

Danielle Hougard is a Sensuality Coach, Yogini, Writer, Speaker, Mother & Wife. She supports women nationally and internationally who long to live the pleasure-filled, legendary love life of their dreams. She believes that the most important love you have is the one with yourself and she teaches her clients how to love themselves, embrace their sexuality, and confidently bring this fulfilled self to their new or long-term relationships.

Danielle's 30-year relationship with her husband Mark and her passion for learning how to truly love, and be her fully expressed authentic self, have been the foundation for empowering others on their own love and sexuality path. She specializes in helping women love themselves deeply, and to awaken to and fully express their feminine, sensual, selves. She does this through one-on-one work, group programs, as well as workshops and retreats.

In addition to her work as a Sensuality Coach, Danielle Hougard is an Acupressure Massage Therapist with a focus on emotional balancing and an E-RYT 500 certified yoga teacher. Danielle lives in the Bay Area with her husband and son (when he's home from UCSB).

Danielle Hougard, Sensuality Coach, Acupressure Massage Therapist, and E-RYT 500, certified Yoga teacher, has been on the mind-body path since 1989. She is a pioneer in living life from the inside out, and a love warrior leading the way for all on this pleasure path to deeper intimacy and soulful sexuality. Danielle's coaching is the result of her natural desire and passion for self-inquiry, authentic self-expression, and her pursuit to lead an empowered life filled with love, pleasure, and joy.

- 2020- Andean Shamanic Rituals Training with Puma Fredy Quispe Singona, Online via Zoom from Cuzco, Peru.
- 2020- Forbidden Conversations Series with Esther Perel, Online via Zoom.
- 2019- Completed the Ecstatic Living Institute: Ecstatic Touch, Level 2, weekend workshop, Petaluma, CA.
- 2018- Completed The Yin and Yang of Ecstasy: Empowering the Feminine, Awakening the Masculine with Margo Anand and Jim Benson, A 5-day workshop at Esalen Institute, Big Sur, CA.
- 2015- Created Love and Intimacy Mentoring Practice, San Rafael, CA.
- 2013- 2014- Completed Interchange Counseling/Coaching Certification Program, San Francisco, CA

- 2005- Created Intuitive Life Coaching Practice, San Rafael, CA.
- 2004- Anusara Yoga Teacher Certification, San Anselmo, CA
- 2003- Attended Healing the Pelvic Floor: Reclaiming your Power, Sexuality, and Pleasure potential, 7-day Training, with Suzanne Scurlock and Maureen McKenzie, Esalen Institute, Big Sur, CA.
- **2001- Gave birth to my son Gabriel at home in San Rafael, CA.**
- 1999- Received 850- Hr. Acupressure Therapy Certification- Advanced Training Program. Acupressure Institute, Berkeley, CA.
- 1998- Couples Sexuality Weekend Training w Dr. Saida Desilets, Novato, CA.
- 1998- Jade Egg & Sensuality Weekend Training w Dr. Saida Desilets, Novato, CA.
- 1998- HAI- Couples Relationship Training, Harbin Hotsprings, Middletown, CA.
- 1997- HAI- Level 3, Weekend Training, Harbin Hotsprings, Middletown, CA.
- 1997- Served at Vipassana Meditation Retreat, 3-day, North Fork, CA.
- 1997- Completed 10 Day Vipassana Meditation Course, North Fork, CA.
- 1996- HAI- Level 2, Weekend Training, Harbin Hotsprings, Middletown, CA.
- 1995- Human Awareness Institute (HAI), Love, Intimacy, and Sexuality Workshops, Level 1, Weekend Training, Harbin Hotsprings, Middletown, CA.
- **1993- Met hubby in class at the Acupressure Institute, Berkeley, CA**
- 1993- 200 Hr. Advanced Training Professional Specialization Program- Emotional Balancing Certification, Acupressure Institute. Berkeley, CA.
- 1993- Acupressure Institute Certification, Annandale, VA.
- 1993- Completed Five Day Advanced Landmark Training, San Francisco, CA.
- 1992- Completed Three Day Landmark Forum Training, Live the Life You Love, Falls Church, VA.
- 1989- BA, English, Virginia Commonwealth University, Richmond, VA.