

YELLA CREMER

YONI MASSAGE

QUICK REFERENCE



23 MASSAGE
TECHNIQUES

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About the author



Yella is a sex expert and intimacy coach. For over 20 years she has been gathering experience in the fields of sexuality, tantra, BDSM, sexual shamanism and so-called "sacred sexuality" through travel, seminars and personal development.

To pass on these experiences, Yella founded the tantra massage practice "Ayella" (nowadays "Ayana"), in which she herself gave massages and led a team of up to 14 women and men. Through this work, she was able to learn much about people's sexual needs. She now passes a great part of this extensive knowledge on to the readers of her books.

Her book "Yoni Massage - Desire, Healing and Intimacy" appeared in 2018. It describes in detail how healing intimate touch can be and how the wonderful art of massage can have a positive influence on our sex lives. Included are attentive instructions for the partner, but also tips for self-massage.

Published in 2014, her book, "The G-spot Guide for Sex Gods" sold over 12,000 copies and remains one of the leading guides in this area.

Yella's quick references are also much sought after. For each topic, specific instructions and tricks are provided in a compact format on 2 pages of A4. These are laminated for extra durability. Available topics include G-spot Massage, Yoni Massage, Lingam Massage, Female Ejaculation, Clitoris Massage, Anal- and Prostate Massage, Anal Massage for Women, as well as Pussy Yoga (an introduction to the use of yoni eggs).

All are available from Amazon, from local booksellers and the Lovebase website (<http://www.lovebase.com>). There you can find videos as well as further online courses, including some that are free of charge.

In 2017 Yella designed the online course "Slow Sex". It supports couples in finding the wonderful world of slow sex to discover a completely new way of