

# Normalize Pleasure:

Give Yourself Permission to Feel Good

#LIV25 | @AdventHealthKC

# Who is Kia Walsh?

[www.NormalizePleasure.com](http://www.NormalizePleasure.com)

# Working Agreement

- Never Make Assumptions
- Take Care of Yourself
- There's No Right or Wrong
  
- What's Said Stays
- What's Learned Leaves
- Don't Yuck My Yum

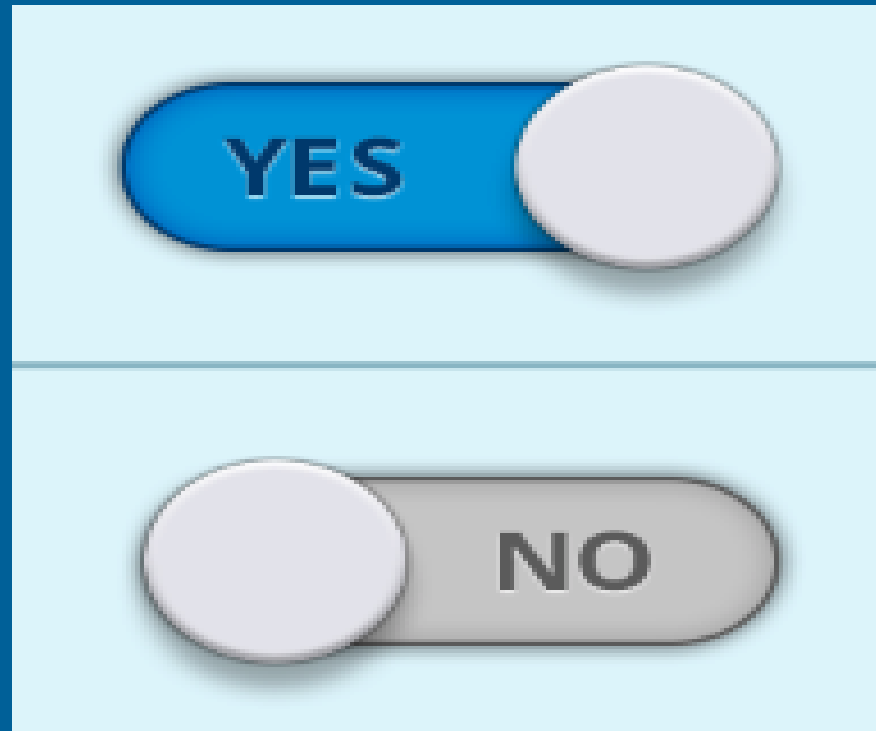
[www.menti.com](http://www.menti.com) and use the code  
7116 2053

#LIV25 | @AdventHealthKC



Breathe

# How Does it Feel?



“We have been raised to  
fear the yes in ourselves,  
our deepest cravings.”

Audre Lorde



Pleasure is about planting seeds.



Wills

Wants

Wonts

# Pleasure Resource Share:

[Book a Session with Kia](#)

[The Science of Orgasms](#)

[Normalize Pleasure Bookshop](#)

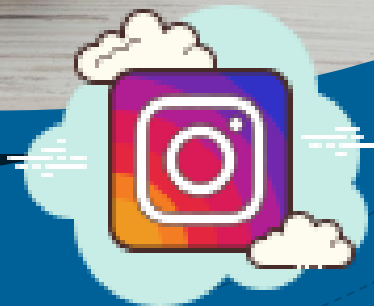
*Disclosure: This is an affiliate link. If you use it to purchase anything, I get a percentage of the sale. It does NOT cost you extra.*

[Shopsedure](#)

*Disclosure: This is an affiliate link. If you use it to purchase anything, I get a percentage of the sale. It does NOT cost you extra.*

GOOD  
VIBES  
ONLY

Follow Normalize  
Pleasure on  
Social Media



@normalizepleasure