

## The single gran

'I had my first orgasm at 58!'

Lynn Cantwell, 59, moved to Spain from Blackpool 12 years ago. She's been single for 2 years and runs a music bar.

“I decided to go celibate after my relationship ended. I didn't think I'd miss sex. I'd always focused on pleasing my partner instead of myself and had spent years faking orgasms.

“After a year though, I realised that - single or not - I still had needs. I'd been to the yoga classes that Louise runs, so I decide to check out her Tantric sex workshops.

“At first I focused on relaxing but as Louise taught us more and more techniques, I was raring to try them out.

“Back home after my sixth class, I lit some candles, stripped off and lay on my bed. I wasn't used to exploring my own body so I had to force myself to relax. Gradually, I sensed a strange tingling sensation spreading all over my body, followed by an incredible orgasm.

“Then I realised - I'd just had my first orgasm at the age of 58. It was mind-blowing and I wanted more.

“I wish I could turn back the clock but instead I'm making up for lost time. I can't wait to try Louise's techniques out on a man and when the right one comes along, he'd better watch out.”