



Dilemma

The Science of

Sinners

-Syllabus 2024-

Table of Contents

- Welcome Message from Isabela Bottura
- Meet Your Teaching Team

- **Module 1:** Sexual Desire & Orgasm
- **Module 2:** Kink & Sexual Fantasies
- **Module 3:** The Sex Geek & Holistic Care

- **Module 4:** The Vulva & Clitoris
- **Module 5:** The Vagina, G-Zone, Bladder & Squirting
- **Module 6:** The Cervix, Uterus, Ovaries & Throat

- **Module 7:** Men's Sexuality
- **Module 8:** The Anus & Rectum
- **Module 9:** The Breasts

- **Module 10:** The Pelvic Floor
- **Module 11:** The Menstrual Cycle & Contraception
- **Module 12:** Puberty & Menopause

- **Module 13:** Pregnancy, Birth & Post-Partum
- **Module 14:** Sexually Transmitted Infections
- **Module 15:** Queer Sex, Gender & Transgender Health

- Testimonials



Welcome

Welcome to The Science of Pleasure!

I have created this course to bring you all you need to upgrade your knowledge and skills and become a confident **Health-Informed Sex Expert!**

Having worked and practiced both as a medical doctor specialist in **ObGyn** and as a **sex coach**, I have decided to create a comprehensive course to cover the gaps that sexuality practitioners encounter in their certifications and training programs.

From finally learning how to explain **different types of orgasm** to your clients, to helping the ones wishing to explore their **kinks, fantasies, and sexuality fluidity**, I have got you!

In this certification, you'll also learn how to be health-informed, creating a **safe space** where your clients feel seen as a whole, and understood in their multidimensional pleasure and sexual experience.

This course has given my students the **confidence** they needed to take the next step in their business, from finally starting to work with clients around sexual concerns, to being interviewed on national television as a sex expert!

Can't wait to see where this journey will take YOU and your business!!

Meet Your Teachers



Dr. Isabela Bottura

OBGYN & Sex Coach

Main Teacher & Creator of
The Science of Pleasure



Stacey Micallef

PsychoSexologist

Module 1: Sexual Desire & Orgasm



Alice Child

Somatic Sexologist

Module 1: Sexual Desire & Orgasm



Prince Roc

Professional Cuddler, Kink & ENM Advocate

Module 2: Kink & Sexual Fantasies

Module 15: Queer Sex, Gender & Trans Health



Nadia Lune

Sacred Sexuality Witch

Module 2: Kink & Sexual Fantasies

Meet Your Teachers



Bonnie Bliss

Somatic Sexologist

Module 4: The Vulva & Clitoris

Module 5: The Vagina, G-Zone & Squirting



Cam Fraser

Men's Sex Coach & Sexologist

Module 7: Men's Sexuality



Carla Crivaro

Sex, Love & Relationship Coach

Module 7: Men's Sexuality



Rosie Rees

**Sex & Relationship Coach & Founder of
*Yoni Pleasure Palace***

Module 9: The Breasts



Heidi True

SLR Coach & Pelvic Floor Expert

Module 10: The Pelvic Floor

Meet Your Teachers



Kiki Maree

Sexologist & Sex Coach

Module 11: The Menstrual Cycle & Contraception
Module 12: Puberty & Menopause



Naomi Batiste

Embodiment Doula

Module 13: Pregnancy & Postpartum



Kate Carson

Sex, Love & Relationship Coach

Module 13: Pregnancy & Postpartum



Jordana Ezra

Somatic Sexologist

Module 15: Queer Sex, Gender & Trans Health



Cosmos/ Meenakshi Kumar, MD

SLR Coach & Medical Doctor

Module 15: Queer Sex, Gender & Trans Health



Sexual Desire & Orgasm

January 29 - February 4, 2024

- Physiology of Sexual Desire & Arousal
- Theories around Sexual Response
- Pleasure & Erogenous Zones
- Physiology of Orgasm
- Sexual Desire & Orgasm “Disorders”
- Mismatched Desire
- Medications and Medical Conditions that Might Influence on Desire (e.g. Depression, Anti-Depressants, Thyroid Pathologies)
- Overcoming Sexual Desire & Orgasm Complains
- Neurodivergence & Sex

Guest teachers: Stacey Micallef - *PsychoSexologist*

Alice Child - *Somatic Sexologist*



Kink & Sexual Fantasies

February 5 - February 11, 2024

- What is Kink?
- Difference Between Kink, Fetish, and Sexual Fantasies
- Understanding Different Kinks
- Safety in Kink
- How to Start Exploring
- Kink as a Healing Tool
- Porn and its Possible Implications on Sexual Wellbeing
- Ethical Porn
- History of Sex Work
- Understanding Different Types / Levels of Sex Work
- Sex Work: Becoming an Advocate

Guest teachers: Prince Roc - *Kink & ENM Advocate*

Nadia Lune - *Sacred Sexuality Witch*



The Sex Geek & Holistic Care

February 12 - February 18, 2024

- Understanding Scientific Studies
- Beyond Google: Finding Reliable, High-Quality Information
- Understanding Studies Bias
- Building Critical Thinking
- Writing a High-Quality Article for a Blog or Post
- Structuring an Engaging Article
- Medical Tests: Importance and Limitations
- Understanding Holistic Care
- Holistic Care vs Charlatanism
- Integrative Health: How Traditional Medicine Can Meet Alternative and Holistic Care



The Vulva & The Clitoris

February 26 - March 3, 2024

- Vulva Diversity & Vulva Shame
- Labiaplasty Implications in Pleasure
- Embryology of the Vulva and Clitoris
- Anatomy of the Vulva and Clitoris
- The History of the Clitoral Anatomy and Why it Has Been Neglected
- Main pathologies of the Vulva and Clitoris: Vulvar Dermatitis, Lichen Sclerosus, Vulvodynia, Clitoral Adhesions
- Navigating Pleasure with Pathologies of the Vulva and Clitoris
- External Self-Yoni Mapping

Guest teacher: Bonnie Bliss - *Somatic Sexologist*



The Vagina, G-Zone & Squirting

March 4 - March 10, 2024

- Embryology of the Vagina, G-Zone & Bladder
- Anatomy of the Vagina, G-Zone & Bladder
- The Science of Squirting
- Difference Between Squirting, Female Ejaculation & Vaginal Lubrication
- Main Pathologies of the Vagina, G-Zone & Bladder: Vaginismus, Bartholin & Skene Gland's Cysts, Vulvovaginitis (Thrush & BV), UTI
- Navigating Pleasure with Pathologies of the Vagina, G-Zone, & Bladder
- Internal Self-Yoni Mapping (*curved glass wand required*)

Guest teacher: Bonnie Bliss - *Somatic Sexologist*



The Cervix, Uterus, Ovaries & Throat

March 11 - March 17, 2024

- Embryology of the Ovaries, Uterus, & Cervix
- Anatomy of the Ovaries, Uterus, & Cervix
- Cervical Pleasure: Tips & Tools
- Throat Pleasure & Deep Throat: Why and How
- The Connection Between the Throat and the Cervix
- Main Pathologies of the Ovaries, Uterus, & Cervix: Fibroids, Polyps, Endometriosis, Adenomyosis, Cervical Cysts, HPV Infection, Cervical Dysplasia, & Cervical Cancer
- Navigating Pleasure with Pathologies of the Cervix, Uterus, & Ovaries
- Cervical Screening (Pap Smear): From Trauma to Self-Care



Men's Sexuality

March 25 - March 31, 2024

- Anatomy & Embryology of the Male Reproductive System
- Main Medical Conditions in Men's Sexual Health: Erectile Dysfunction, Premature Ejaculation, Delayed Ejaculation, Benign Prostatic Hyperplasia, Phimosis
- Navigating Pleasure with Pathologies of the Male Reproductive System
- Healing Your Relationship with Men & and Letting Go of Pre-Conceptions
- Stereotypes around Male Sexuality
- Diversifying and Expanding Men's Sexual Pleasure

Guest teachers: Cam Fraser - *Sexologist & Sex Coach*

Carla Crivaro - *SLR & Men's Coach*



The Anus & Rectum

April 1 - April 7, 2024

- Embryology of the Anus & Rectum
- Anatomy of the Anus & Rectum
- The Digestive Tract
- Main Medical Conditions Involving the Anus & Rectum:
Hemorrhoids, Anal Fissures, Anal Skin Tags, Inflammatory Bowel Disease, Irritable Bowel Syndrome
- Navigating Pleasure with Pathologies of the Anus & Rectum
- Pleasure & Orgasmic Possibilities in Anal Play for Male and Female Bodies
- Deconstructing Stigma Around Anal Pleasure
- Anal Pleasure: How to Start Exploring
- Safely Exploring Anal Play: Tips & Toys



The Breasts

April 8 - April 14, 2024

- Embryology of the Breasts
- Anatomy of the Breasts
- Breast Diversity
- Breastfeeding
- Most Common Medical Conditions of the Breasts: Flat & Inverted Nipples, Mastitis, Mastalgia, Breast Cysts & Nodules (Fibroadenoma)
- Navigating Pleasure with Medical Conditions and Surgeries of the Breasts
- Breast Cancer Screening
- Breast Massage & Pleasure
- Sex Toys Workshop

Guest teacher: Rosie Rees - *Sex & Relationships Coach*



The Pelvic Floor

April 22 - April 28, 2024

- Anatomy of the Pelvic Floor
- Function of the Pelvic Floor
- The Importance of a Healthy Pelvic Floor on Pleasure & Orgasms
- Hypotonic Pelvic Floor
- Hypertonic Pelvic Floor
- Different Pathologies Involved with a Dysfunctional Pelvic Floor: Urinary Incontinence, Fecal Incontinence, Pelvic Organs Prolapse
- Navigating Pleasure with Pelvic Floor Dysfunction
- Kegels, Crystal (Yoni) Eggs & Biofeedback Devices
- Pussy Yoga: Practices for a Healthy Pelvic Floor

Guest teacher: Heidi True - *SLR Coach & Pelvic Floor Expert*



The Menstrual Cycle & Contraception

April 29 - May 5, 2024

- Understanding the Different Phases of the Menstrual Cycle
- Cyclical Living: Understanding Patterns to Optimize Pleasure, Relating & Productivity
- Factors Possibly Influencing on the Menstrual Cycle Duration & Symptoms
- Abnormal Uterine Bleeding
- Polycystic Ovary Syndrome
- Period Sex
- Conscious Contraception
- Hormonal & Non-Hormonal Contraception
- Fertility Awareness Method

Guest teacher: Kiki Maree - *Sexologist & Sex Coach*



Puberty & Menopause

May 6 - May 12, 2024

- How to Talk to Kids about Sex
- Understanding Puberty: Hormonal, Physical, and Psychological Changes
- Precocious / Delayed Puberty
- The Hymen
- “Virginity” & Initial Sexual Exploration
- Menopause & Perimenopause: Hormonal, Physical, and Psychological Changes
- Menopausal Symptoms
- Managing Menopausal Symptoms: Hormonal & Non-Hormonal Alternatives
- Sex & Pleasure After Menopause: The Golden Years

Guest teacher: Kiki Maree - *Sexologist & Sex Coach*



Pregnancy & Postpartum

May 20 - May 26, 2024

- Pregnancy & Puerperium: Hormonal, Physical, and Psychological Changes
- Pregnancy & Pleasure
- Puerperium & Pleasure
- Fertility Journey: Conscious Conception & What to Expect
- Termination of Pregnancy, Miscarriage, & Stillbirth
- Pregnancy Loss: Understanding & Holding Clients Going Through Grief
- Birth: Understanding the Different Stages of Birth
- Orgasmic Birth

Guest teacher: Naomi Batiste - *Embodiment Doula*

Kate Carson - *Sex, Love & Relationship Coach*



14

Sexually Transmitted Infections & Safe Sex

May 27 - June 2, 2024

- Difference Between STI vs STD
- The Most Common STIs: HIV, Syphilis, Chlamydia, Gonorrhoea, Herpes Simplex Virus, Trichomoniasis, Mycoplasma genitalium, Hepatitis A, B, and C
- STI Screening: What is Usually Tested & How Often to be Tested
- STI Prevention: Vaccination, Testing, Barrier, Pharmacological & Behavior Methods
- Pre and Post-Exposure Prophylaxis
- Understanding & Reducing STI Stigma
- Navigating Pleasure with STIs
- STI Disclosure: How and When
- The Health-Informed Slut



15 Queer Sex, Gender & Trans Health

June 3 - June 9, 2024

- Understanding Gender & Sex Assigned at Birth
- The Queer Theory
- Understanding Heteronormativity
- Understanding the 2SLGBTQIA+ acronym
- Working with LGBTQIA+ folks
- Transgender Health, Medical & Surgical Transition
- How to Become a Better Ally
- Queer Sex: Supporting a Client Exploring their Sexuality
- Beyond Monogamy: Understanding Ethical Non-Monogamy & Polyamory

Guest teachers: Jordana Ezra - *Somatic Sexologist*

Prince Roc - *Kink & ENM Advocate*

Cosmos/M. Kumar, MD - *SLR Coach & Doctor*

Testimonials

“I now coach women on sexuality, whereas before I didn’t feel confident enough, feeling I lacked knowledge and wouldn’t be able to provide enough high-quality info in certain areas that women with different backgrounds may go through. Pathologies like vaginismus, pelvic floor issues, breast-cancer, but also menopause, pregnancy, queer sex, kinky and other more taboo sexual experiences, mismatched desire with partners and so much more...”

Rahel

“A must for every Sex Coach: Medical knowledge that focuses on pleasure! This course holds the key to the most important components of our sexual health and well-being and explains them in depth thanks to Isabela’s medical expertise as a doctor. From sexual desire to topics of healthcare or society: Isabela’s course covers all of that!”

Nela

“I will be on Swedish television this weekend! Feels a bit unreal. In the big weekend show. To talk about pleasure. So grateful that I have taken your course as [...] I KNOW I wouldn’t have felt so confident and relaxed if I did not have your course with me.”

Anna

All Rights reserved