, Quodoushka (kwuh-DOE-shka). What does it mean?  | 1 minute to answer   |
| 8.  | What do you mean when you say we each have a different sexual anatomy type?  | 1 minute to answer   |
| 9.  | How can getting to know your own sexual anatomy better actually improve your relationship?   | 45 seconds to answer |
| 10. | One of your chapters is titled "The Eight Lover's Masks," which focuses on bringing variety into your love life. What are some of them and what tips can you offer our audience??        | 2 minutes to answer  |
| 11. | How can people buy your book or sign up for your workshops, Amara?   | 30 seconds to answer |

### Ordering and Contact Info

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## About *The Sexual Practices of Quodoushka*

Based on ancient Mayan, Olmec and Toltec teachings passed down through the generations by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, the practice of Quodoushka offers practical guidance on sex, intimacy, and relationships, as well as teaching its readers how to reach higher levels of orgasm and sexual ecstasy. Working with the healing power of sexual union and orgasm, this practice offers a path to repair emotional wounds and sexual insecurities, revive monotonous relationships, and discover the sweet medicine of sex.

## Table of Contents

### **Introduction — The Medicine of Sex: Learning Through Pleasure**

### **Part One — Healing Our Sexual Selves**

1. The Legacy of Quodoushka
2. An Initiation into the World of Sexuality
3. Unlocking Sexual Conditioning
4. Sexual Choices, Sexual Preferences
5. The Light and Dark Arrows of Sex

### **Part Two — Language, Anatomy, and Orgasms**

6. A Natural Language for Sex
7. Our Genital Anatomy
8. Female Genital Anatomy Types
9. Male Genital Anatomy Types
10. The Nine Types of Orgasmic Expression
11. Increasing the Intensity of Orgasms
12. Sexual Healing Practices
13. The Eight Lovers' Masks
14. Sustaining the Passion of Intimate Unions
15. Creating a Sacred Sexual Ceremony

## Amara Charles Bio

Highly acclaimed sex and intimacy expert **Amara Charles** has traveled to teach **Quodoushka** workshops internationally since 1989, helping men and women reconnect with their passion, reclaim their sexual energy, and deepen their appreciation of life. Both as a mentor and as a facilitator/trainer, Amara has helped many discover their hidden passions and find a more spiritually empowered approach to sexuality.

Amara is the author of several books, including ***The Sexual Practices of Quodoushka***, the first book to reveal the Shamanic healing practices of sex from the Nagual Tradition. Published by Inner Traditions/Bear & CO., *The Sexual Practices of Quodoushka* will be on shelves worldwide in August 2011.

As an apprentice to the Sweet Medicine SunDance Path for more than twenty years, Amara helped establish the Red Lodge Shamanic Yearlong Program, was the director of Spirit Quest, WonderCamp for teens, and is a Rites of Passage Facilitator. Amara also specializes in teaching sexual restoration practices from the Taoist White Tigress tradition. Her many workshops include Feminine Spring; Reclaiming Your Sexual Vitality, the Women's Yin Way Rejuvenation Course, and Men's Sex Forums. For couples, Amara offers Intimacy Retreats on Making Sexual Agreements and Discovering Your Erotic Nature.

Amara has been a guest on BBC, ABC radio, and HBO and has spoken at numerous national and international conferences where she gave presentations and led conversations on sex and intimacy for various groups, corporate clients, and universities. Amara's masterful presentation style brings a deeper understanding to her audiences of what is required to heal relationships and enhance sexual intimacy. She is committed to sharing the Quodoushka teachings to help men and women have greater pleasure and knowledge in their intimate relationships. Amara invites you to explore these teachings boldly, find what works for you, and create your circle of self in beauty.



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