

Find the time to work on intimacy

Sex coach says couples run the risk of falling out of love

By SCOTT SAWYER

WITH Valentine's Day looming ever larger on the horizon, Coast intimacy coach Pauline Ryeland says it is a good time for couples to work on tightening their bonds.

The certified Tantra teacher, sex coach and educator said a recent survey she had found showed there were more than 1.7 million Australian men and women in sexless marriages.

Coupling that figure with the high divorce rate, Ms Ryeland said it was important that couples learnt to shut down if they want to get down.

Technology, kids, work and a plethora of other commitments eating away at the time dedicated to one another was one of the key catalysts for a decline in intimacy in couples, she said.

As time together slipped away, so too did the ability to communicate with each other properly, driving distance between couples.

Ms Ryeland, who works with both individuals and couples, believes there are key strategies that can help people reconnect with their significant others.

"I think a lot of it is people just don't know how to talk about it (their intimacy needs)," she said.

"A lot of it is our cultural upbringing. It (sex) is taboo on so many levels.

"(After time) a little bit of



It's people of all ages, couples and individuals. Libido is a universal problem

— Pauline Ryeland

the practicality sets in too. Sleep becomes a priority. Life does get in the way."

The key to maintaining or rebuilding a connection, Ms Ryeland said, was to sit down and work out shared goals, as well as undergo "relationship audits", to check in with each other and try to create "intimacy windows" in busy schedules.

"You need to sit down and prioritise," she said.

Whether it was sitting down at the table instead of in front of the TV, or turning off the smartphone in the bedroom, Pauline said there were many ways to tighten bonds, despite the limits of what many couples believed was possible.

Another inside tip from Ms Ryeland was for couples to seek help before things went awry.

Plenty of couples who were travelling along fine and seemingly had no issues often came to her to try to deepen their bond – a strategy she said was often just as



LOVES HER JOB: Sunshine Coast sex coach Pauline Ryeland.

PHOTO: CHE CHAPMAN

Premier planning attack on violence

LEGISLATION to tackle alcohol-fuelled violence, particularly late at night, would be debated by state parliament as soon as it resumed next month, Premier Annastacia Palaszczuk said yesterday.

The Legal Affairs and Community Safety Committee will report to Parliament on February 8.

"This will allow this vital legislation to be debated in the first week of Parliament," the Premier said.

"I call on all members to ensure the soonest possible passage of these laws. We need strong laws for the safety of young Queenslanders."

The Premier said her government would complement the laws through an education campaign.

This would include complementing existing work with Queensland students in Years 7-12 to learn about the impacts of alcohol and drugs, and school visits by individuals and groups dedicated to promoting safety and the consequences of violence.

The government has allocated \$2.1 million this financial year for dedicated campaigns – double the allocation for the 2014-15 financial year.

Family worried for missing man

A COOROY man has disappeared on the Gold Coast, prompting police to appeal for public assistance in finding him.

Trent Dorsett, 48, was last seen getting off a train at Varsity Lakes early on Wednesday evening.

He caught the train from Cooroy Railway Station and changed trains in Brisbane.

Mr Dorsett is described as Caucasian in appearance, of average build, around 185cm tall and with a goatee beard.

He was wearing a white shirt with a Rip Curl logo on it, dark pants and a distinc-



tive hat made of leather with a crocodile skin band around it and crocodile teeth in the band. Some of the teeth were missing from the hat.

It is believed Mr Dorsett may have been heading to a camping site on the Gold



Coast. Police and family are concerned for his welfare as he suffers a medical condition.

Anyone who has seen Mr Dorsett is urged to contact the police or phone Crime Stoppers on 1800 333 000.

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