

# PAMELA MADSEN

Podcast Guest Appearances



## BIO

Pamela Madsen, a Somatic Wellness Coach with a Master's degree in Education, has coached hundreds of women and couples on their own personal journey back into their bodies. Pamela founded [Back to the Body, Inc](#) and The Back To The Body Method™, now in its twelfth year. A pioneer in fertility and sex advocacy, she also was the Founder and first Executive Director of The American Fertility Association. Pamela is a veteran speaker, educator, and has been a blogger for The Huffington Post, Psychology Today, and more. She is the author of *Shameless: How I Ditched The Diet, Got Naked, Found True Pleasure and Still Got Home In Time To Cook Dinner* (Rodale, January 2011), and was featured in *Orgasmic Leadership: Profiting from the Coming Surge in Women's Sexual Health and Wellness* by Rachel Braun Scherl. Pamela has been called a “vagipreneur”. Pamela has appeared on Sex with Emily, Oprah, O Magazine (twice!), Cosmopolitan, Women’s Health, BuzzFeed, 60 Minutes, CNN, The New York Times, USA Today, and more. She is a fearless advocate for women’s health and integrated sexuality who leverages her raw honesty and well-informed wit to help strip the stigma from women’s wellness, female desire and pleasure, body image, and infertility.

## BACK TO THE BODY™ MISSION STATEMENT

Back to the Body™ is a Sexual Wellness Retreat for Women. Back to the Body™ hosts immersive week-long retreats that transport women to beautiful, exotic locations where they can express and explore themselves in a safe, nurturing, non-judgmental environment.

Sexuality affects (and is affected by) every aspect of a woman’s life. At Back to the Body™, we embrace the complex and all-encompassing nature of sexual desire. That’s why we don’t prescribe a one-size-fits-all healing process that only works for certain women. We are here for any and every woman— for those who want change, and for those who think they can’t change.

Pamela and her staff of certified Back to the Body Method™ practitioners use their expertise to guide you through a transformative, whole-body healing journey that’s individually tailored to fit your specific needs. All you have to do is bring your body.

This is the rest of your life in one week.

## SPECIALIZED TOPICS

- sexological bodywork: what it is, its benefits, the Back to the Body Method™
- Women's wellness and the importance of including pleasure and erotic health in the discussion
- Erotic immersion retreats: what they are, their benefits, the transformative results (including an [upcoming study](#)), and what Back to the Body™'s are like
- Sexual Boredom and shifting the narrative
- Long arousal, arousal arcs, and erotic energy

## TARGET AUDIENCE

- Women, 30-60 years old, married divorced or single

## HIGHLIGHTED MEDIA FEATURES

- [“The V-Cation” in Oprah Magazine featured Back to the Body™](#)
- [“Why I Always Hated My Vagina” Back to the Body™ featured on BuzzFeed](#)
- [“7 Women's Retreats To Bring Out Your Inner Goddess” by Bustle.com features Back to the Body™](#)
- [“What It's Like to Attend a Sexual Wellness Retreat” in Women's Health talks about the power of our retreats](#)
- [Pamela Madsen's Lotus Lift Meditation™ featured in O Magazine](#) – twice!

## SELECTED PREVIOUS PODCAST APPEARANCES

- [Shameless Sex: How to Have Long Arousal, Arousal Arcs, and Erotic Bliss - With Pamela Madsen](#)
- [Sex with Emily: Arousal & Erotic Energy with Pamela Madsen & Court Vox](#)
- [That Sex Chick: Sexological Bodywork: Connect to Your Vulva with Pamela Madsen](#)
- [Sluts & Scholars: Sex and Culture Part 1: Back to the Body with Pamela Madsen](#)
- [{After} Office Hours with Melissa D.: Sexual Boredom & How to Shift That Energy with Pamela Madsen](#)

- [Deborah Kagan's The Real Undressed Podcast: Pamela Madsen - Erotic Novelty, Pleasure + Cultivating Full Body Orgasms](#)
- [Sex with Dr. Jess: Here's What You Should Know About Sexological Bodywork with Pamela Madsen](#)
- [The Trouble with Sex with Dr. Tammy & Pamela Madsen](#)
- [Sex with Emily: Retreating to the Bedroom with Pamela Madsen](#)

## **THE BACK TO THE BODY™ DIFFERENCE:**

The Back to the Body Method™ has been developed over 10 years of working with over 1000 women in the Back to the Body™ container with a team of world-class sex educators, mental health professionals, and coaches. It is this blend of embodied talent and expertise that has created our own unique approach based solidly on holding a strong ethical container for women.

We believe healing can happen in many different ways, but we are not therapists or doctors, we are sex educators. and along with our other somatic based colleagues around the world, we share the belief that pleasure heals.

Our retreats were used in a recent study on the potential benefits of sexological bodywork retreats by an independent and unbiased lens. The study shares that women attending our retreats reported positive effects on the following in their lives:

- Arousal
- Sexual self image
- Body image
- Feelings about genitals
- Sexual assertiveness
- Sexual satisfaction
- Experience of sisterhood

(More on this study can be found on our blog.)

Joseph Kramer Ph.D., founder of Sexological Bodywork and the Body Electric School, said this about Back to the Body™:

"Pamela Madsen is an erotic genius who has created a eight-day communal immersion process where women learn to integrate sexual arousal into all parts of their bodies and lives. Along with her extraordinary team; through group and solo practices and receiving daily sensuous bodywork, participants unleash a remarkable state of sustained sexual arousal. And then are coached in ways to use that state. Back to The Body is the Master Class of my dreams. I wish I had a vulva."

## **BACK TO THE BODY™ ATTENDEE TESTIMONIALS:**

“When I told you that you’ve changed my life, I sincerely meant it. You have shown me a way to find my way back to my authentic self. She was there all this time, hiding, fearing judgment and rejection. When you told me I would be a part of a supportive community I simply could not believe it. Rather I could not fathom that it could be true for me. Thank God, I was dead wrong. BttB has quieted my restlessness and calmed my fragmented heart. It has grown me in very uncomfortable AND important ways. Thank you for helping me become the person I was meant to be. I am so very grateful.”

“Dearest Pamela, You have given me a gift that is beyond description. The work you do and the care and love that you inject into your profound purpose, has completely transformed my life. You infused hope into parts of me where I wasn’t sure hope could still exist. I am a different person from when I first met you, THANK GOD, and thank YOU for your boldness, bravery, and fearless leadership that is making this world a better place.”

“My experience at Back to the Body taught me lessons that went way beyond the bedroom and all the way to the boardroom. I found myself feeling so naturally confident in myself that I have trouble recognizing the woman I used to be.”

## **CONTACT**

Email Pamela directly at [pamela@backtothebody.org](mailto:pamela@backtothebody.org) (please CC [quinn@backtothebody.org](mailto:quinn@backtothebody.org)).