

The inexperienced barmaid

'I can't wait to pull a man - I feel so sexy!'

Cheryl Mooney, 21, moved to Spain from Newcastle upon Tyne eight months ago and is currently single.

'A friend of mine went to Louise's classes then recommended them to me. She thought they would boost my confidence. I wasn't nervous before the first session - until I found out I would have to give sexy massages to complete strangers. Then I really panicked.

'As one of the youngest in the class, I felt very inexperienced compared to everyone else but once the other people reassured me they'd all felt timid to start with, I got into it.

'It was a real eye-opener to talk about sex with older men and women. I'd have cringed discussing personal stuff like that before, but now I even stroll around the house naked without thinking twice, giving my housemates the odd shock.

'It's been four weeks since I started the classes and I've already experienced stronger orgasms. During a recent fling I slowed my breathing down, concentrated on the sensation of touch on my skin and was able to have an amazing orgasm that seemed to last a very long time. My lover said he'd never felt like such a stud, I was moaning and groaning so much!

'The workshops can also boost the spiritual side of a relationship. We learn to take time to get to know each other's bodies and breathe in time to feel a deep connection.

'When I bag myself a serious boyfriend, I'll drag him along to the classes too - then wait for the fireworks to start.'