Final Report

FS [OBSERVR]

Shauna Marie Stewart

Incident ID: 13554-288502
Injury: Alleging failing to meet standard of care and sexual assault during a pelvic exam
Date of Injury: Feb 21, 2023
Created Date: 07/14/2025

Requested By

Caitlin Vallone
cmvallone@burnswhite.com

Background

Method Of Discovery
Name, Location, DOB, and Associate

Summary of findings
Background and family:
Shauna Marie Stewart is 41 years old and lives in Olympia, Washington. Subject's husband is Chris Stewart. Chris Lunde is a relative of Subject; his relationship with her was unclear.

Employment:
Subject is the Owner/Operator of Linger Boutique and the Host of Life Turned On Podcast. She is also a Sexuality Educator and Intimacy Coach.

Social Media:

Facebook, Instagram, LinkedIn, Google Reviews and Venmoaccounts were found for Subject.

Before DOI:

Photos/posts include

- First activity on Google Reviews (email shauna83@gmail.com) - 5-star review for Fitness Ablaze Training Center
- Most recent activity on LinkedIn - about working with Experience Olympia & Beyond
- News article about Subject resigning as CEO of Experience Olympia & Beyond to focus on her health and family
- Listed as the Governor of Linger Boutique, LLC (111 Market St NE Ste 107, Olympia, Washington, 98501)
- Pictured and quoted in an article about Linger Boutique and sexual wellness
- Subject was a guest on the podcast, For Folks' Sake; she talked about Linger Boutique, being a mother, and her career before opening her store
- Shared information for a "Bridal Bash" in Rochester, Washington on April 1, 2023

After DOI:

Photos/posts include

- Advertised services offered at Linger Boutique, including bra-fittings, private appointments, and private parties
- Advertised the merchandise sold at Linger Boutique, including lingerie, lube, and sex toys
- Shared tips on lingerie, masturbation, orgasm, fantasies, relationships, and consent
- Discussed pelvic floor health, painful sex, and limited views on intercourse
- Offered discounts on specific items at Linger Boutique
- Seen sitting, standing, and walking
- Shared information for events at Linger Boutique
- Linger Boutique was nominated for a Best of Intima Award
- Advertised her new Subscribe and Save option on her website
- Seen riding a Peloton Bike and showed a vibrator in a shower
- Hosted pleasure workshops, in-person and digital
- 5-star review for Erickaday Coaching and mentioned a big life transformation

- First activity on Instagram (account lifeturnedonpodcast) - announcement of her podcast
- The first podcast episode was a solo introductory episode
- Confirmation of DOB and announced the Life Turned On Podcast and asked for stories about sexual self-discovery
- Mentioned that her original Facebook account was deactivated
- Talked about role-playing, and mentioned that she is not very good at pretending
- Mentioned being depressed when she started Linger Boutique
- Pictured standing with her husband while holding a drink
- Shared her new business hours and information for private appointments, "date nights," and private parties
- Announced when she was looking to hire an employee, and posted pictures of them once they started
- Hiked the Packwood Lake Trail Head in Randle, Washington, with associates
- Mentioned homeschooling, family (kids aged 7 & 9), travel, and business growth
- Addressed business challenges like blocked ads and critics
- At a lingerie fashion show in Paris, France
- Introduced her personalized subscription service
- Most recent activity on Google Reviews - 5-star review for Melissa Shafer in Olympia, Washington, and mentioned a massage
- Seen practicing Shibari (she was pictured tied up and hanging from a ceiling)
- Video showing legs in a bath with flower petals
- Advertised her Receive Retreat in Tuscany, Italy
- Pictures and videos with her husband while they celebrated their wedding anniversary
- Video of her hand holding a drink at a restaurant with an associate
- Video of a vibrator on a pillow shaped like female genitalia
- Book recommendations
- Video ice skating
- Seen holding her Sexuality Educator Certification issued by the Sexual Health Alliance
- Most recent activity on Google Reviews (email shauna83@gmail.com) - 5-star rating for Merry Maids of Olympia
- Advertised one-on-one coaching and mentioned being immersed in the world of sexuality for 3.5 years
- Pictured wearing lingerie while sitting in a bathtub
- Shared that she was on the cover of VOICE Magazine
- Video about erogenous zones and how a person's whole body was one
- Talked about being sexually liberated
- Videos of Subject at the Receive Retreat in Tuscany
- Introduced HELD: An Embodied Bra Fitting Experience
- Linger Boutique's customer reviews
- Pictured in a boudoir photoshoot, she appeared naked and wearing a bedsheet
- Videoed talking to groups of women and shared what she loved about being a Certified Sexuality Educator and Intimacy Coach
- Most recent activity on Facebook (account shauna.stewart.64018) - repost from one of her favorite boudoir photographers
- Most recent activity on Instagram (account lingerbtq) - announcement that Linger Boutique would be closed on July 4th
- Most recent activity on Facebook (account id=100025625778766) - partnered post with Ziva Medication, offered a free 15-minute masterclass
- Most recent activity on Instagram (account lifeturnedonpodcast) - video clip from her podcast

- Most recent activity on Instagram (account linger.u) - video of a sex-toy available at Linger Boutique
- Most recent episode on Apple Podcast - “Shedding HIV Stigma with Vanessa Leja”

Findings:
There were two Facebook accounts found for Subject. Her personal account, shauna.stewart.64018, was created in September 2023 after her original account was deactivated. She would repost content from her other account. She also shared a few photos of herself with associates. Subject’s other account was dedicated to her store, Linger Boutique (id=100025625778766). Subject frequently shared tips for sexual wellness and advertisements for lingerie, bras/fittings, and sex toys.

Subject’s personal Instagram account, shauna83, was created in July 2011 and had 36 posts that were unavailable due to privacy settings. Subject also had an account, linger.u, that was created in July 2021 and had two prior usernames. This account was originally the account for her Linger Boutique but transitioned to focusing on sexual wellness as a whole and Subject’s career as a Certified Sexuality Educator & Certified Embodied Intimacy Coach. When that account transitioned, she created another account, lingerbtq, in June 2023. This account had three prior usernames. It was the account for her retail store, Linger Boutique. The content was similar and sometimes identical to the content shared on the Facebook account (id=100025625778766). In Septebmer 2024, Subject began advertising a Recieve Retreat that she organized and guided. The retreat took place in Tuscany, Italy, in May 2025. Subject also had an Instagram account dedicated to her podcast, lifeturnedonpodcast, which mainly shared video clips from the recordings of her podcast.

Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond, is Subject’s podcast where she talked about topics related to sex. There were 67 published episodes. Subject often had guests whom she interviewed and discussed topics with. Guests included her husband and licnensed professionals in counseling, law, and sexual wellness. She would ask her guests questions about their specialties, and they would share their views; Subject also had solo episodes. The discussions centered on their personal experiences with sex, pleasure, and self-discovery. They also discussed topics surrounding abuse and trauma. The Trailer for the podcast was posted on July 16, 2023. She posted weekly episodes, with some longer gaps around holidays; the lengths of the episodes varied but were typical around 40-50 minutes.

Subject made many mentions of an illness on most of her platforms. She said that she had gotten sick in 2020 and was ill for nine months. She talked about how her husband had to become her caretaker due to the pain. She was unable to receive a diagnosis and began to feel better when she started indulging in pleasure; this included simple, platonic, and sexual pleasures. She claimed that pleasure was her medicine. She opened up Linger Boutique in 2022. She aimed to create a sex-positive space that focused on women’s sexual wellness; she began selling lingerie and other sex-related merchandise.

There was no mention of a personal assault on Subject’s or associates’ accounts.

Court and Property Records:
Subject's address, per Requestor, is 5635 Stetson Ct NW, Olympia, WA 98502. Subject was listed on the property records.

Subject's most recent address history (2 years) were included in the report.

There were no court records located for Subject.

File notes (other)
Indicators:

Bankruptcies: None Found
Liens: None Found
Judgments: None Found

Subject Information	
Name :	Shauna Marie Stewart
Social Security Number :	534-11-7532
Last Known Addresses:	**Mar 29, 2019** - **Jun 30, 2025** 5635 Stetson Court Northwest, Olympia, Washington 98502, United States
Phone(s) :	(706) 218-0916 (ET) (Mobile) (90%) (360) 951-0048 (PT) (Mobile) (86%) (360) 704-7544 (PT) (LandLine) (66%) (360) 866-9282 (PT) (LandLine) (66%) (253) 284-3270 (PT) (LandLine) (66%) (360) 671-1240 (PT) (LandLine) (66%) (253) 627-2836 (PT) (LandLine) (40%) (360) 866-5203 (PT) (LandLine) (40%) (706) 673-7849 (ET) (LandLine) (40%) (702) 498-5158 (PT) (Mobile) (39%)
Alias(es) :	SHAUNA M LUNDE (09/02/2001 to 04/27/2025) SHAUNA M STEWART (02/14/2013 to 04/02/2025) SHAUNA MARIE STEWART (01/11/2019) SHAUNA MARIE LUNDE SHAWNA M LUNDE SHANNA JENKINS Shauna Stewart shauna.stewart.64018 Linger Boutique profile.php?id=100025625778766 shauna83 LINGER U linger.u lingerbtq Life Turned On Podcast lifeturnedonpodcast shauna-stewart-068aa217 lingerboutique
Email Address(es) :	shauna83@gmail.com (100%) jeana_corbin1@yahoo.com (41%) dshanna@gmail.com (41%) shauna@lingerboutique.com shauna@experienceolympia.com hello@lingerboutique.com lingerboutiquereviews@gmail.com
DOB :	07/26/1983
Marital Status :	Married to Chris Stewart
Employment :	Owner/Operator of Linger Boutique Host of Life Turned On Podcast Sexuality Educator and Intimacy Coach
Alleged Injury :	Alleging failing to meet standard of care and sexual assault during a pelvic exam
Date of Loss :	02/21/2023

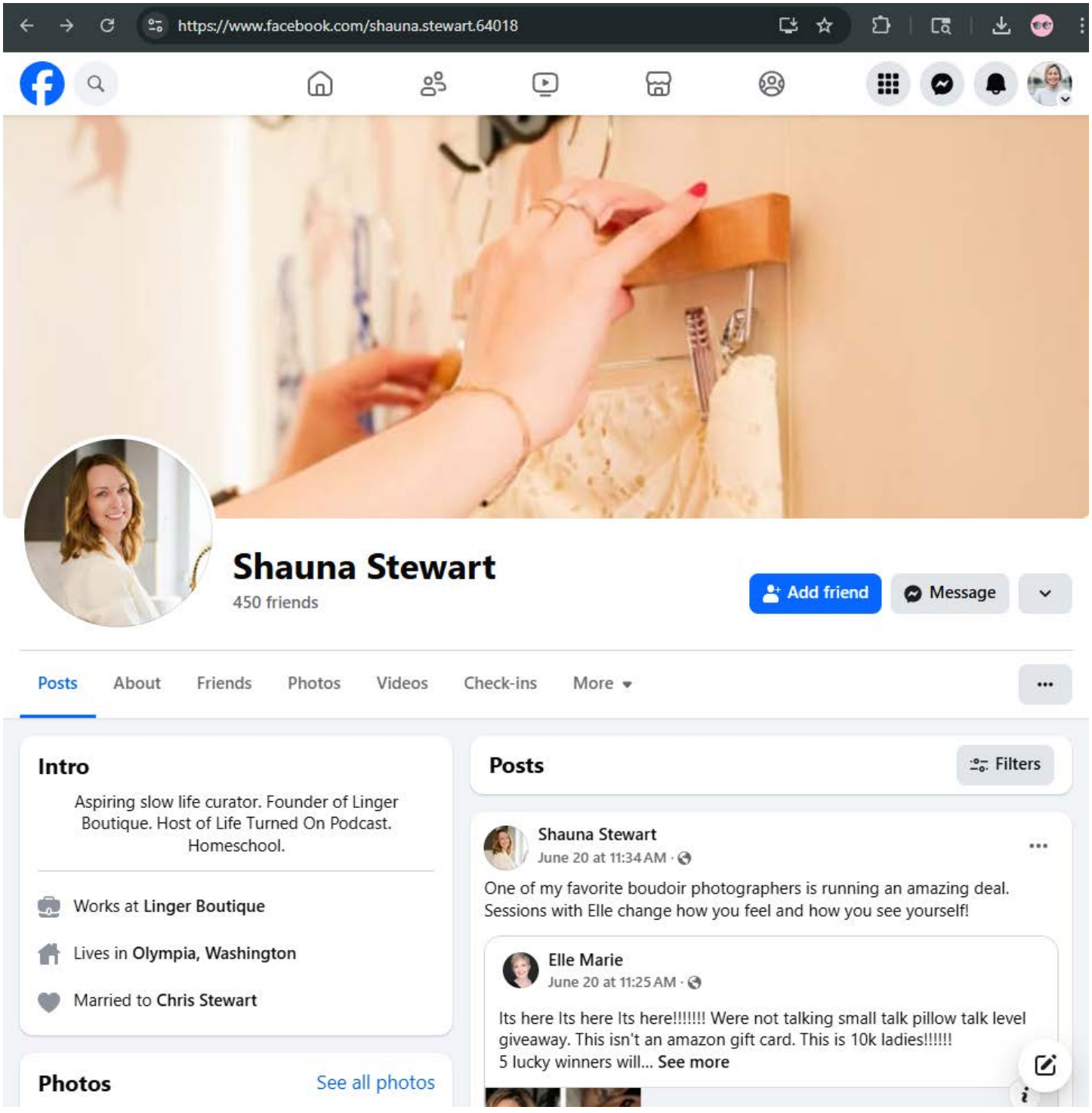
Education :	Per Linkedin: Otago Polytechnic: Tourism and General Business Courses/International studies in New Zealand (2002 - 2022) Western Washington University: BA, Business Administration, Marketing, Psychology (2002 - 2006) Professional Convention Management Association: Certified Association Sales Executive (2009 - 2009) The Evergreen State College: MPA, Public Administration, Non-Profits (2008 - 2010)
Hobbies :	Unknown
Additional Info :	N/A

Associates

Name	Relationship	Account
Chris Stewart	**Spouse**	https://www.facebook.com/chris.stewart.5817 https://www.instagram.com/chrisstewart2148
Chris Lunde	**Relative**	https://www.facebook.com/chris.lunde1

Profile Pages

Social Media Link: https://www.facebook.com/shauna.stewart.64018
Date Captured: Jul 03, 2025
Snapshot:



Social Media Link: https://www.facebook.com/profile.php?id=100025625778766
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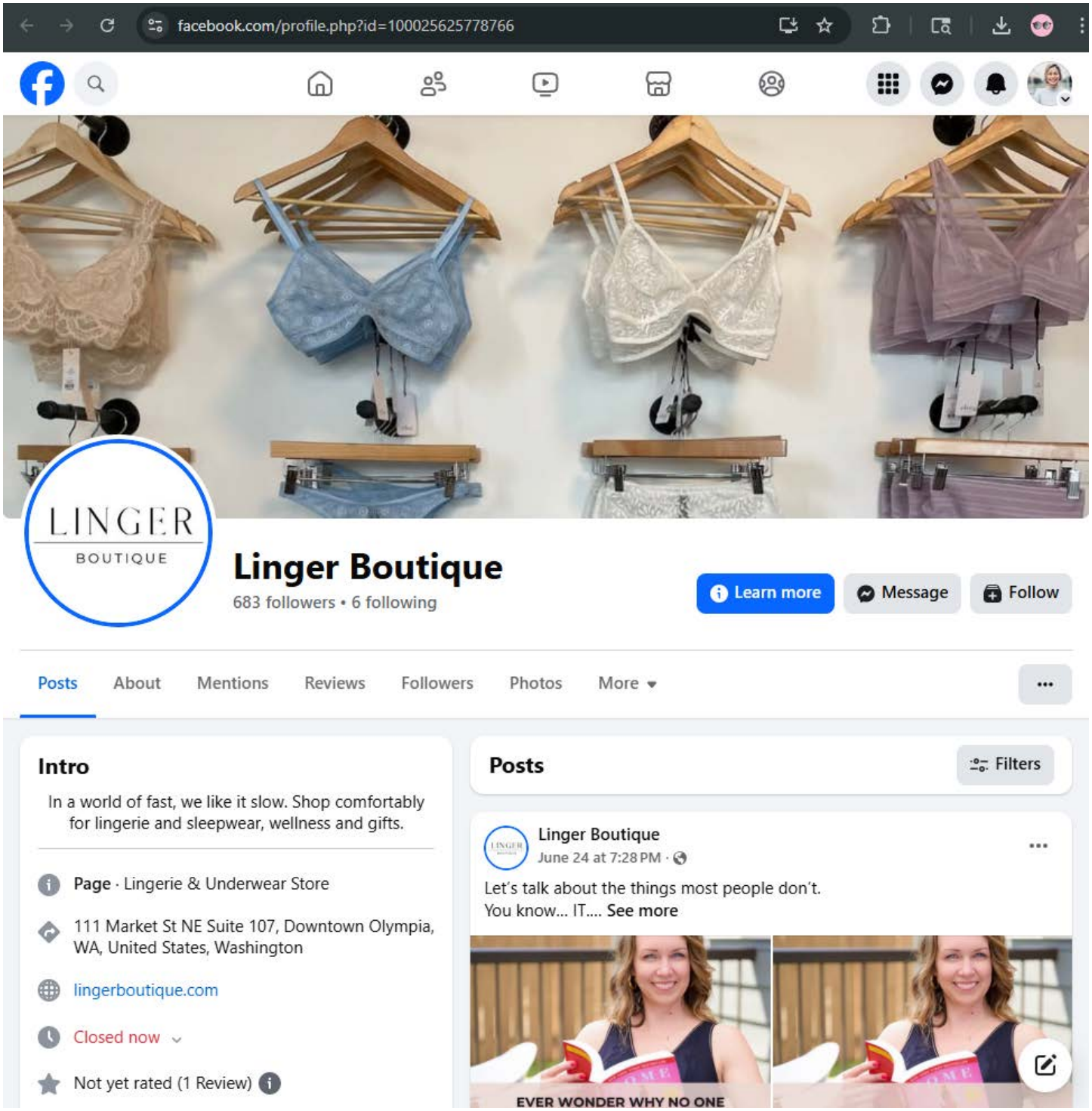
Snapshot:



Social Media Link: https://www.instagram.com/shauna83
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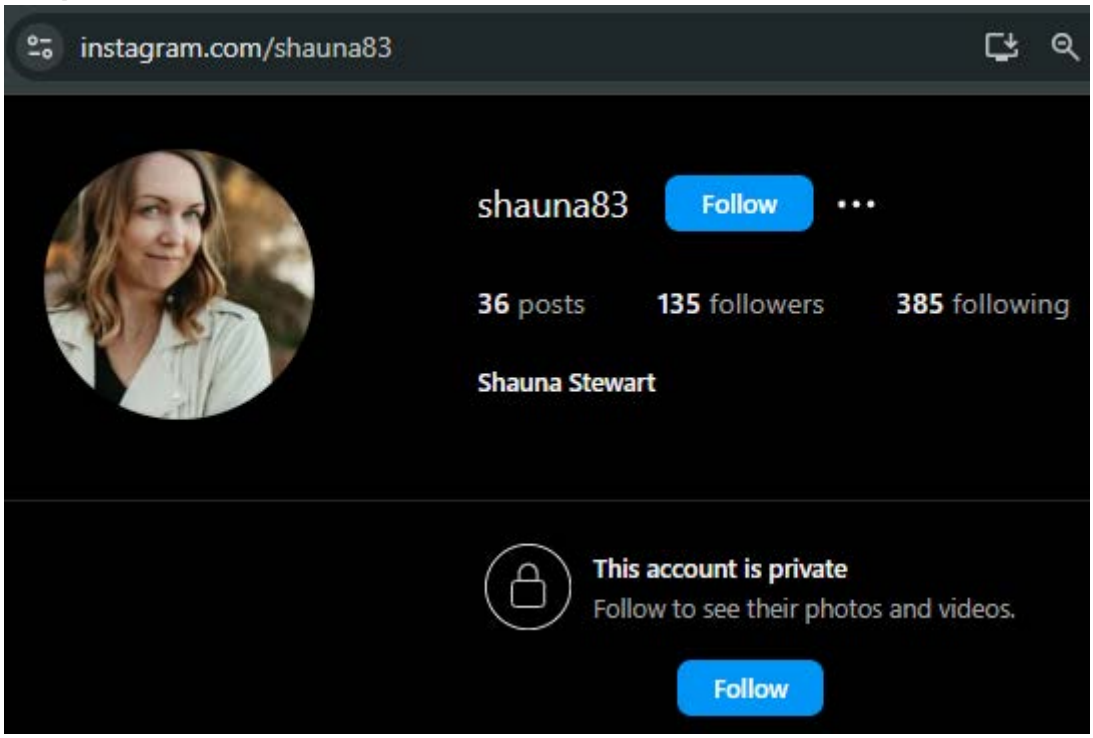

Social Media Link: https://www.instagram.com/linger.u
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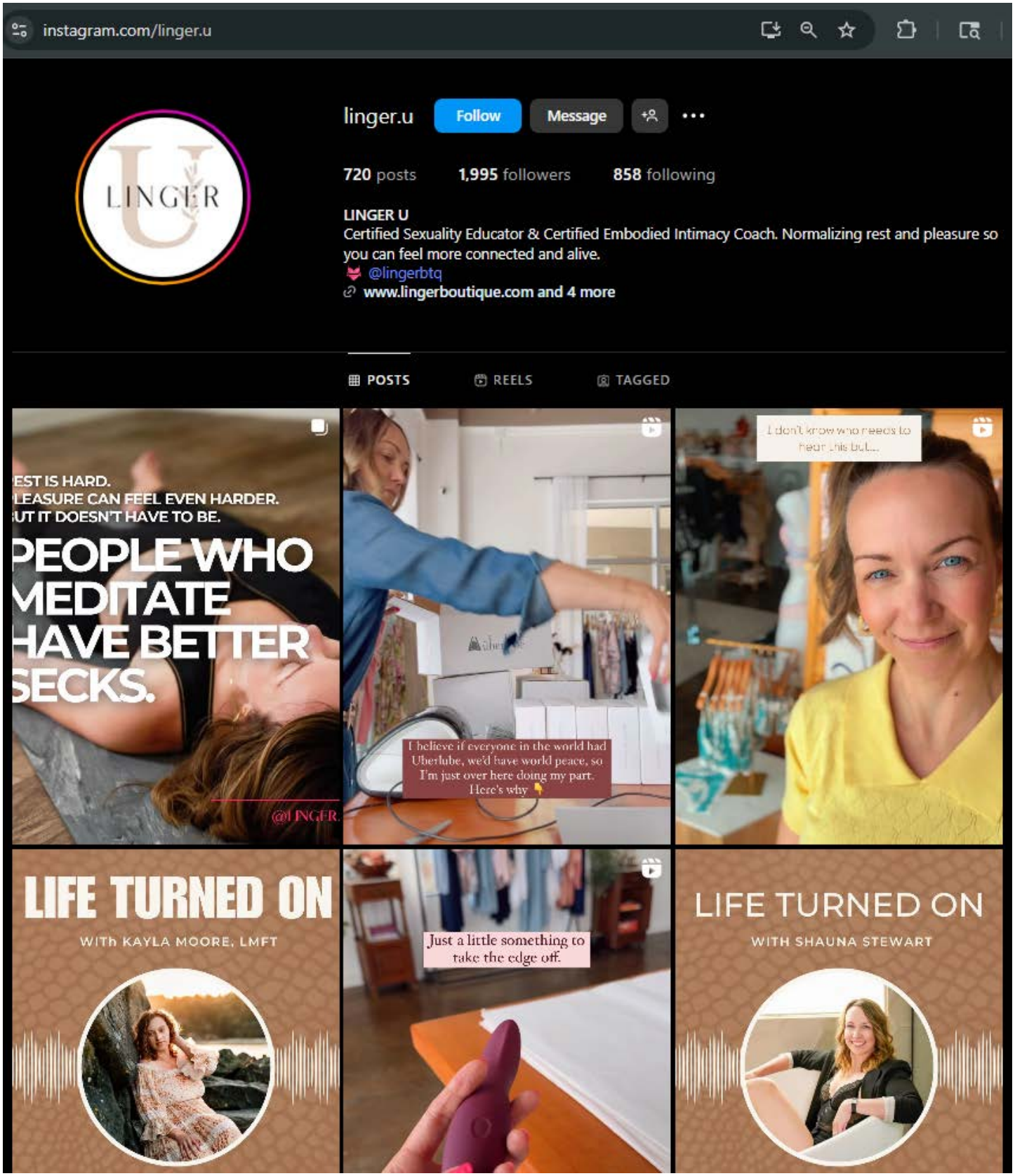

Social Media Link: https://www.instagram.com/lingerbtq
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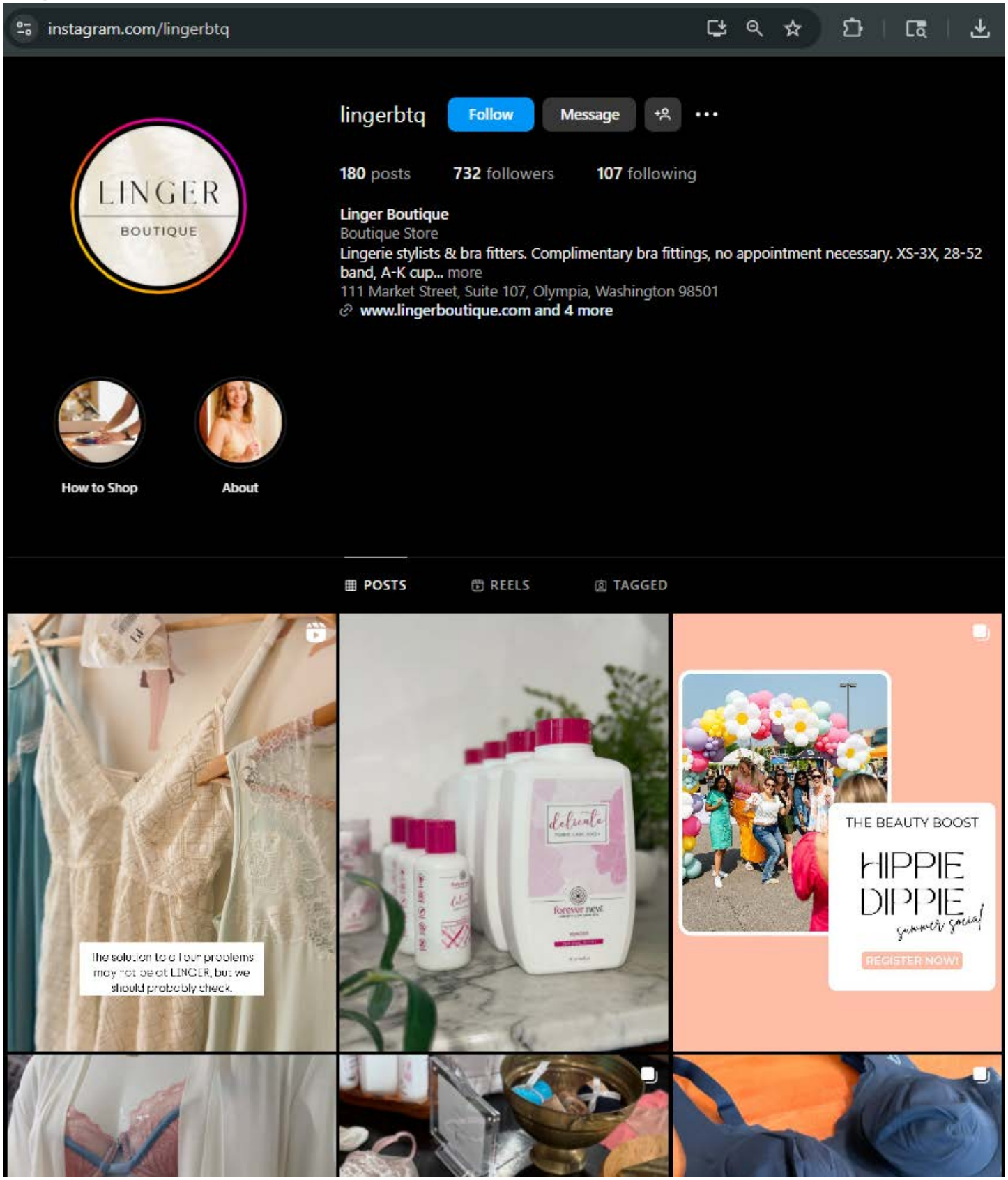

Social Media Link: https://www.instagram.com/lifeturnedonpodcast
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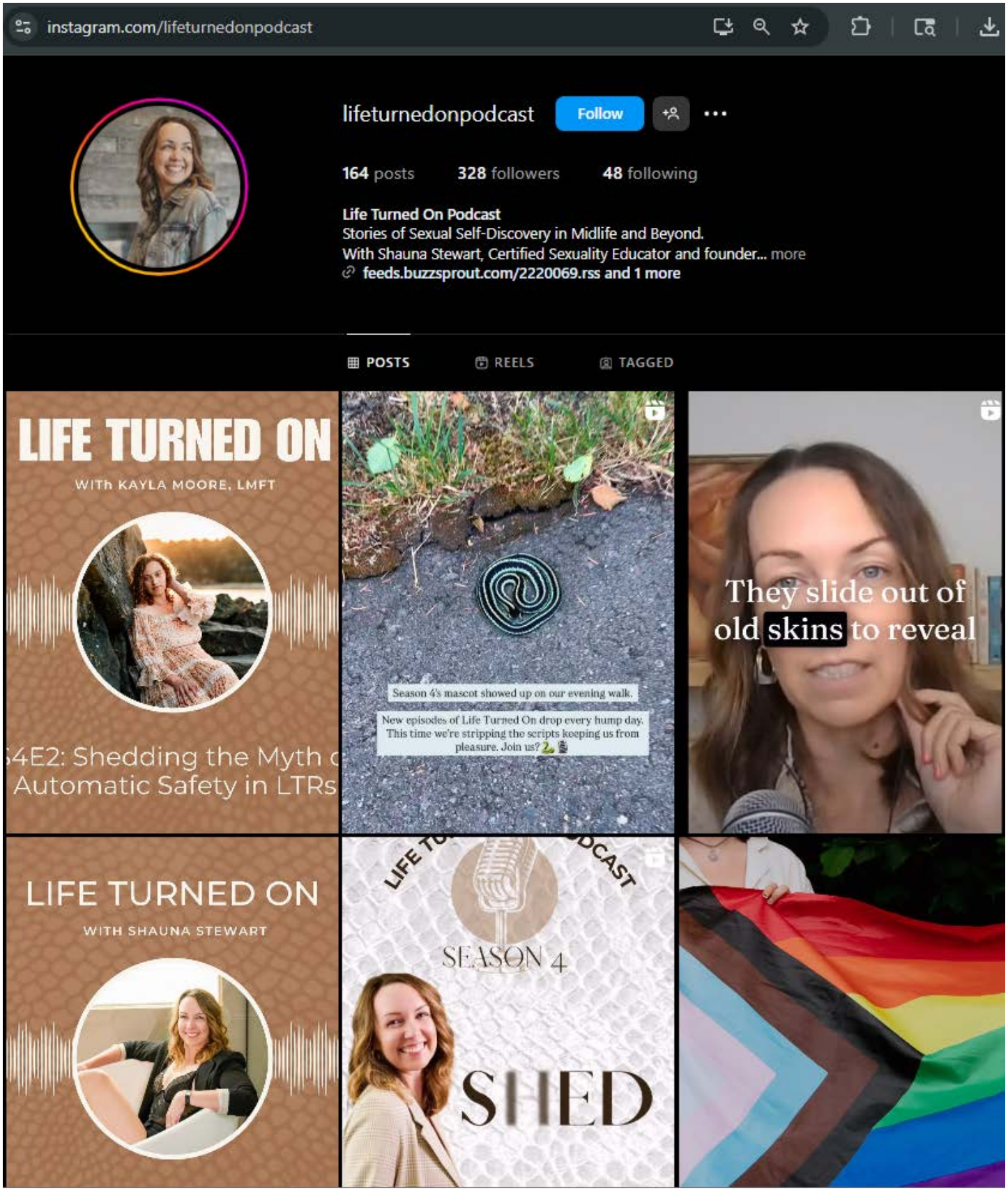

Social Media Link: https://www.linkedin.com/in/shauna-stewart-068aa217
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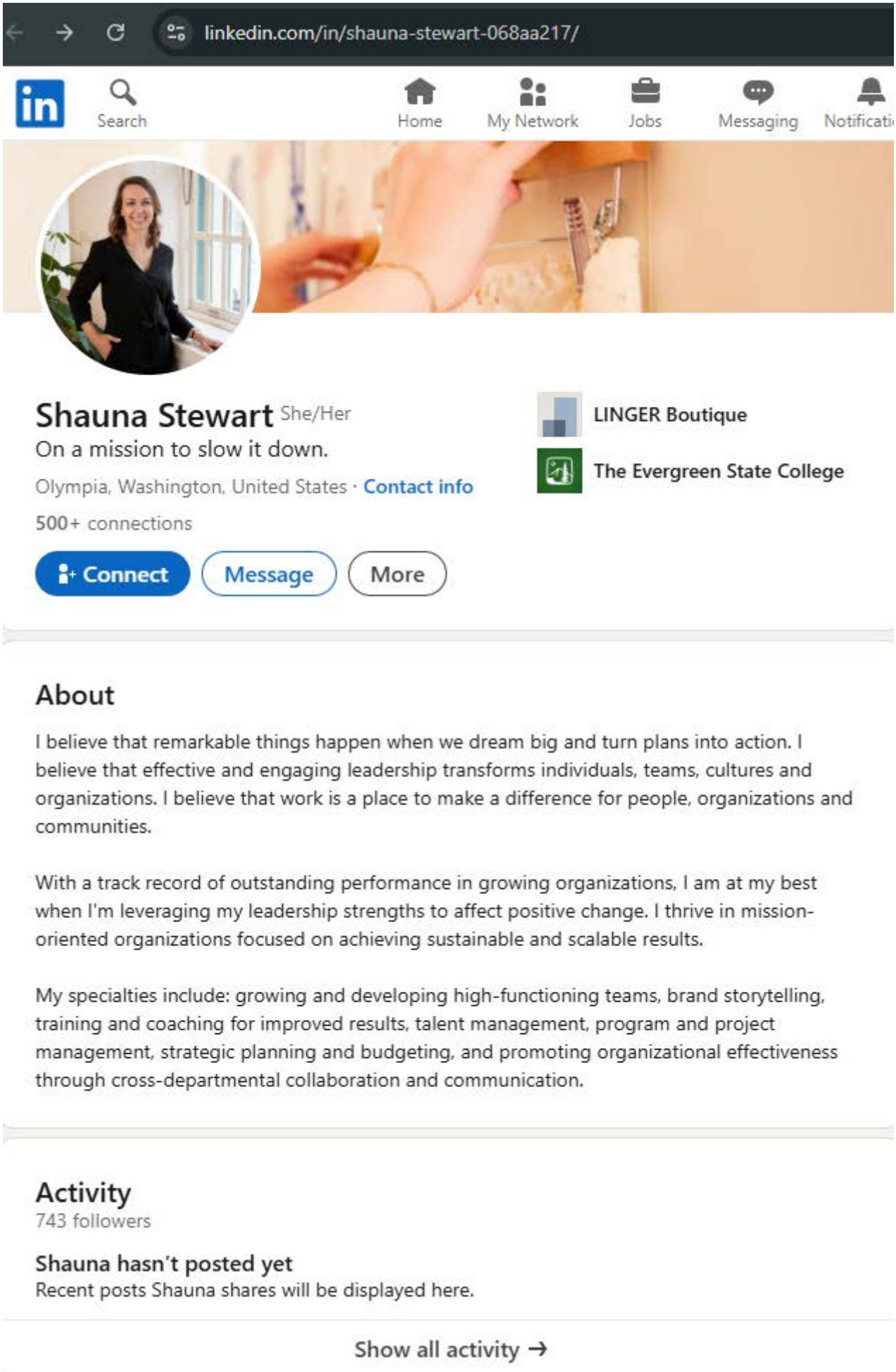
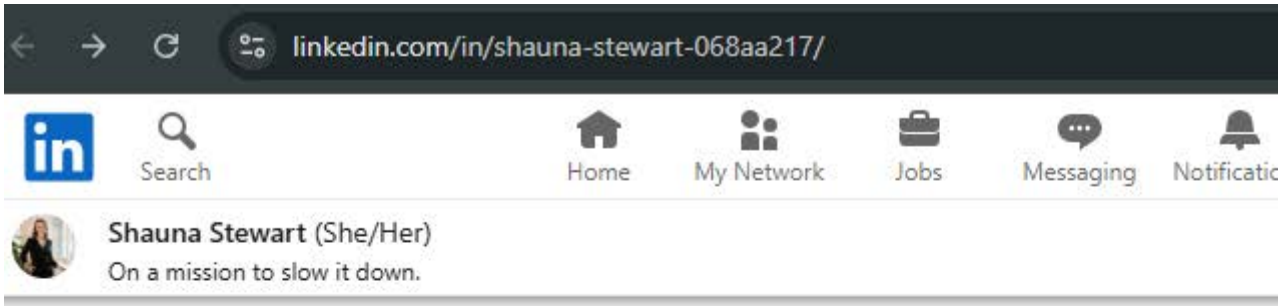




Experience

Founder
LINGER Boutique · Self-employed
Sep 2021 - Present · 3 yrs 11 mos
Olympia, Washington, United States · On-site

CEO/ Executive Director
Experience Olympia & Beyond
Oct 2015 - Oct 2020 · 5 yrs 1 mo
Olympia, WA

Marketing
Building Champions
Mar 2013 - Sep 2015 · 2 yrs 7 mos
Portland, Oregon Area

Connected leaders to transformative executive coaching experiences through demand-generating marketing activities, brand story-telling and thought l ...see more

Adjunct Faculty
Chemeketa Community College
Jan 2013 - Jun 2015 · 2 yrs 6 mos
Oregon

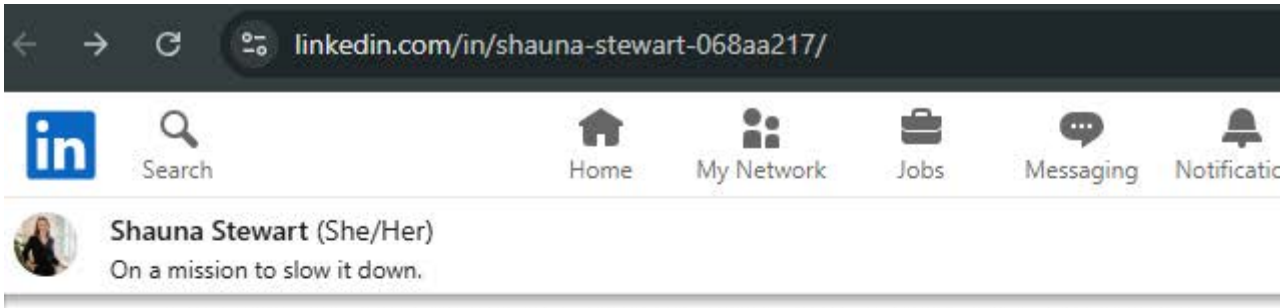
Design and deliver high-quality curriculum to engage adult students in the learning process. Ensure applied learning activities directly align with course learnir ...see more

Tacoma Regional Convention + Visitor Bureau
5 yrs
Tacoma, WA

Vice President, Sales + Marketing
Jan 2009 - Mar 2013 · 4 yrs 3 mos

Led all sales, marketing, communications, public relations and business development initiatives. Managed team of 11 people to achieve individual and organizat ...see more

Sales Manager
Apr 2008 - Dec 2008 · 9 mos



Managed all sales initiatives targeting meeting planners, travel trade professionals (national and international), and leisure travelers.... ...see more

Show all 7 experiences →

Education

The Evergreen State College
MPA, Public Administration, Non-Profits
2008 - 2010

Professional Convention Management Association
C.A.S.E. Certified (Certified Association Sales Executive), Association Management
2009 - 2009

Show all 4 educations →

Licenses & certifications

C.A.S.E. Certified Association Sales Executive
PCMA

Skills

Leadership

Endorsed by 2 colleagues at Building Champions

39 endorsements

Team Building

Endorsed by 2 colleagues at Building Champions

10 endorsements

Social Media Link: https://lingerboutique.com
Date Captured: Jul 07, 2025
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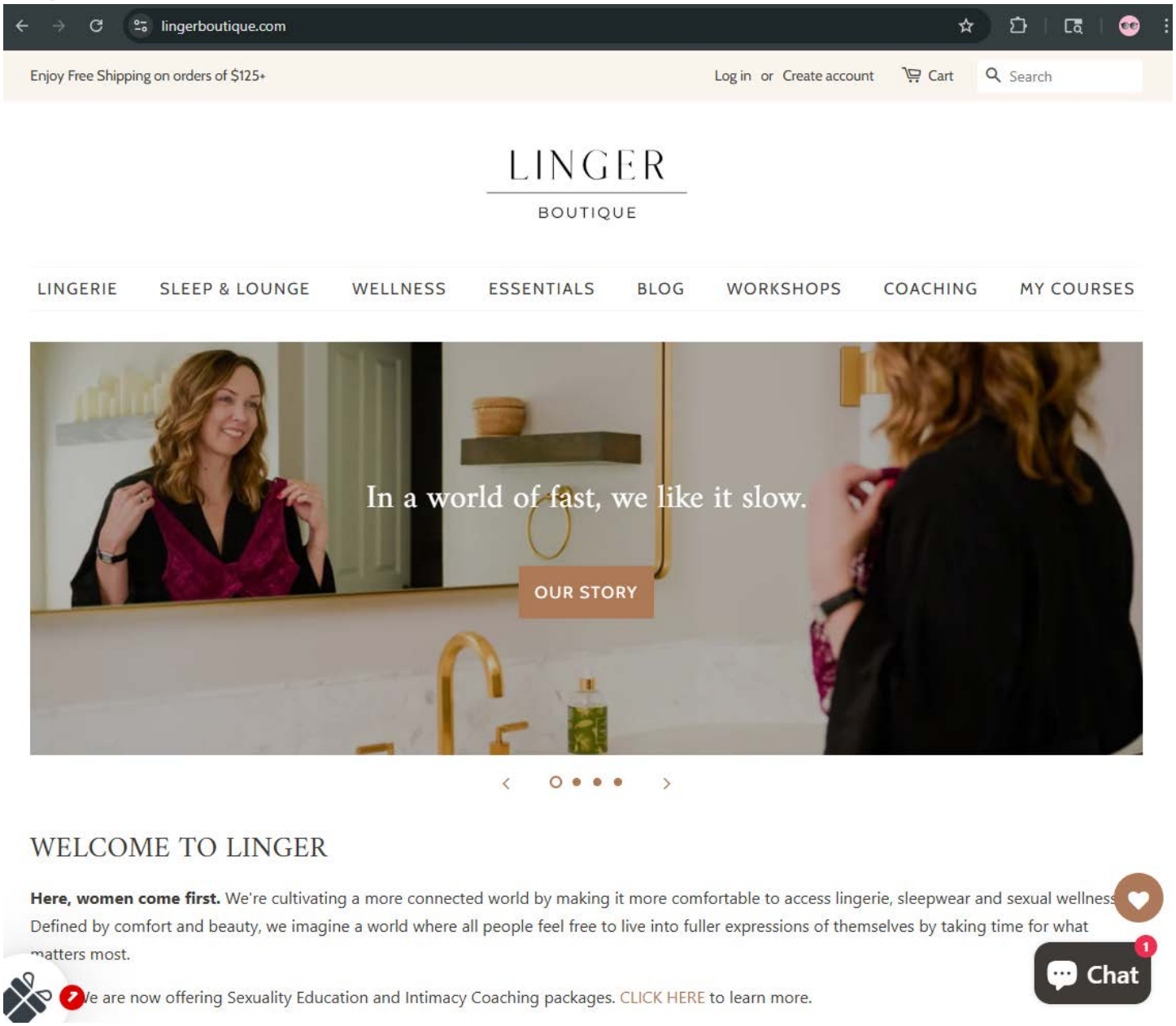

Social Media Link: https://account.venmo.com/u/lingerboutique
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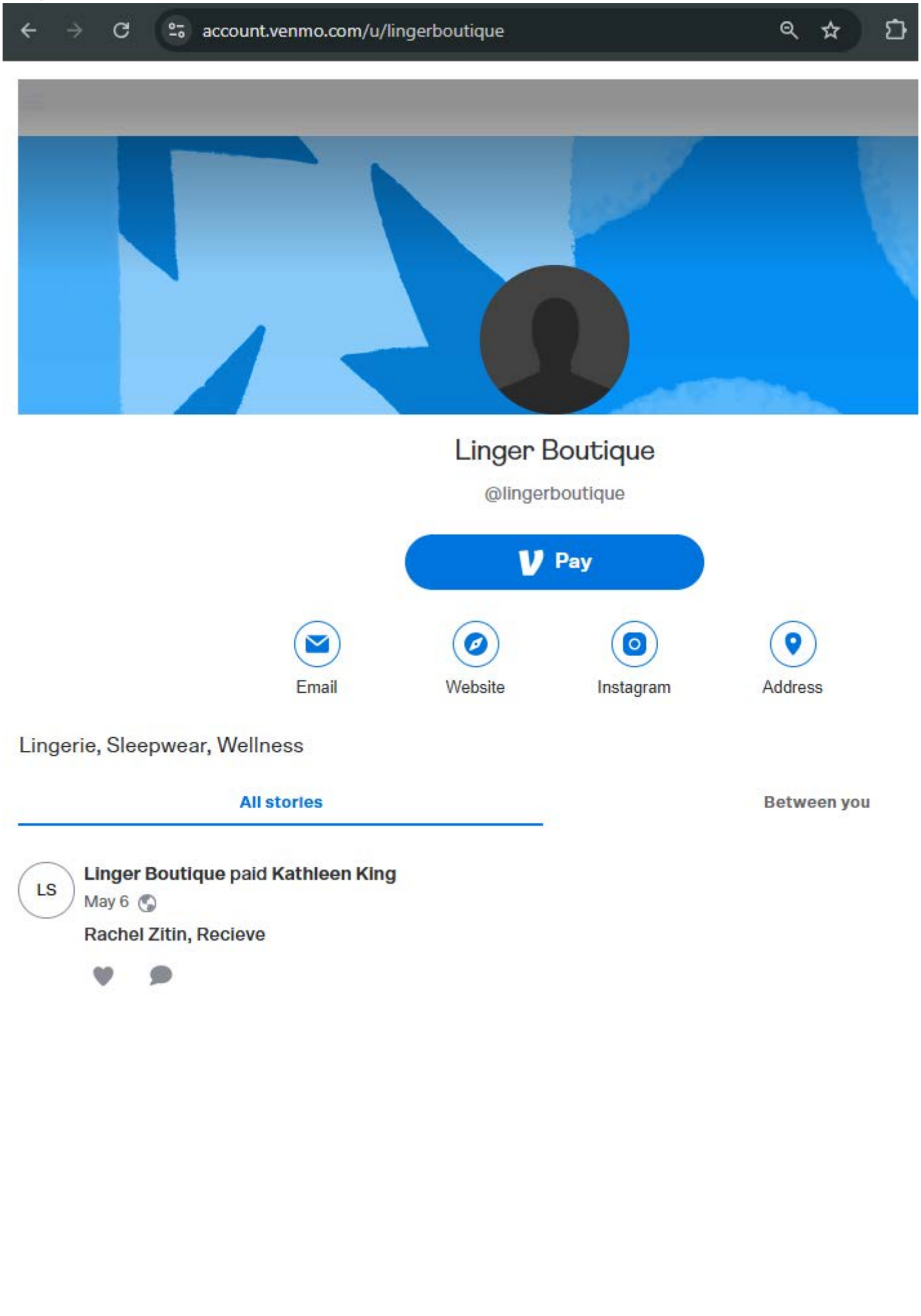
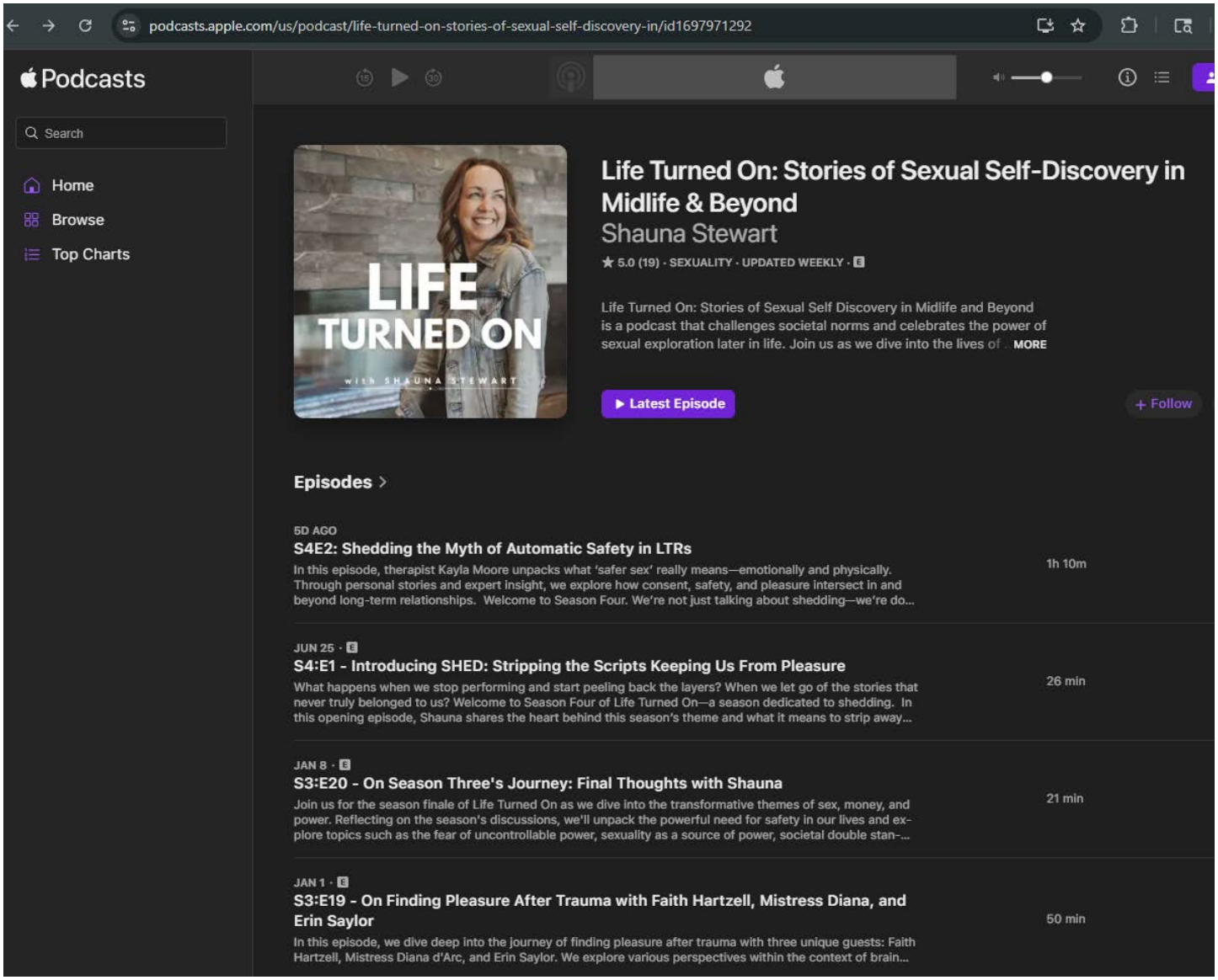


Social Media Link:
https://podcasts.apple.com/us/podcast/life-turned-on-stories-of-sexual-self-discovery-in/id1697971292
Additional Note: Podcast Streaming
Date Captured: Jul 07, 2025
Snapshot:



Social Media Link: https://open.spotify.com/show/2g8zouw7WWjCZJwGBZLXdM
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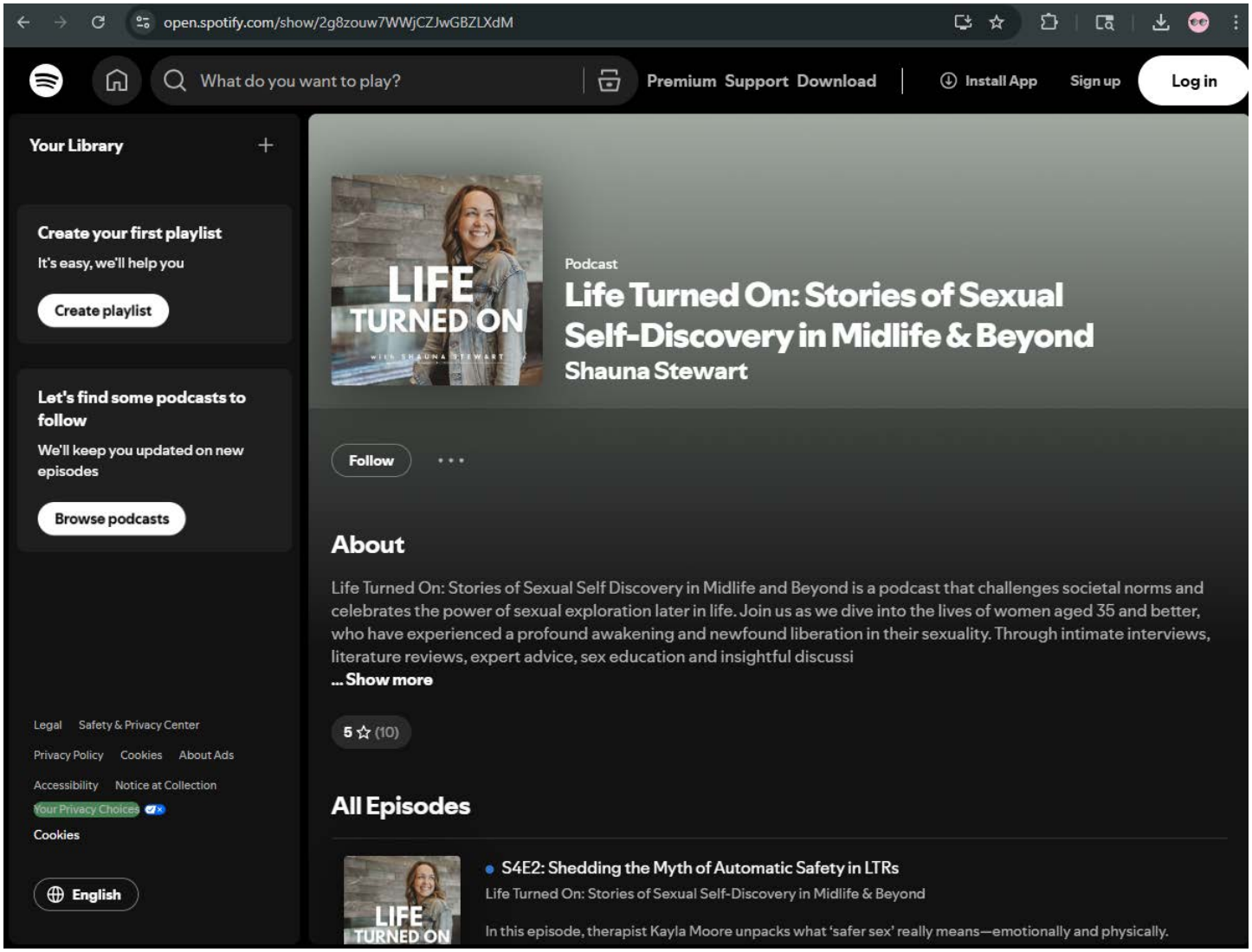

Social Media Link:
https://music.amazon.ca/fr-ca/podcasts/bb949eed-a068-4449-9cb8-cd9d64366ef5/life-turned-on-stories-of-sexual-self-discovery-in-midlife-beyond
Additional Note: Podcast Streaming
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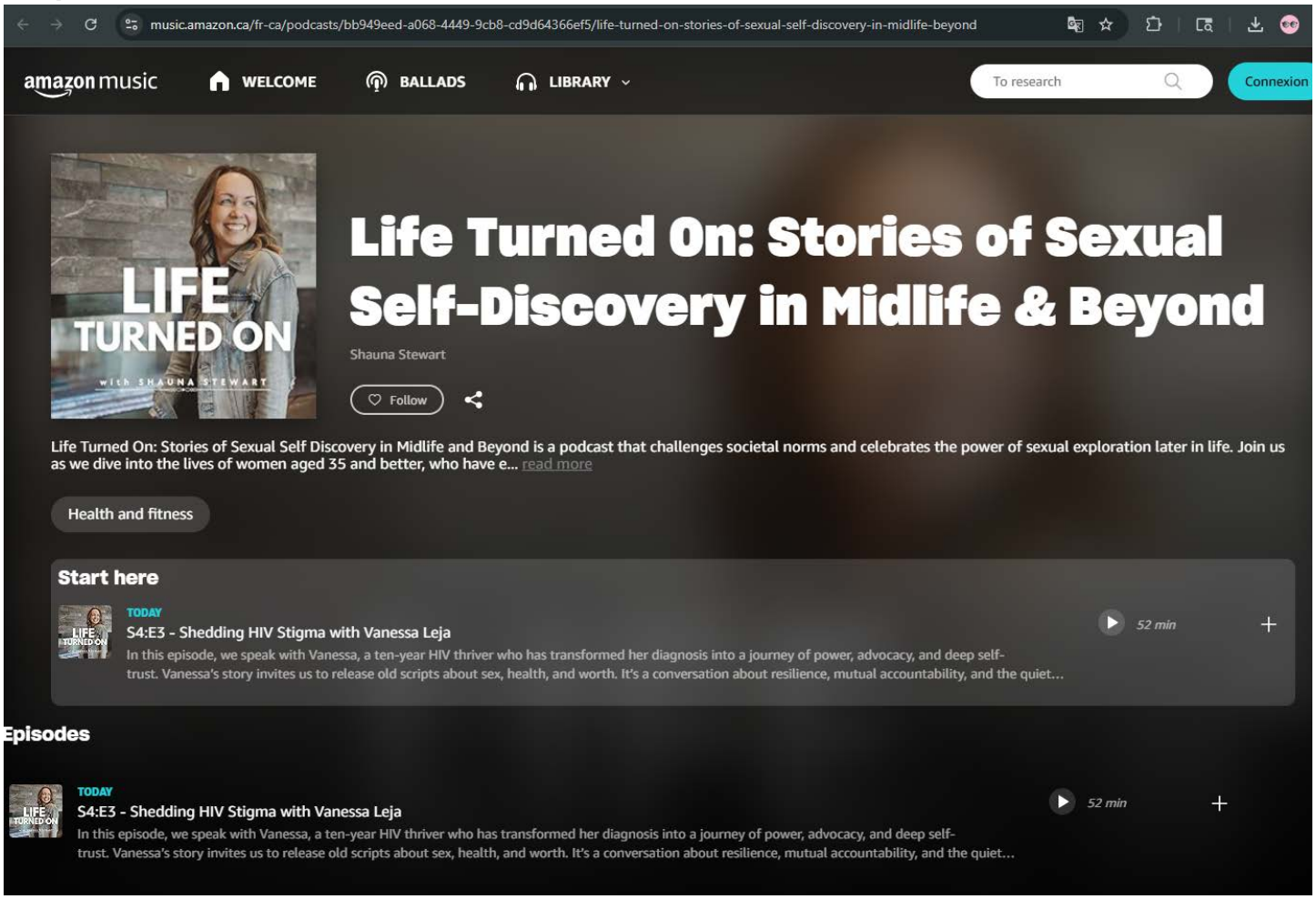

Social Media Link: https://www.deezer.com/fr/show/1000103675
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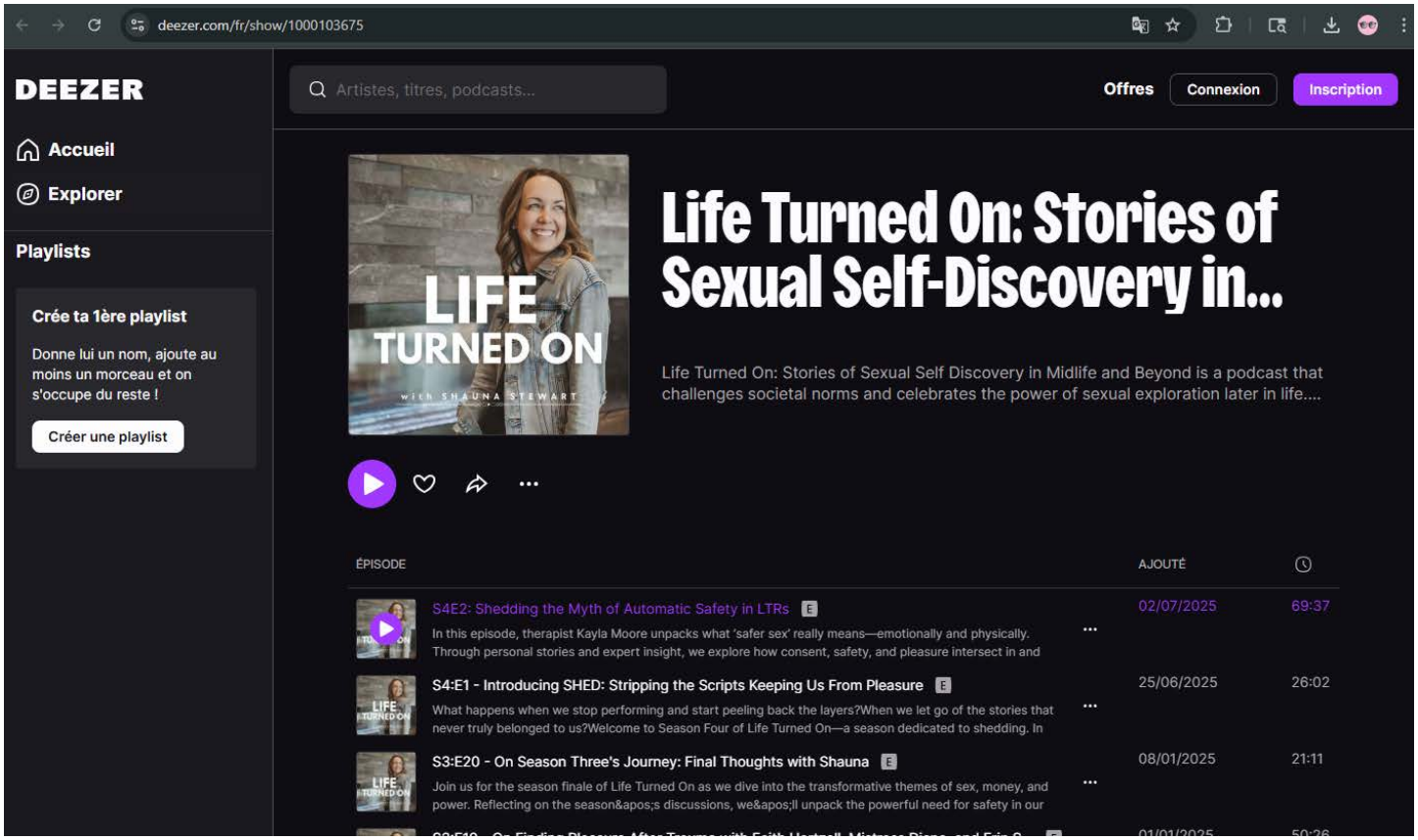

Social Media Link:
https://podcastaddict.com/podcast/life-turned-on-stories-of-sexual-self-discovery-in-midlife-beyond/4545752
Additional Note: Podcast Streaming
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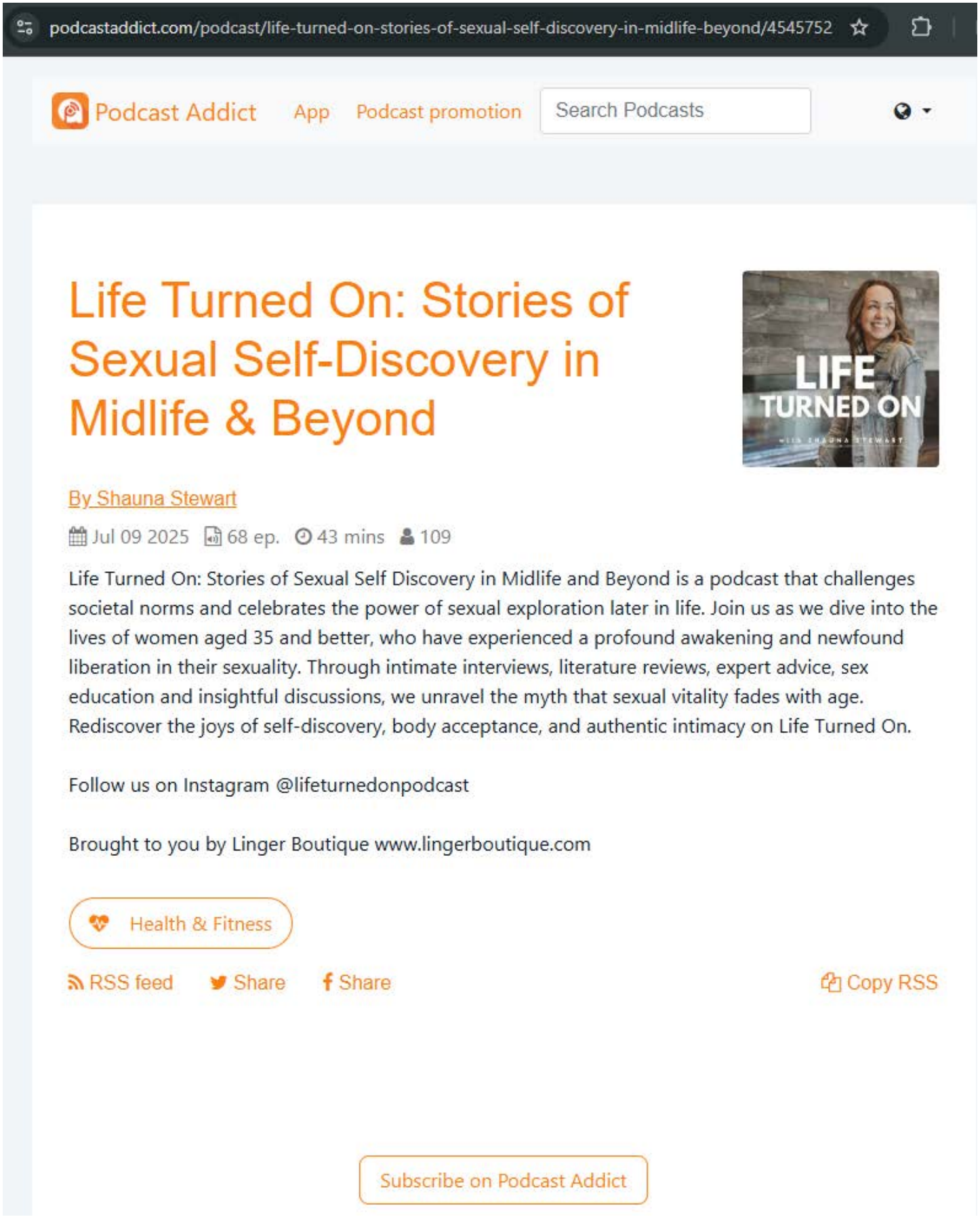

Social Media Link: https://www.buzzsprout.com/2220069
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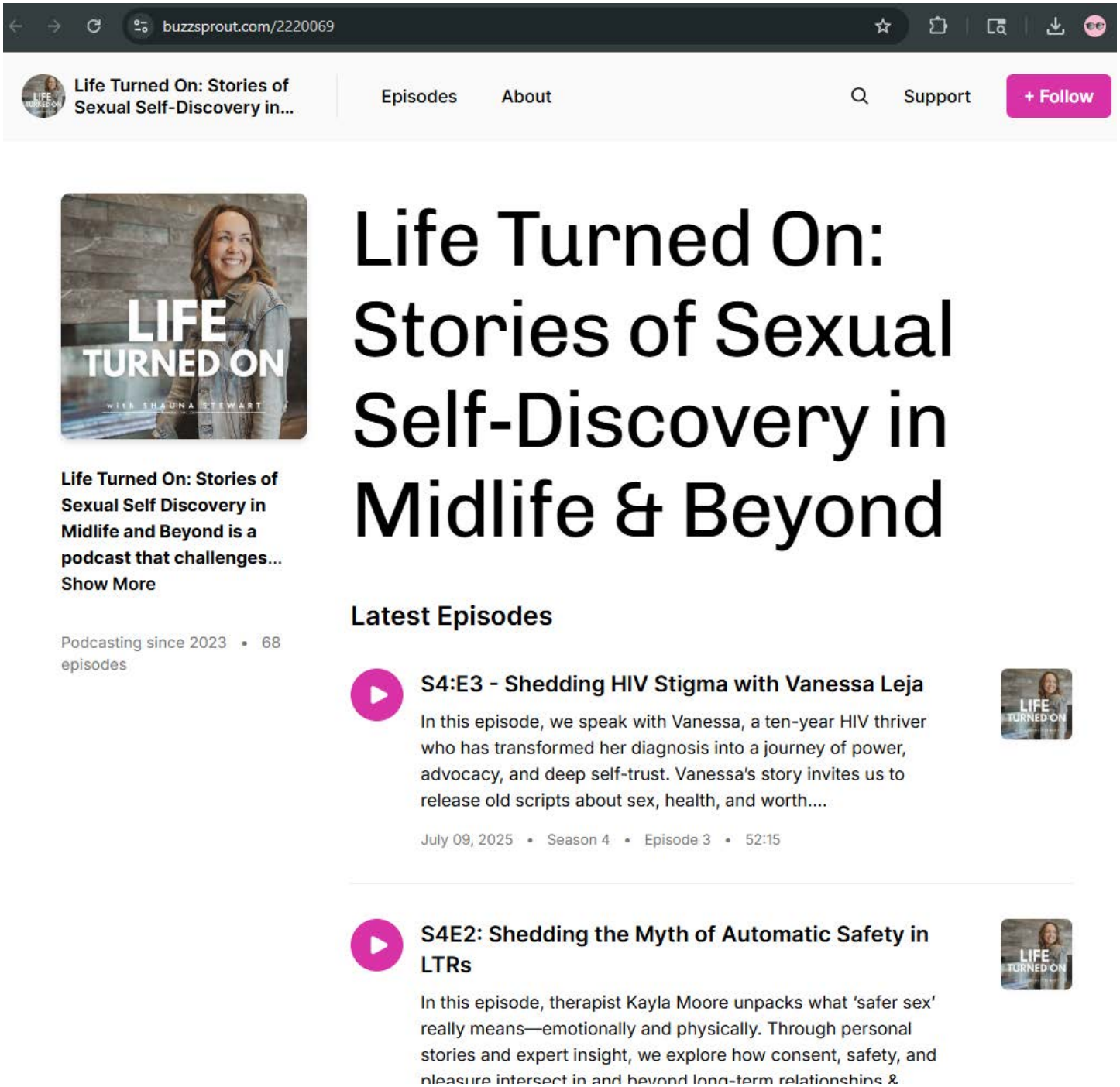

Social Media Link: https://www.podchaser.com/podcasts/life-turned-on-stories-of-sexu-5398589
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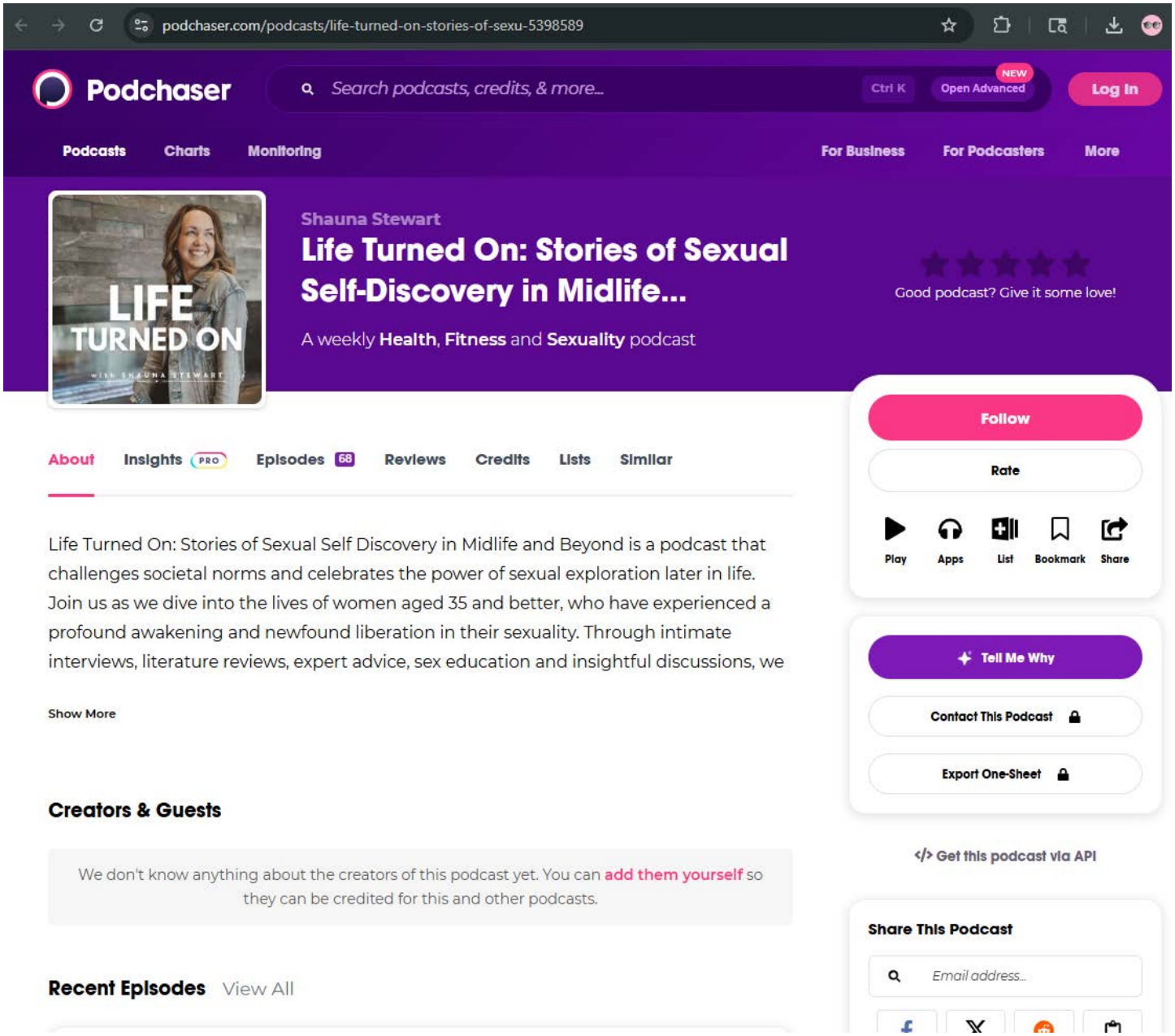
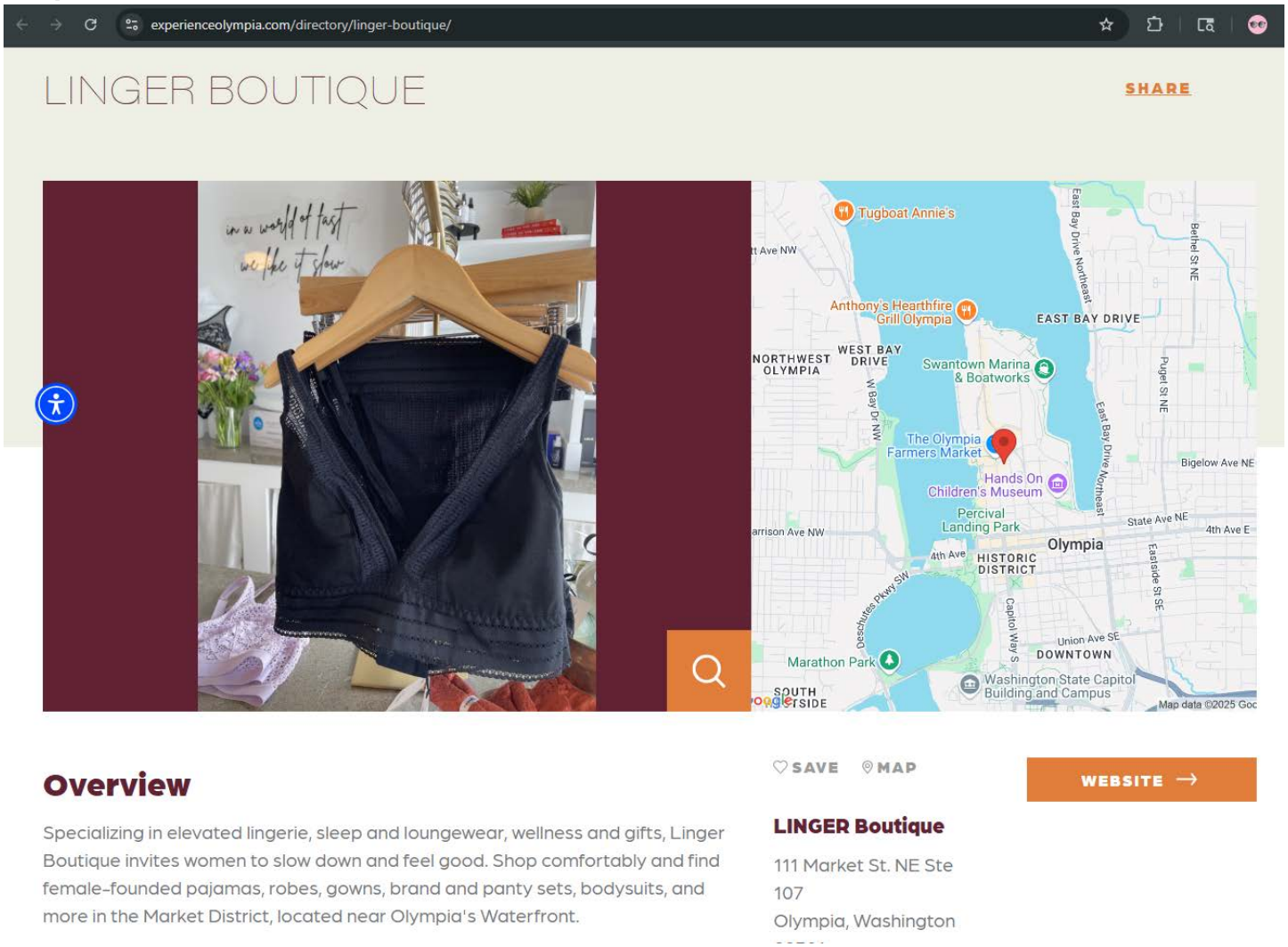


Social Media Link: https://www.experienceolympia.com/directory/linger-boutique
Date Captured: Jul 07, 2025
Snapshot:



Overview

Specializing in elevated lingerie, sleep and loungewear, wellness and gifts, Linger Boutique invites women to slow down and feel good. Shop comfortably and find female-founded pajamas, robes, gowns, brand and panty sets, bodysuits, and more in the Market District, located near Olympia's Waterfront.

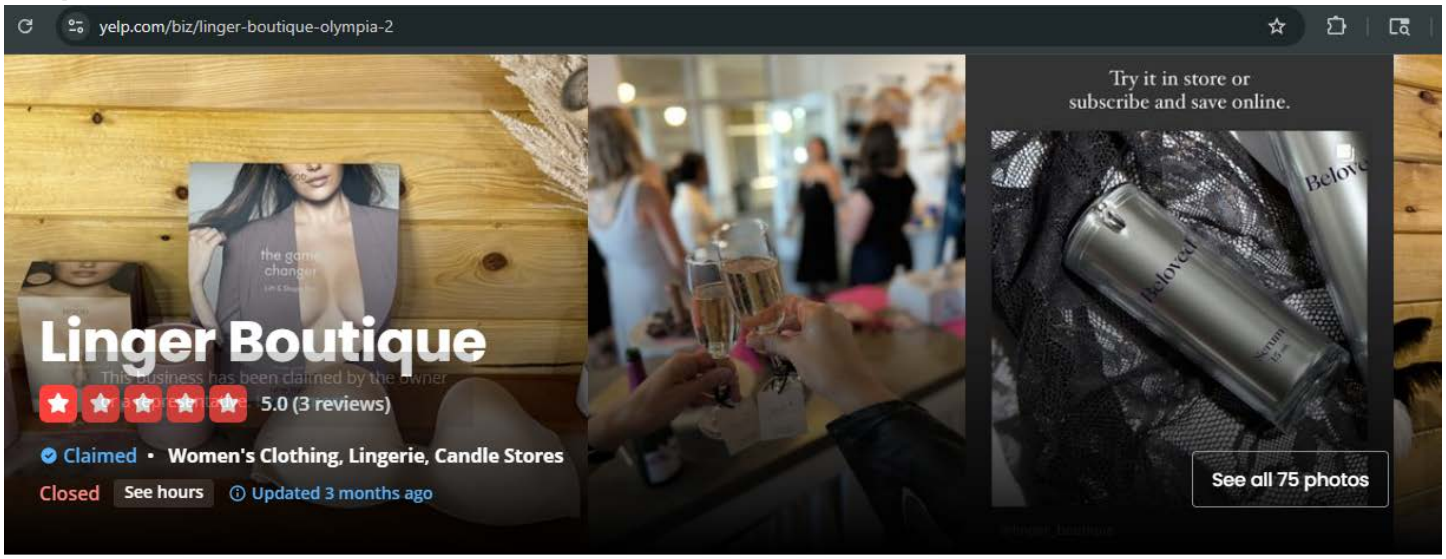
SAVE MAP

WEBSITE →

LINGER Boutique

111 Market St. NE Ste 107
Olympia, Washington

Social Media Link: https://www.yelp.com/biz/linger-boutique-olympia-2
Date Captured: Jul 07, 2025
Snapshot:



Write a review | Add photos/videos | Share | Save

Location & Hours Suggest an edit

111 Market St NE
Suite 107
Olympia, WA 98501

Get directions

Mon	Closed	Closed now
Tue	Closed	
Wed	11:30 AM - 5:30 PM	
Thu	11:30 AM - 5:30 PM	
Fri	11:30 AM - 5:30 PM	
Sat	11:00 AM - 4:00 PM	
Sun	11:00 AM - 3:00 PM	

lingerboutique.com

(360) 951-0048

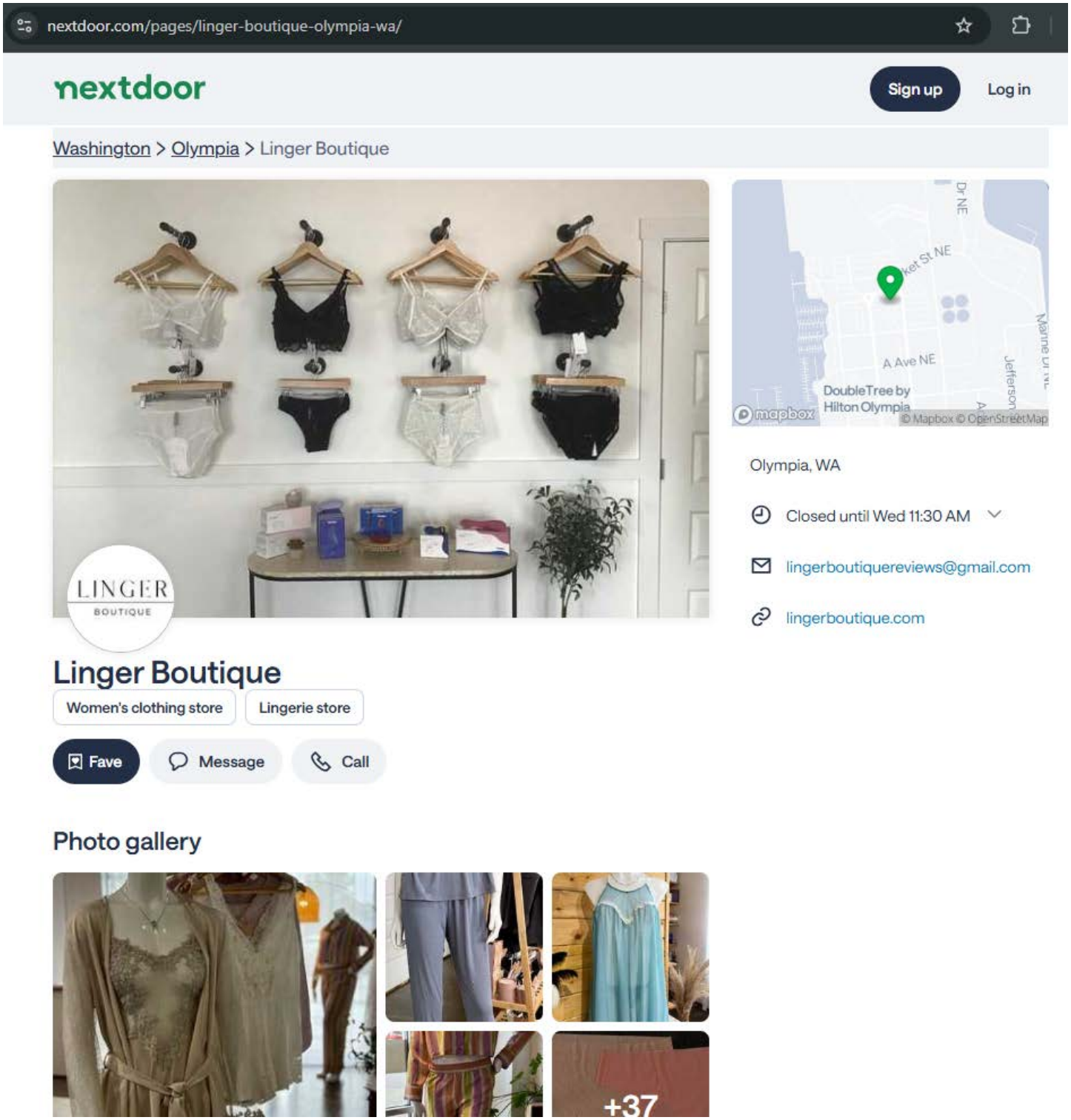
Get Directions
111 Market St NE Suite 107 Olympia, WA 98501

Message the business

Suggest an edit

You Might Also Consider
Sponsored

Social Media Link: https://nextdoor.com/pages/linger-boutique-olympia-wa
Date Captured: Jul 08, 2025
Snapshot:



Social Media Link: https://www.mapquest.com/us/washington/linger-boutique-492820036
Date Captured: Jul 09, 2025
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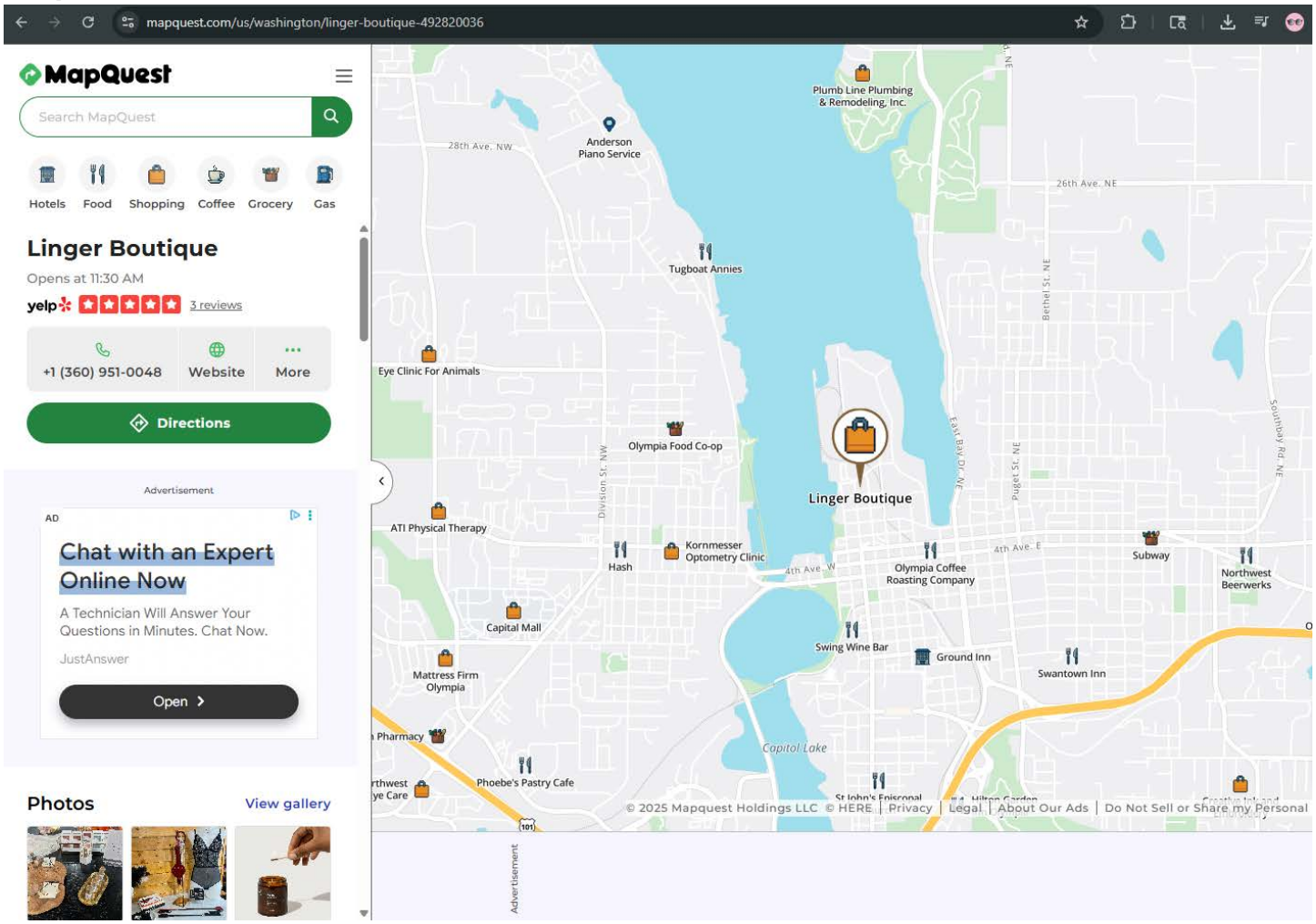


Linkedin

shauna-stewart-068aa217

System ID: 608784

Shauna Marie Stewart

https://www.linkedin.com/in/shauna-stewart-068aa217/recent-activity/all/

Posted: Jan 08, 2020

Captured: Jul 09, 2025

Before DOI

*Most recent activity was about working with Experience Olympia & Beyond "We have a great opportunity to work with a great team in a pretty fantastic community." Link to Post: https://www.linkedin.com/posts/shauna-stewart-068aa217_sales-manager-job-description-activity-6620731105622532096-j8yK/

linkedin.com/in/shauna-stewart-068aa217/recent-activity/all/

Search

Home My Network Jobs Messaging

Shauna Stewart

On a mission to slow it down.

Connect

Message

Shauna Ste... • 3rd+ + Follow ···

On a mission to slow it...

5yr •

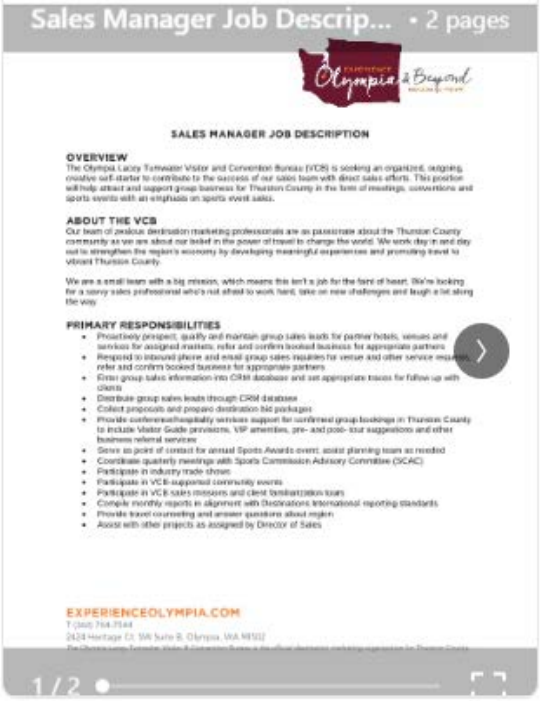
We have a great opportunity to work with a great team in a pretty fantastic community.

Jeff Bowe • 3rd+ + Follow

Hospitality Professional | ...

5yr • Edited •

Greetings Friends: Great news in Olympia! We are currently searching for the right person to contribute to the success of our sales ...more



12

Other

ThurstonTalk.com

Posted: Oct 21, 2020

System ID: 608631

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.thurstontalk.com/2020/10/21/ceo-of-experience-olympia-beyond-resigns-due-to-family-and-health-circumstances/

Before DOI

*News article about Subject resigning as CEO of Experience Olympia & Beyond to focus on her health and family "CEO of Experience Olympia & Beyond Resigns Due to Family and Health Circumstances" "Shauna Stewart, CEO of Experience Olympia & Beyond announced she is stepping down from her position due to health and family circumstances. The board of directors has accepted her resignation, and her last day will be November 4, 2020. “My time with this organization has been an absolute dream, gift and honor. I’m grateful I was able to team up with so many incredible community members and leaders to accomplish big wins for the region’s tourism industry,” said Stewart. “I am encouraged for the next season of leadership at Experience Olympia and Beyond. This is a strong, vibrant, and financially healthy organization that is highly respected in the industry.” Stewart led the organization for five years, during which time visitor spending in the region grew by 25 percent. Under her leadership, the destination went through a complete rebrand in 2016 and earned industry accreditation through Destinations International. The 21-person board of directors, led by board president, Michael Davidson, Director of Sales at the DoubleTree by Hilton, will start the recruiting process immediately to replace Stewart and expects the executive search process to generate national attention and a talented pool of candidates. In addition to Davidson, Experience Olympia & Beyond’s Executive Committee includes Kelly Green, Vice President, with South Puget Sound Community College, Sue Falash, Secretary, with Regional Athletic Complex, Christina Daniels, Treasurer, with Huber Gasthaus, Jill Barnes, Past President, with The Washington Center for the Performing Arts, Patty Belmonte, Member At Large, with Hands On Children’s Museum and Kathleen Thomas, Member at Large, with Saint Martin’s University. “Shauna has been an incredible asset to our community and put Thurston County on the map in a big way,” said Michael Davidson, Experience Olympia & Beyond Board President. “She leads with grace, passion and grit, and we are truly sorry to see her leave. However, we respect her decision and recognize she is putting her values first, and right now, that means giving all of her attention to her family and her health.”"

CEO of Experience Olympia & Beyond Resigns Due to Family and Health Circumstances

By **LocalTalk Contributor** -

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Submitted by Experience Olympia & Beyond

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Shauna Stewart. Photo courtesy: Experience Olympia & Beyond

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Other

Washington Corporations and Charities Filing System

System ID: 606489

Shauna Marie Stewart

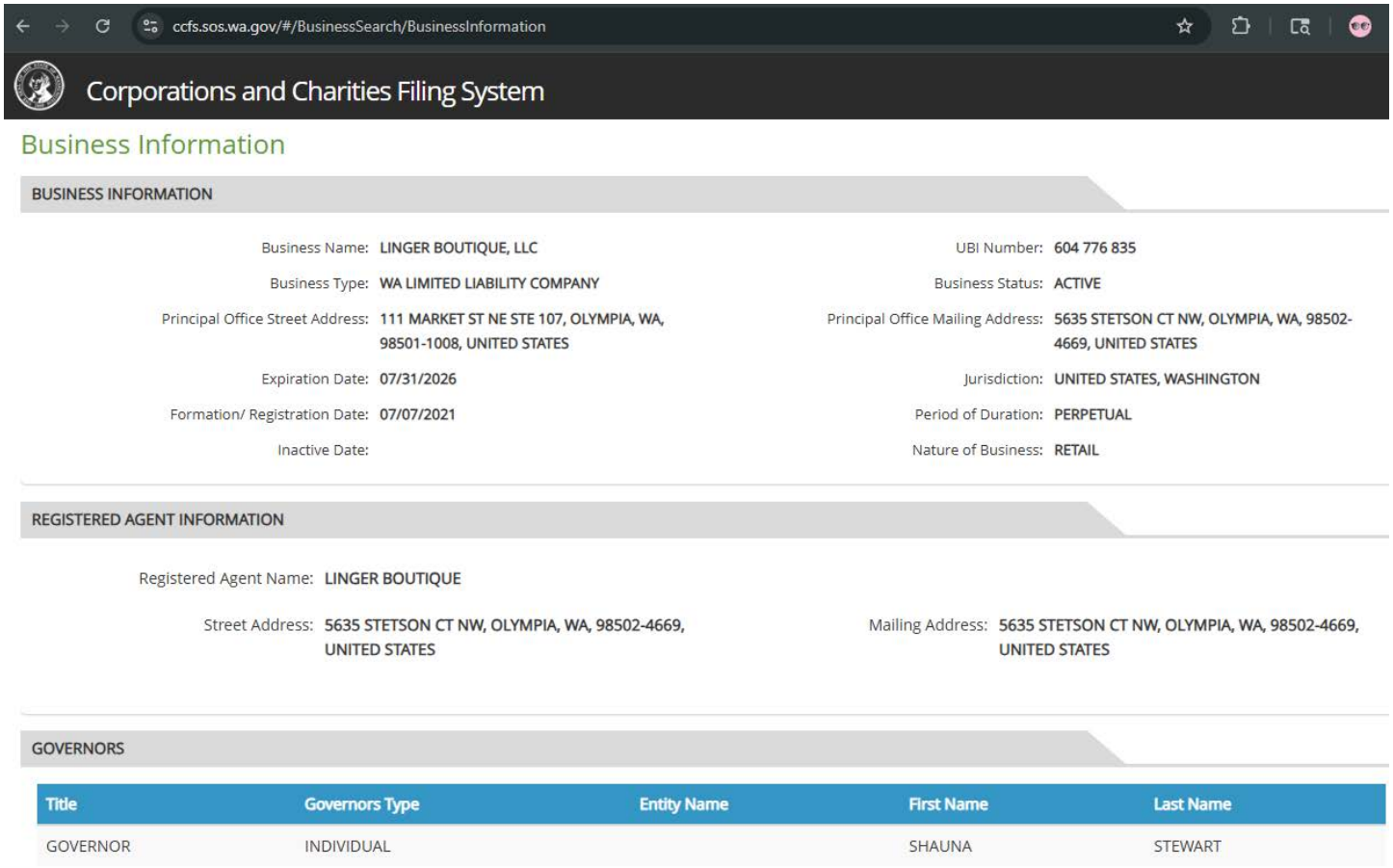
https://ccfs.sos.wa.gov/#/BusinessSearch/BusinessInformation

Posted: Jul 07, 2021

Captured: Jul 07, 2025

Before DOI

*Listed as the Governor of Linger Boutique, LLC (111 Market St NE Ste 107, Olympia, Washington, 98501)



Other

TheJoltNews.com

Posted: Jun 02, 2022

System ID: 606884

Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.thejoltnews.com/stories/new-linger-boutique-is-on-a-mission-to-help-women-to-slow-down,6073

Before DOI

*Pictured and quoted in an article about Linger Boutique and sexual wellness "New Linger Boutique is on a mission to help women to slow down" "Through Linger Boutique, Shauna Stewart hopes to normalize rest and pleasure and give more women the opportunity to feel good." "Linger Boutique, specializing in elegant lingerie, sleep and loungewear opened in Downtown Olympia last month, with a commitment to normalizing rest and pleasure by reimagining the shopping experience for intimacy and sexual wellness products. Founder Shauna Stewart said they have been operating online since October 2021. On May 12, she opened the downtown store, which carries female-founded brands and locally-made products. Stewart said the online store, at LingerBoutique.com, allows them to reach a wider market and the physical store offers space for a comfortable shopping experience. “The idea originated with having a brick and mortar store that offers a comfortable shopping experience, creating a sense of connection and community. Additionally, because of the nature of our products, our customers want to try things on, touch and feel the products, and ask questions,” she said. According to Shauna, the community has been supportive of the store. “They love having a new place to buy beautiful things for themselves or gifts for others. Many love finding lingerie and sleepwear that they don't see everywhere else and appreciate having a sex-positive space that feels elevated, comfortable and stigma-free.” What you’ll find on the shelves Linger Boutique offers products that inspire comfort, rest, simple pleasures, self-love, deep intimacy and luxurious sleep, according to Stewart. “We've partnered with passionate, innovative, industry-disrupting women to help our community feel good. Our bath and body products are made by local makers. We have some lovely sleepwear and sexual wellness brands based out of the Pacific Northwest, and we source throughout the United States, Europe and beyond,” she said. The shop has a wide array of sophisticated-looking lingerie and comfortable sleep and loungewear. Linger Boutique has sexual wellness products that aim to reduce stress and anxiety, boost the immune system, and promote better sleep. The sexual wellness products are designed by women. The products are well-engineered with body-safe materials for comfort and pleasure, according to the shop's website. Other products include hand-made soaps, scented and unscented candles, bath salts, bath bombs, lacy loofah, and room and body spray. These products are designed to help women slow down and relax. Essential products, such as cleaners, lubricants, storage systems and others, are available in Linger Boutique. Linger’s mantra A phrase: “In a world of fast, we like it slow” is displayed on a wall of the shop. Stewart said it is a reminder to women that “it’s okay to prioritize pleasure – at a pace that works for their bodies, hearts and minds.” She says the fast-paced and “quicky” culture is doing a disservice to women. “In a society that idolizes busy, many women report feeling too tired and too stressed to enjoy sexual wellness. Like exercise, sex is good for your immune system, contributes to better sleep, and increases happiness while reducing stress and anxiety,” Stewart explained. “We hope to build a more connected world by inviting our community to slow down and take time for what matters most: self-love and meaningful connections,” she added. Linger Boutique’s founder said she hopes the business will help normalize rest and pleasure and give more women the opportunity to feel confident about feeling good. Customers, according to Stewart, described the shop as lovely, beautiful and comfortable, which is exactly what they hoped for. The women of Linger Boutique Stewart is the founder of Linger Boutique and a self-proclaimed slow-life curator. She is a wife and homeschool mom of two. She has partnered with Heidi

Murray, the creative director of Linger Boutique. Murray loves to take on do-it-yourself projects, is an old home restorer, and a fashion and design lover. Local suppliers include Ashley Curbow of Burn Bright Candles and Deborah Peterson of Riverdance Soapworks. In pursuit of a healthy lifestyle and free of harsh chemicals, Curbow uses 100% non-toxic soy, natural crackling wood wicks, and clean, safe scents with no parabens or carcinogens for her candles. Peterson began handcrafting all-natural, hand-made bath and beauty products in 1991."

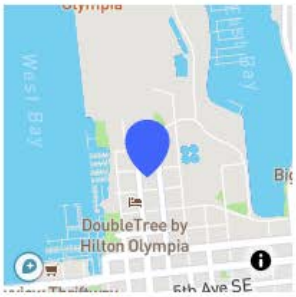
thejoltnews.com/stories/new-linger-boutique-is-on-a-mission-to-help-women-to-slow-down,6073

New Linger Boutique is on a mission to help women to slow down

Through Linger Boutique, Shauna Stewart hopes to normalize rest and pleasure and give more women the opportunity to feel good.

PHOTO BY DANNY STUSSER

Posted Thursday, June 2, 2022 4:52 pm



Linger Boutique
111 Market St. NE, Suite 107
Olympia, WA 98501
View larger map

By Lorilyn C. Lirio

Linger Boutique, specializing in elegant lingerie, sleep and loungewear opened in Downtown Olympia last month, with a commitment to normalizing rest and pleasure by reimagining the shopping experience for intimacy and sexual wellness products.

Founder Shauna Stewart said they have been operating online since October 2021. On May 12, she opened the downtown store, which carries female-founded brands and locally-made products.

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"The idea originated with having a brick and mortar store that offers a comfortable shopping experience, creating a sense of connection and community. Additionally, because of the nature of our products, our customers want to try things on, touch and feel the products, and ask questions," she said.

According to Shauna, the community has been supportive of the store. "They love having a new place to buy beautiful things for themselves or gifts for others. Many love finding lingerie and sleepwear that they don't see everywhere else and appreciate having a sex-positive space that feels elevated, comfortable and stigma-free."

What you'll find on the shelves

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The women of Linger Boutique

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thejoltnews.com/stories/new-linger-boutique-is-on-a-mission-to-help-women-to-slow-down,6073

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Comments

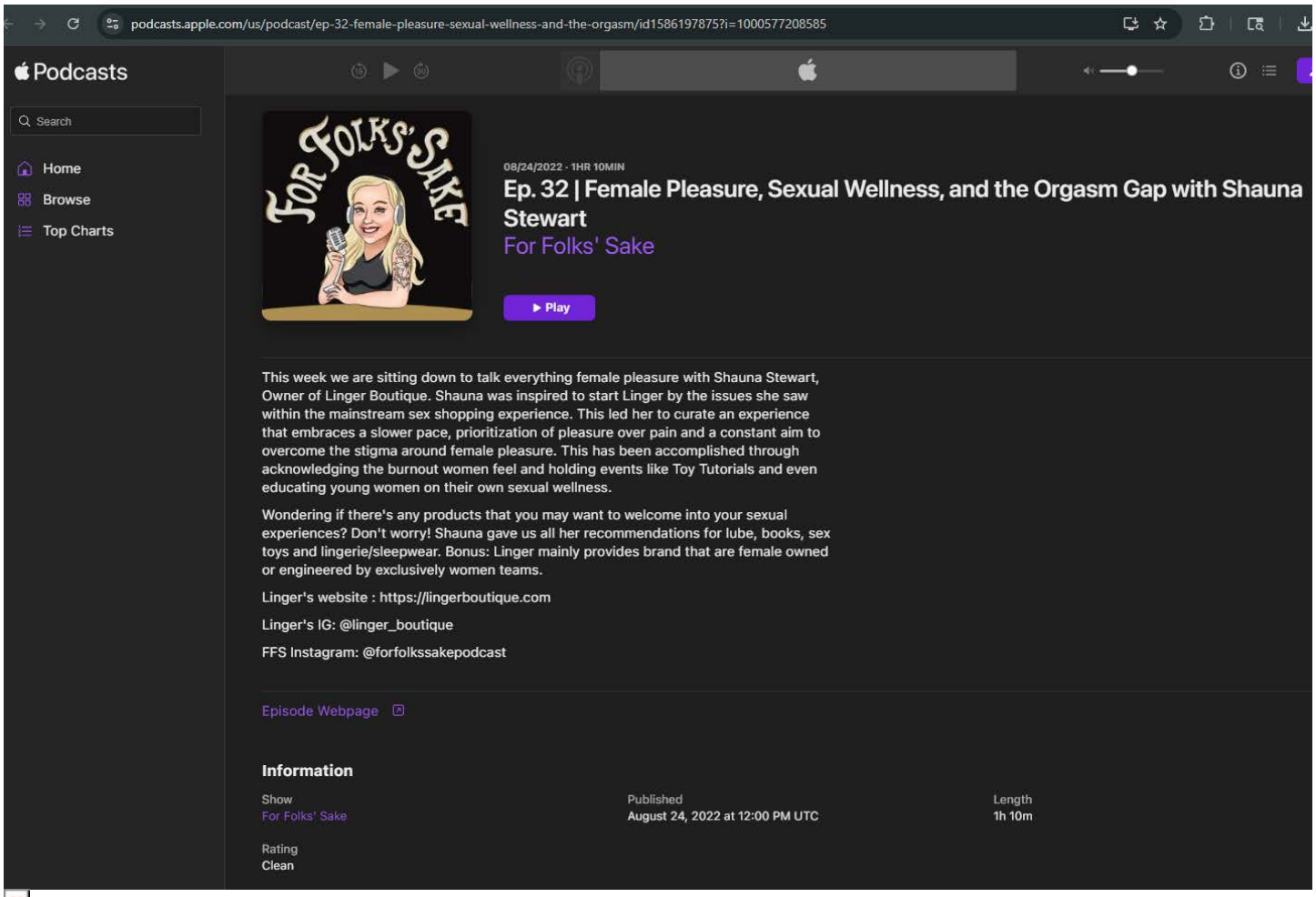
NO COMMENTS ON THIS ITEM PLEASE LOG IN TO COMMENT BY CLICKING HERE

Other

Apple Podcasts
Posted: Aug 24, 2022
System ID: 608665
Captured: Jul 09, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/ep-32-female-pleasure-sexual-wellness-and-the-orgasm/id1586197875?i=1000577208585

Before DOI

*Subject was a guest on the podcast, For Folks' Sake; she talked about Linger Boutique, being a mother, and her career before opening her store Mentioned homeschooling her children (3:38) Talked about her limitations after she had gotten sick and how it led her to start her boutique(11:49 - 13:19) "Ep. 32 | Female Pleasure, Sexual Wellness, and the Orgasm Gap with Shauna Stewart" "This week we are sitting down to talk everything female pleasure with Shauna Stewart, Owner of Linger Boutique. Shauna was inspired to start Linger by the issues she saw within the mainstream sex shopping experience. This led her to curate an experience that embraces a slower pace, prioritization of pleasure over pain and a constant aim to overcome the stigma around female pleasure. This has been accomplished through acknowledging the burnout women feel and holding events like Toy Tutorials and even educating young women on their own sexual wellness. Wondering if there's any products that you may want to welcome into your sexual experiences? Don't worry! Shauna gave us all her recommendations for lube, books, sex toys and lingerie/sleepwear. Bonus: Linger mainly provides brand that are female owned or engineered by exclusively women teams. Linger's website : https://lingerboutique.com Linger's IG: @linger_boutique FFS Instagram: @forfolkssakepodcast"


podcasts.apple.com/us/podcast/ep-32-female-pleasure-sexual-wellness-and-the-orgasm/id1586197875?i=1000577208585
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FOR FOLKS' SAKE
08/24/2022 · 1HR 10MIN
Ep. 32 | Female Pleasure, Sexual Wellness, and the Orgasm Gap with Shauna Stewart
For Folks' Sake
Play
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Linger's website : https://lingerboutique.com
Linger's IG: @linger_boutique
FFS Instagram: @forfolkssakepodcast
Episode Webpage
Information
Show
For Folks' Sake
Published
August 24, 2022 at 12:00 PM UTC
Length
1h 10m
Rating
Clean

Facebook

profile.php?id=100025625778766

System ID: 606269

Shauna Marie Stewart

Posted: Feb 16, 2023

Captured: Jul 07, 2025

https://www.facebook.com/permalink.php?story_fbid=1103091750555007&id=100025625778766

Before DOI

*Shared information for a "Bridal Bash" in Rochester, Washington on April 1, 2023 "For the bride's looking for a more personalized experience, we hope you'll join us at the Bridal Bash to check out some amazing small business vendors with big hearts. https://fb.me/e/5sD7en6It"

facebook.com/permalink.php?story_fbid=1103091750555007&id=100025625778766

Linger Boutique's post

Linger Boutique
February 16, 2023 ·

For the bride's looking for a more personalized experience, we hope you'll join us at the Bridal Bash to check out some amazing small business vendors with big hearts. https://fb.me/e/5sD7en6lt

Sat, Apr 1, 2023
2ND ANNUAL BRIDAL BASH
Rochester, WA
Party · 168 people

Interested

2 comments

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Newest

Lindsey Moore
Emily Clark

2y Like Reply

Facebook

profile.php?id=100025625778766

System ID: 606277

Shauna Marie Stewart

Posted: Feb 22, 2023

Captured: Jul 07, 2025

https://www.facebook.com/permalink.php?story_fbid=1107163760147806&id=100025625778766

After DOI

*Shared information and tips about lingerie "The most important thing about lingerie is how it makes you feel. Sometimes we are surprised by what size we wear because we think it means something. It doesn't. Ignore the labels and just find something that fits and feels good. We're here to help! #welikeitslow #lingerie #olympiawa #olympiawashington #tacoma"

facebook.com/permalink.php?story_fbid=1107163760147806&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
February 22, 2023 ·

The most important thing about lingerie is how it makes you feel. ✨

Sometimes we are surprised by what size we wear because we think it means something. It doesn't.

Ignore the labels and just find something that fits and feels good. We're here to help! 😘

#welikeitslow #lingerie #olympiawa #olympiawashington #tacoma

facebook.com/permalink.php?story_fbid=1107163760147806&id=100025625778766

Linger Boutique's post

4 2 comments

Like Comment Share

Most relevant

Katherine Downs
Thank you for helping me find the perfect fit to feel amazing in my skin 😘

2y Like Reply

Author
Linger Boutique
Katherine Downs 💕💕💕 You looked stunning and I'm so grateful to get to help you!

2y Like Reply

Facebook

profile.php?id=100025625778766 | Posted: Mar 01, 2023

System ID: 606282 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1111429776387871&id=100025625778766

After DOI

*Lingerie advertisement "NEW!! Introducing Madalynne Intimates. “Lingerie for all”, these pieces are hand-crafted by a small team of sewists who make every item to order. Panties are available in sizes Small-2X. Bras are available in 32 C/D to 38 E/F. Shop now by clicking the link in our bio or come try it on in store! #welikeitslow"

facebook.com/permalink.php?story_fbid=1111429776387871&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
March 1, 2023 ·

NEW!! Introducing Madalynne Intimates. “Lingerie for all”, these pieces are hand-crafted by a small team of sewists who make every item to order.

Panties are available in sizes Small-2X. Bras are available in 32 C/D to 38 E/F.

Shop now by clicking the link in our bio or come try it on in store!

#welikeitslow

10 2 comments

Like Comment Share

Most relevant

Jen Sieritis
Obsessed!!!😍

2y Like Reply

Author

Facebook

profile.php?id=100025625778766 | Posted: Mar 08, 2023

System ID: 606298 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1115253776005471&id=100025625778766

After DOI

*Shared ways for people to celebrate International Women's Day, including an orgasm "Around here, every day is Women’s Day, but that won’t stop us from doing something a little extra special to celebrate the women who inspire us and have gone before us. How will YOU celebrate? Let us know below. #welikeitslow #internationalwomensday #womanownedbusiness #femaleentrepreneur"

facebook.com/permalink.php?story_fbid=1115253776005471&id=100025625778766

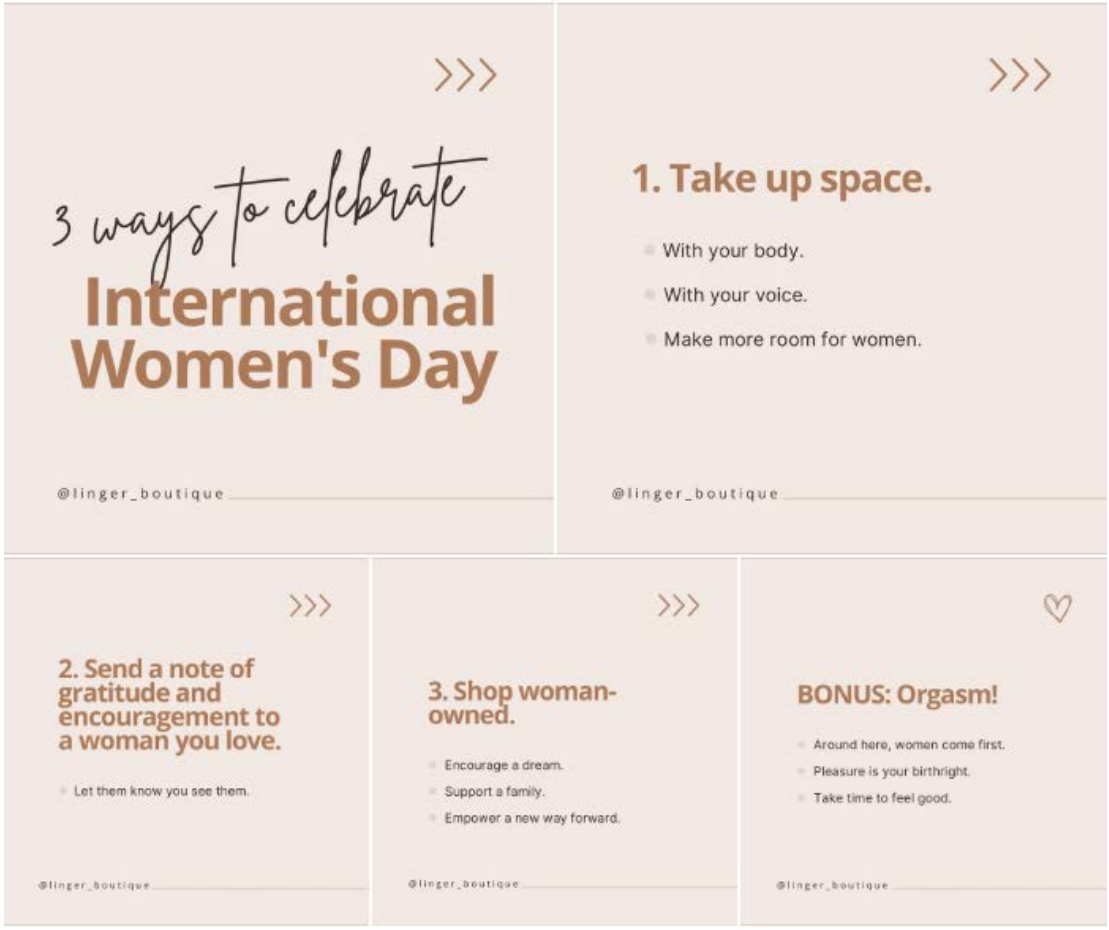
Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
March 8, 2023 ·

Around here, every day is Women's Day, but that won't stop us from doing something a little extra special to celebrate the women who inspire us and have gone before us.

How will YOU celebrate? Let us know below👇.

#welikeitslow #internationalwomensday #womanownedbusiness #femaleentrepreneur



Facebook

profile.php?id=100025625778766 | Posted: Mar 15, 2023

System ID: 606302 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1119054285625420&id=100025625778766

After DOI

*Talked about how limited ideas about sexual intercourse are problematic "Limiting our ideas of s□x to intercourse is problematic for a variety of reasons. Here are just a few: - It excludes and reduces the experiences of people for whom intercourse is not part of their s□xual experience. - The linear format of intercourse (foreplay, intercourse, org@sm, aftercare), limits the possibilities for exploration and pleasure. - Health issues, moods, etc. can impact one's physical ability or interest in intercourse, which could lead a couple to not sexually engaging with each other at all, rather than discovering new ways to connect and feel intimate. Othercourse is a fun way to connect and feel good together. We hope you enjoy! If you're looking for a little more guidance- come see us in the shop. We'd love to share some ideas, tools and toys to get you started! #welikeitslow"

facebook.com/permalink.php?story_fbid=1119054285625420&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
March 15, 2023 ·

Limiting our ideas of s✨x to intercourse is problematic for a variety of reasons. Here are just a few:

- It excludes and reduces the experiences of people for whom intercourse is not part of their s✨xual experience.

- The linear format of intercourse (foreplay, intercourse, org@sm, aftercare), limits the possibilities for exploration and pleasure.

- Health issues, moods, etc. can impact one's physical ability or interest in intercourse, which could lead a couple to not sexually engaging with each other at all, rather than discovering new ways to connect and feel intimate.

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If you're looking for a little more guidance- come see us in the shop. We'd love to share some ideas, tools and toys to get you started!

#welikeitslow

facebook.com/permalink.php?story_fbid=1119054285625420&id=100025625778766

Linger Boutique's post

partner enjoy.

Can be the first course, last course, main course or only course.

@linger_boutique

Source: A Woman's Touch Sexuality Resource Center

OTHERCOURSE

Why is it fun?

Builds anticipation.

Increases arousal.

invites creativity and exploration.

Prioritizes pleasure rather than a specific goal.

@linger_boutique

OTHERCOURSE

Ideas for play

Devote time to the art of kissing. Don't kiss for the purpose of it leading somewhere, but for the pure joy of it.

Take turns focusing on pleasuring one another. Let one person relax and receive tonight, then next time switch roles.

Self-pleasure together. You could learn something new by watching, and maybe you can show them a thing or two.

@linger_boutique

Source: A Woman's Touch Sexuality Resource Center

Instagram

linger.u

System ID: 610124

Shauna Marie Stewart

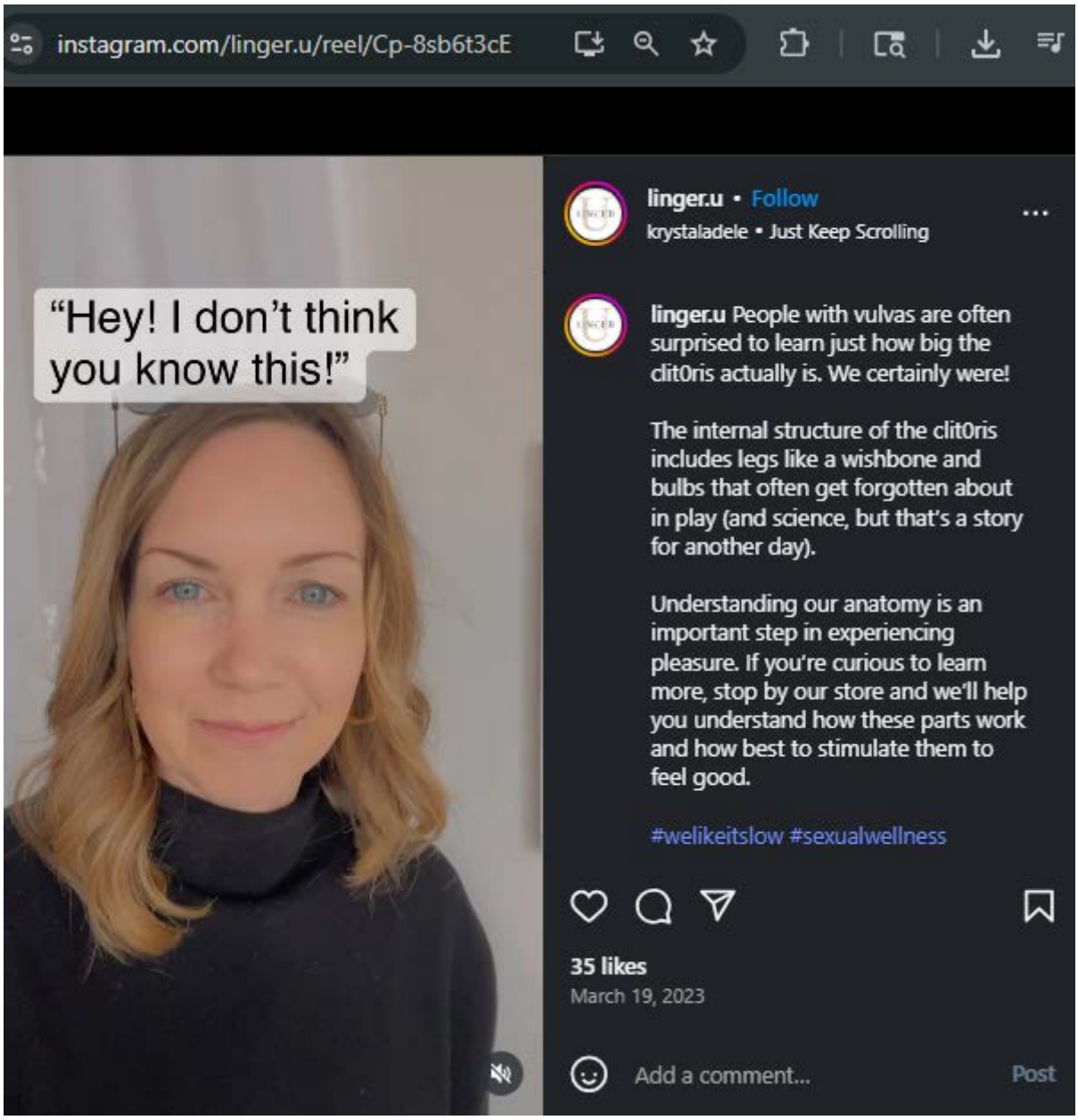
https://www.instagram.com/linger.u/reel/Cp-8sb6t3cE

Posted: Mar 19, 2023

Captured: Jul 10, 2025

After DOI

*Showed a drawing/painting of a clitoris "People with vulvas are often surprised to learn just how big the clit0ris actually is. We certainly were! The internal structure of the clit0ris includes legs like a wishbone and bulbs that often get forgotten about in play (and science, but that’s a story for another day). Understanding our anatomy is an important step in experiencing pleasure. If you’re curious to learn more, stop by our store and we’ll help you understand how these parts work and how best to stimulate them to feel good. #welikeitslow #sexualwellness"



[Link to download video]

Instagram

linger.u

System ID: 610132

Shauna Marie Stewart

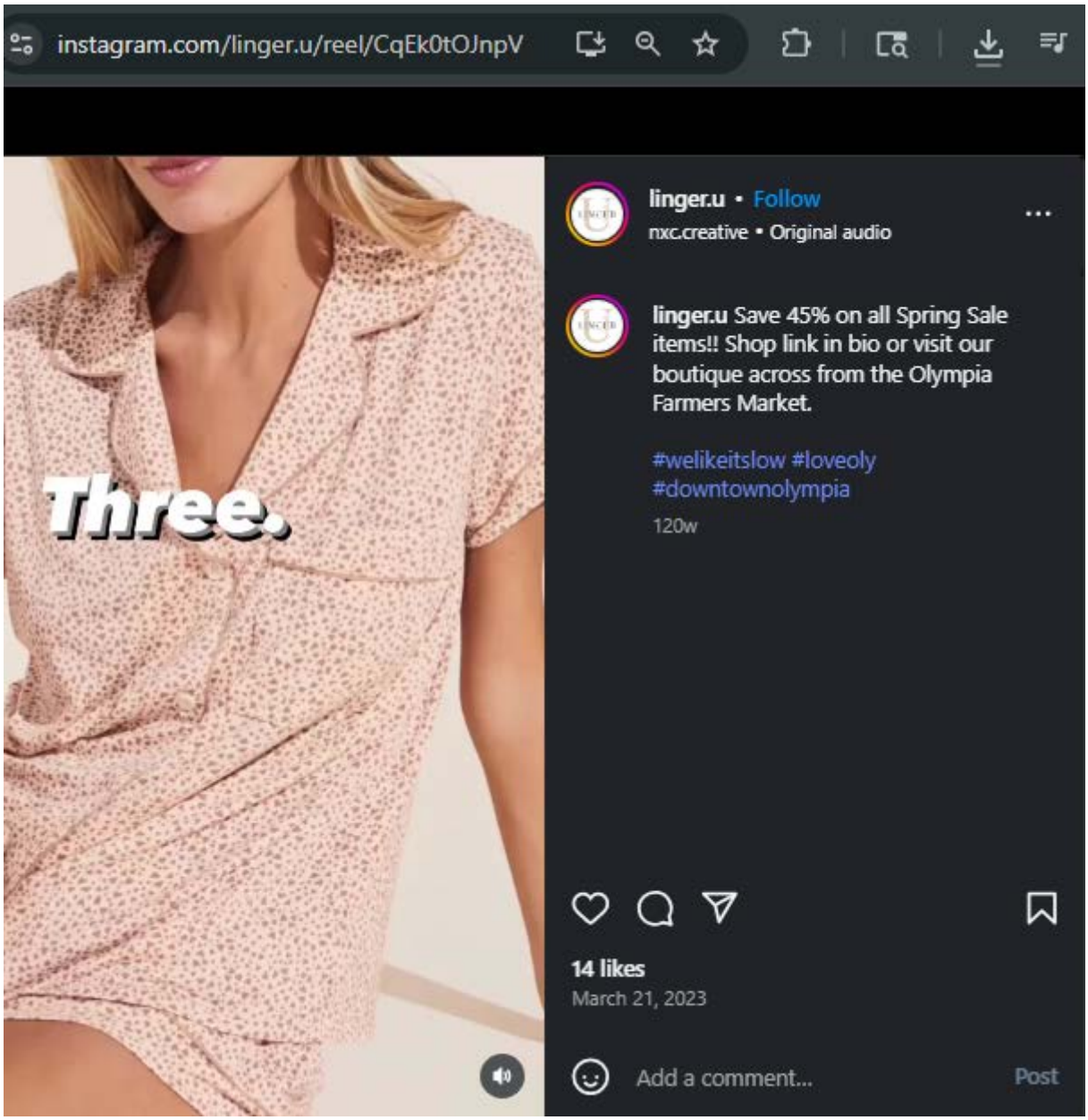
https://www.instagram.com/linger.u/reel/CqEk0tOJnpV

Posted: Mar 21, 2023

Captured: Jul 10, 2025

After DOI

*Offered discount on specific items at Linger Boutique "Save 45% on all Spring Sale items!! Shop link in bio or visit our boutique across from the Olympia Farmers Market. #welikeitslow #loveoly #downtownolympia"



Link to download video

Instagram

linger.u

Posted: Mar 24, 2023

System ID: 610146

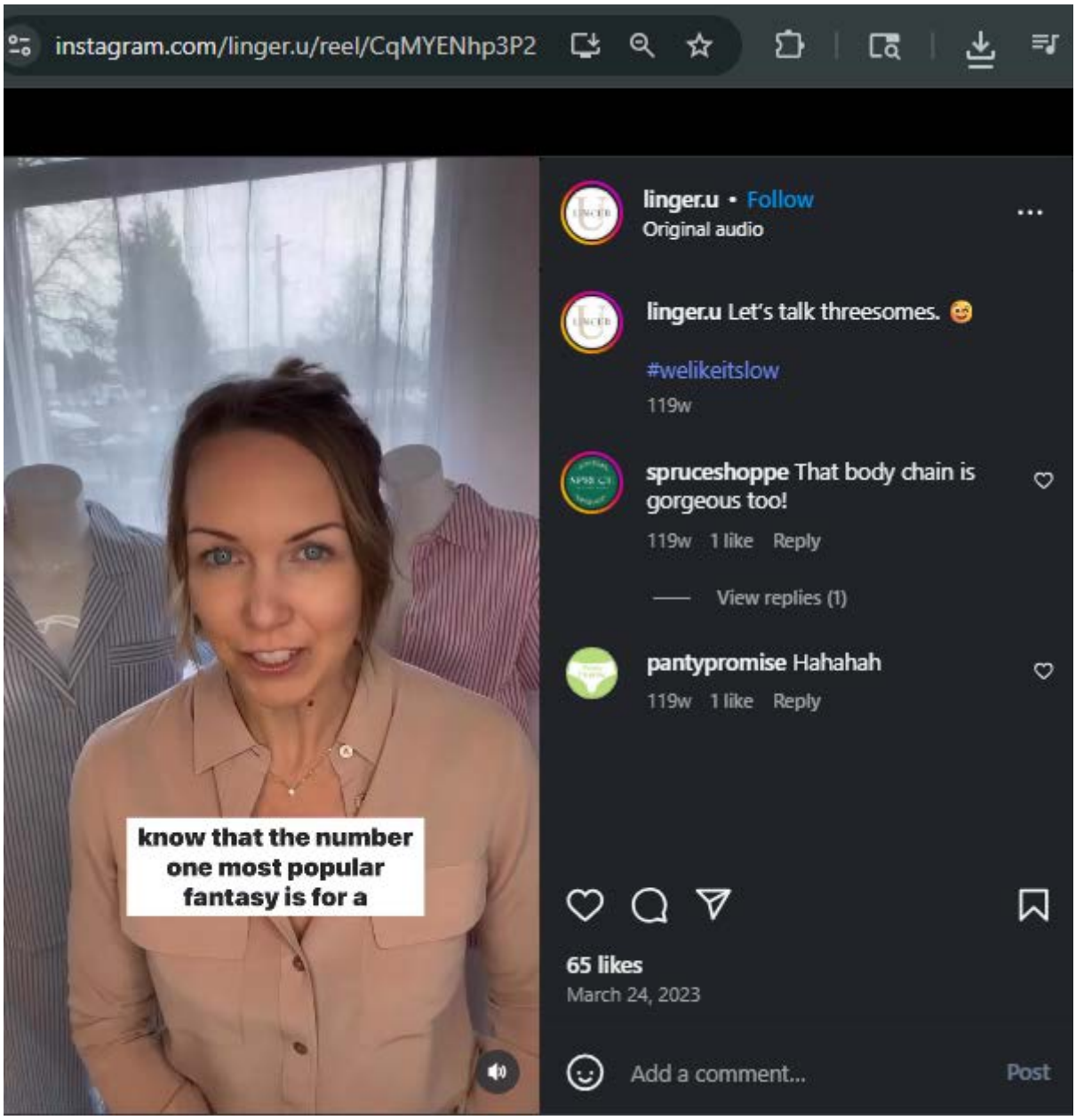
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/CqMYENhp3P2

After DOI

*Advertised items that had 3 parts and mentioned overall pelvic floor health "Let’s talk threesomes. #welikeitslow"



Link to download video

Facebook

profile.php?id=100025625778766 | Posted: Mar 29, 2023

System ID: 606303 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1126761471521368&id=100025625778766

After DOI

*Lingerie advertisement "Introducing Identity Lingerie, handmade in Europe using sustainable and ethical practices. With inclusive sizing we love the adjustable strap detail on the panty for a perfect fit. This delicate satin and lace bra and panty are currently available in large to 2X. #welikeitslow #lingerie #identitylingerie #loveoly #southsoundproud"

facebook.com/permalink.php?story_fbid=1126761471521368&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
March 29, 2023 ·

Introducing Identity Lingerie, handmade in Europe using sustainable and ethical practices. With inclusive sizing we love the adjustable strap detail on the panty for a perfect fit.

This delicate satin and lace bra and panty are currently available in large to 2X.

#welikeitslow #lingerie #identitylingerie #loveoly #southsoundproud

Instagram

linger.u

System ID: 610153

Shauna Marie Stewart

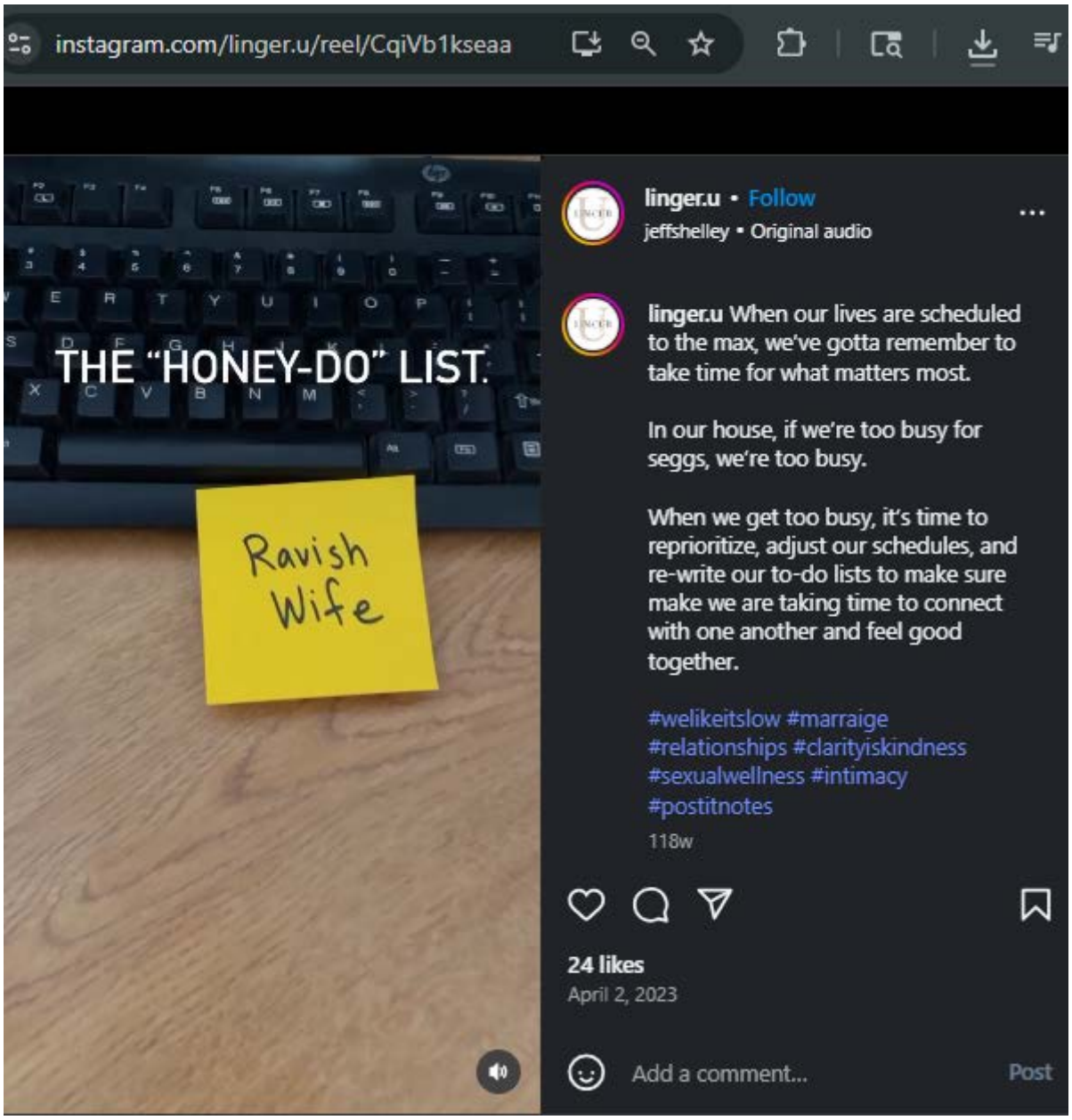
https://www.instagram.com/linger.u/reel/CqiVb1kseaa

Posted: Apr 02, 2023

Captured: Jul 10, 2025

After DOI

*Showed a post-it on a keyboard that said, "Ravish Wife" "When our lives are scheduled to the max, we've gotta remember to take time for what matters most. In our house, if we're too busy for seggs, we're too busy. When we get too busy, it's time to reprioritize, adjust our schedules, and re-write our to-do lists to make sure make we are taking time to connect with one another and feel good together. #welikeitslow #marraige #relationships #clarityiskindness #sexualwellness #intimacy #postitnotes"



[Link to download video]

Instagram

linger.u

System ID: 610161

Shauna Marie Stewart

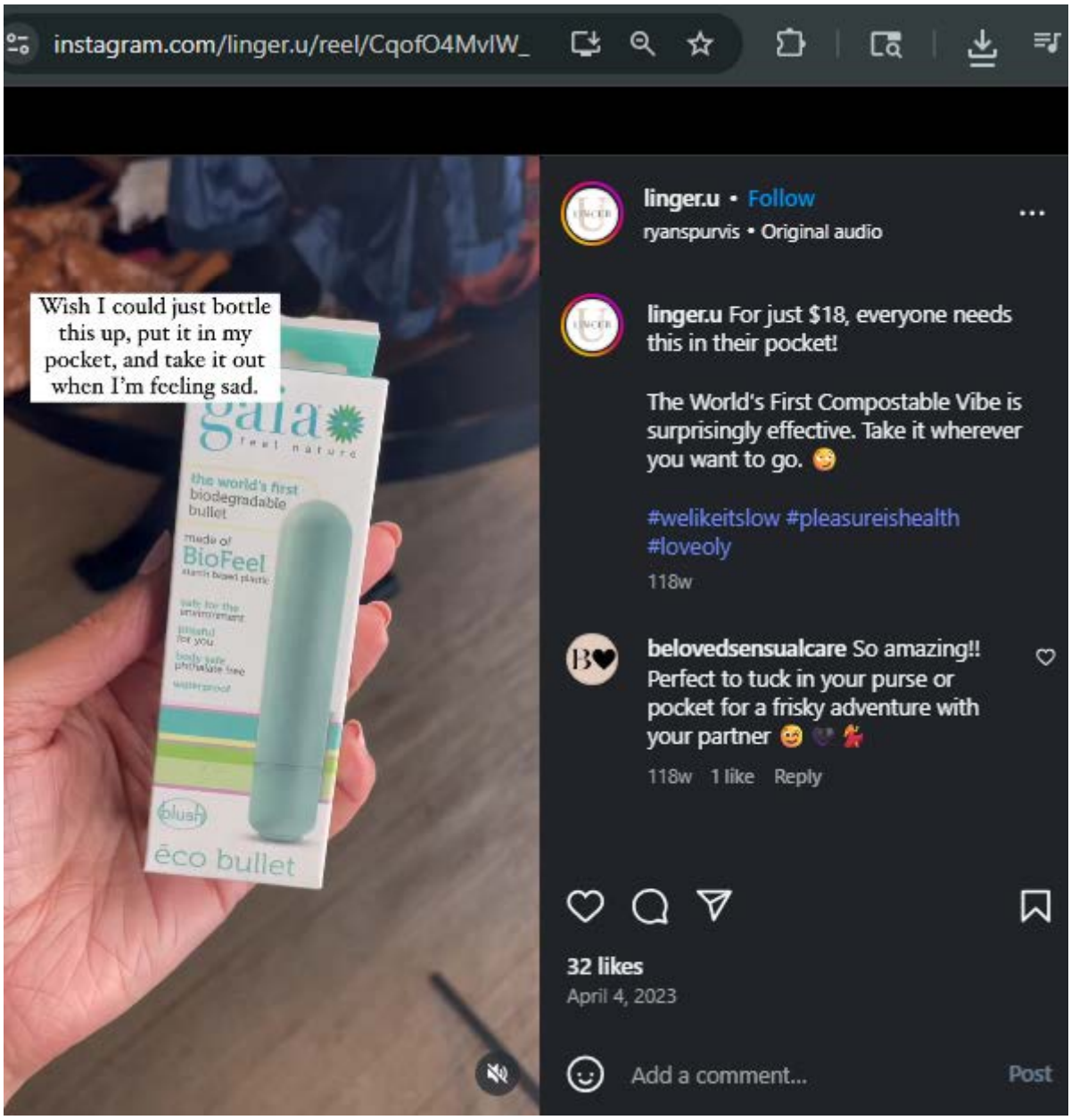
https://www.instagram.com/linger.u/reel/CqofO4MvIW_

Posted: Apr 04, 2023

Captured: Jul 10, 2025

After DOI

*Advertised a vibrator and mentioned it fits in people's pockets and can be taken wherever they want to go "For just $18, everyone needs this in their pocket! The World’s First Compostable Vibe is surprisingly effective. Take it wherever you want to go. #welikeitslow #pleasureishealth #loveoly"



[Link to download video]

Instagram

linger.u

System ID: 610006

Shauna Marie Stewart

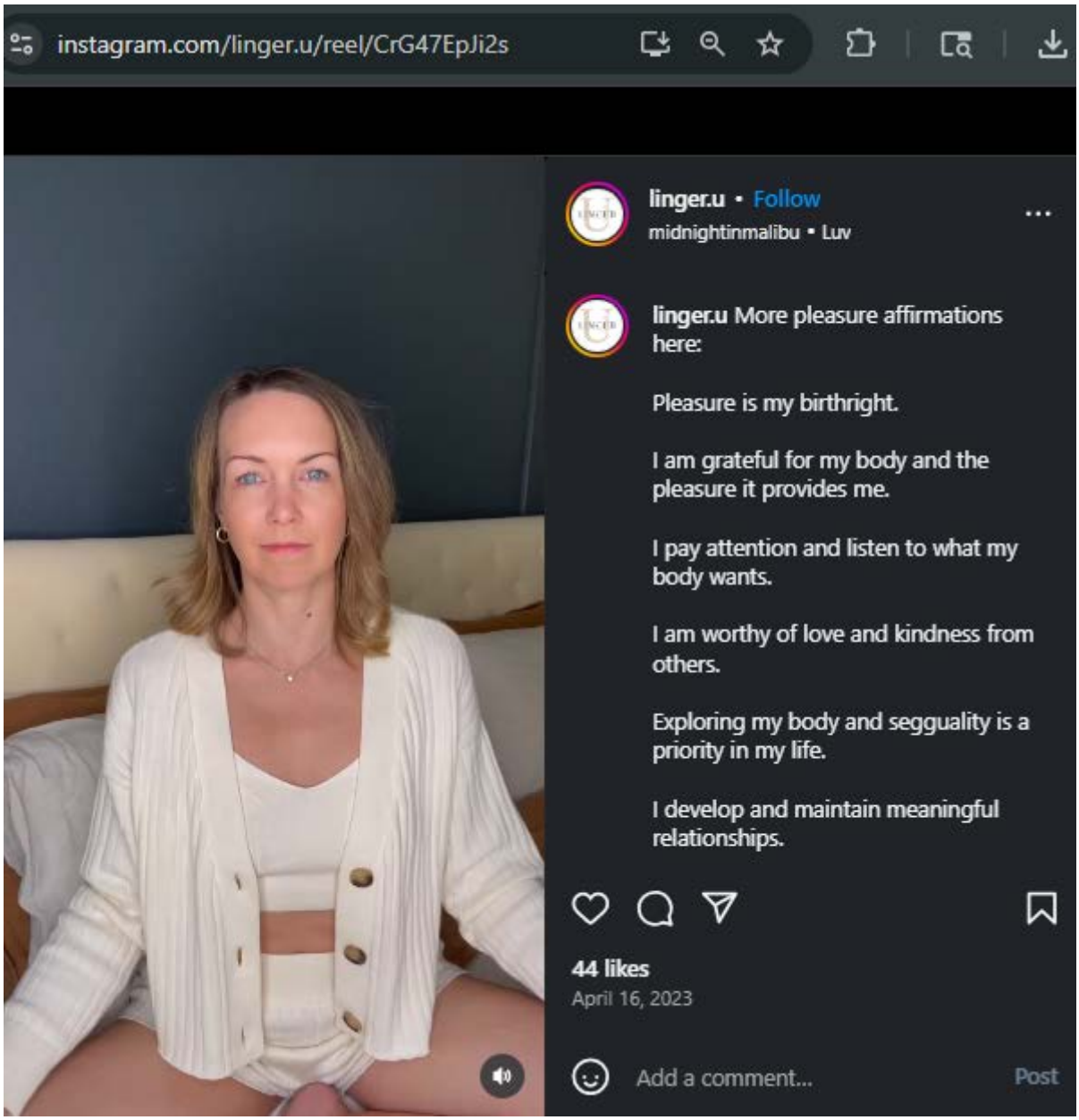
https://www.instagram.com/linger.u/reel/CrG47EpJi2s

Posted: Apr 16, 2023

Captured: Jul 10, 2025

After DOI

*Seen sitting on her bed "More pleasure affirmations here: Pleasure is my birthright. I am grateful for my body and the pleasure it provides me. I pay attention and listen to what my body wants. I am worthy of love and kindness from others. Exploring my body and segguality is a priority in my life. I develop and maintain meaningful relationships. I am confident and comfortable in my segguality and relationship identities. I am thriving seggsually. Tap save to peak back at later! ….. What I’m wearing: Recycled 3 Piece Set. See link in bio."



[Link to download video]

Instagram

linger.u

Posted: Apr 18, 2023

System ID: 610015

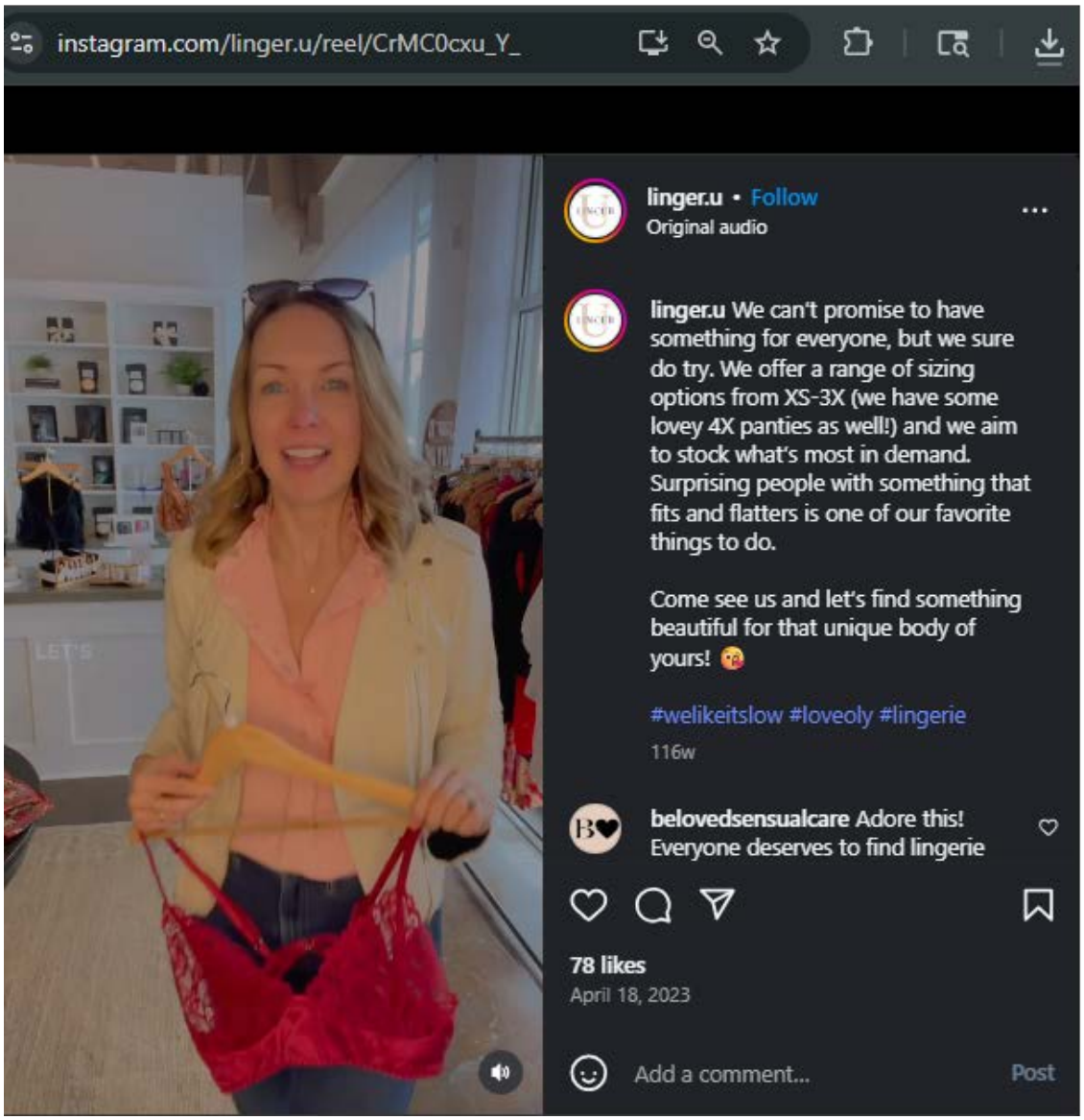
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/CrMC0cxu_Y_

After DOI

*Seen at Linger Boutique talking about sizing "We can’t promise to have something for everyone, but we sure do try. We offer a range of sizing options from XS-3X (we have some lovey 4X panties as well!) and we aim to stock what’s most in demand. Surprising people with something that fits and flatters is one of our favorite things to do. Come see us and let’s find something beautiful for that unique body of yours! □ #welikeitslow #loveoly #lingerie"



Link to download video

Facebook

profile.php?id=100025625778766

System ID: 606378

Shauna Marie Stewart

Posted: Apr 26, 2023

Captured: Jul 07, 2025

https://www.facebook.com/permalink.php?story_fbid=1141967563334092&id=100025625778766

After DOI

*Shared information for a Mom's Night Out at Linger Boutique on May 11, 2023. Subject shared pleasure tips and gifts at the event "Join us for Mom’s Night Out on May 11th from 6:30 - 8:30 PM! Swipe for details then click that link in our bio to save your spot! In addition to meeting your new mom besties (because the people who hang out at Linger are the coolest, nicest and best people in the whole wide world), you’ll also enjoy: Professional Stylist @therotatingatelier helping you strut your stuff with confidence ☀Organic Airbrush Tans by @tansbytay.oly giving you that luxe bronzed and glowing skin you deserve Tips and gifts to up your pleasure from Linger Boutique Bubbles and sweet treats To grab your tickets, click the link in our bio! Do you have to be a mom to attend? Not at all!! If you like fun nights out with empowering women who don’t take themselves too seriously and love a good sx joke, you’ll feel right at home. #welikeitslow"

facebook.com/permalink.php?story_fbid=1141967563334092&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
April 26, 2023 ·

Join us for Mom's Night Out on May 11th from 6:30 - 8:30 PM! Swipe for details then click that link in our bio to save your spot!

In addition to meeting your new mom besties (because the people who hang out at Linger are the coolest, nicest and best people in the whole wide world), you'll also enjoy:

🌶️Professional Stylist @therotatingatelier helping you strut your stuff with confidence

🌞Organic Airbrush Tans by @tansbytay.oly giving you that luxe bronzed and glowing skin you deserve

🔥Tips and gifts to up your pleasure from Linger Boutique

🥂Bubbles and sweet treats

To grab your tickets, click the link in our bio!

Do you have to be a mom to attend?

Not at all!! If you like fun nights out with empowering women who don't take themselves too seriously and love a good s✨x joke, you'll feel right at home.

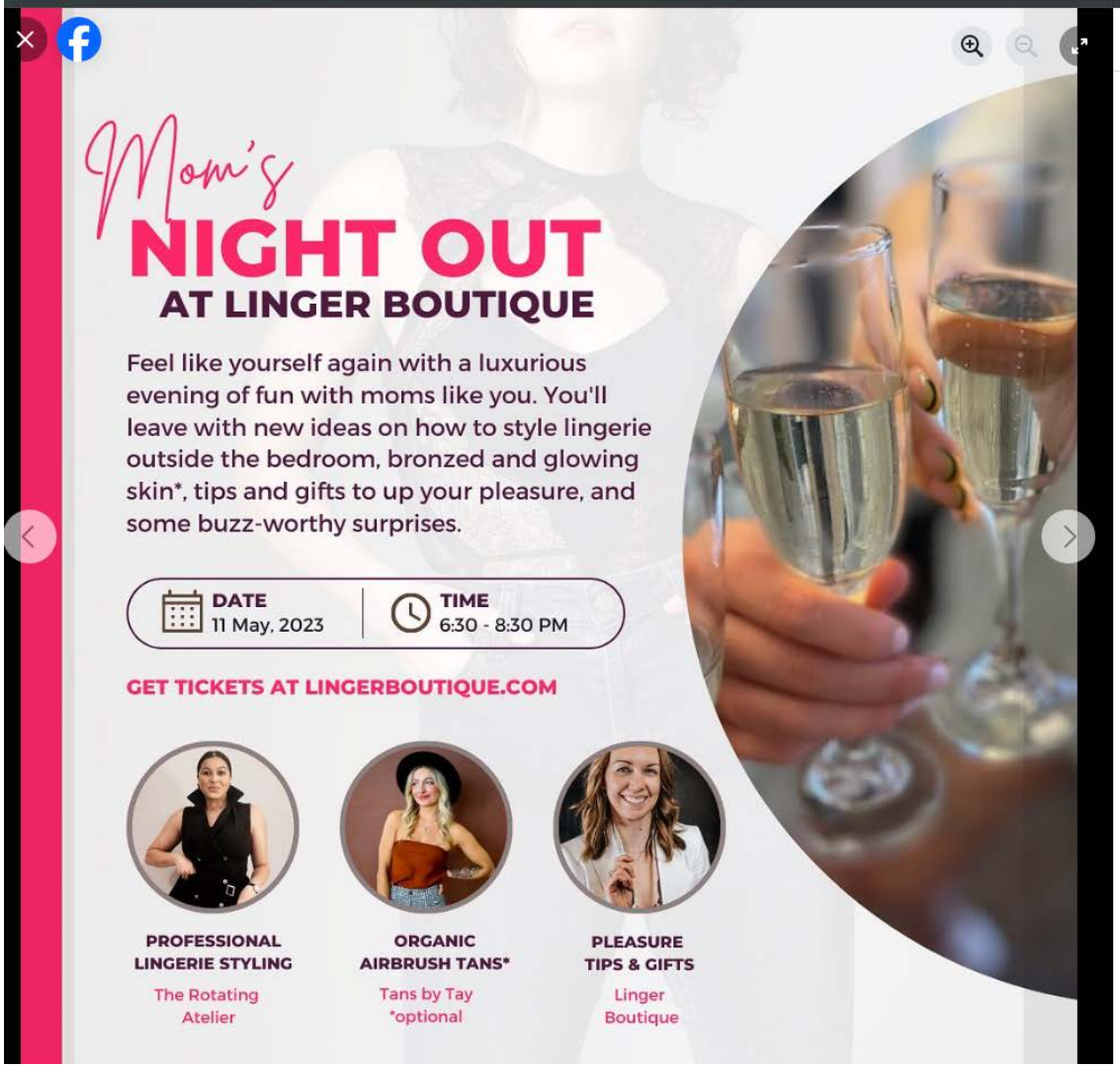
#welikeitslow

facebook.com/permalink.php?story_fbid=1141967563334092&id=100025625778766

Linger Boutique's post

7

facebook.com/photo/?fbid=1141967493334099&set=pcb.1141967563334092



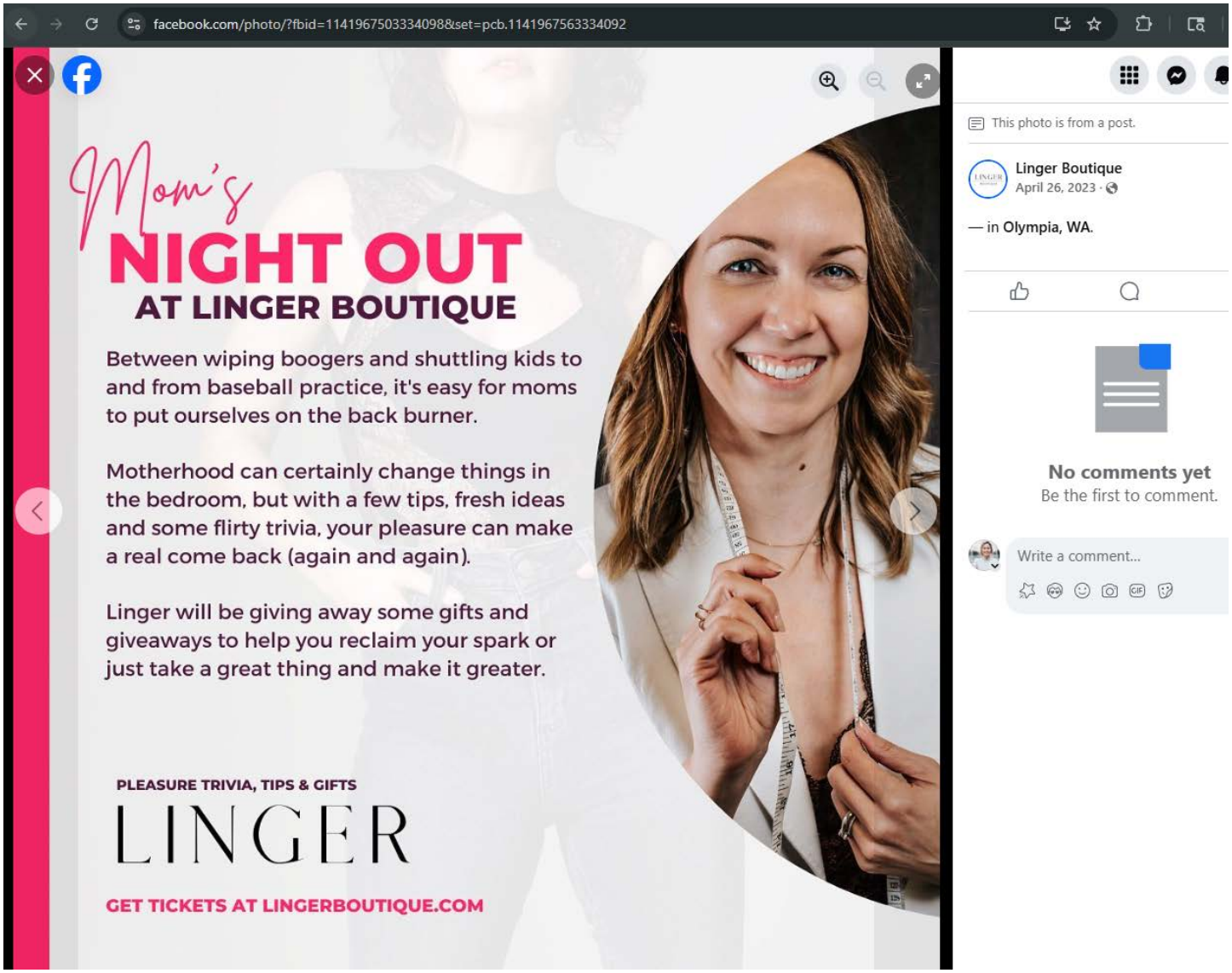
This photo is from a post.

Linger Boutique
April 26, 2023 ·

— in Olympia, WA.

No comments yet
Be the first to comment.

Write a comment...


facebook.com/photo/?fbid=1141967503334098&set=pcb.1141967563334092
Mom's
NIGHT OUT
AT LINGER BOUTIQUE
Between wiping boogers and shuttling kids to and from baseball practice, it's easy for moms to put ourselves on the back burner.
Motherhood can certainly change things in the bedroom, but with a few tips, fresh ideas and some flirty trivia, your pleasure can make a real come back (again and again).
Linger will be giving away some gifts and giveaways to help you reclaim your spark or just take a great thing and make it greater.
PLEASURE TRIVIA, TIPS & GIFTS
LINGER
GET TICKETS AT LINGERBOUTIQUE.COM
This photo is from a post.
Linger Boutique
April 26, 2023 ·
— in Olympia, WA.
No comments yet
Be the first to comment.
Write a comment...

Instagram

linger.u

Posted: Apr 27, 2023

System ID: 610024

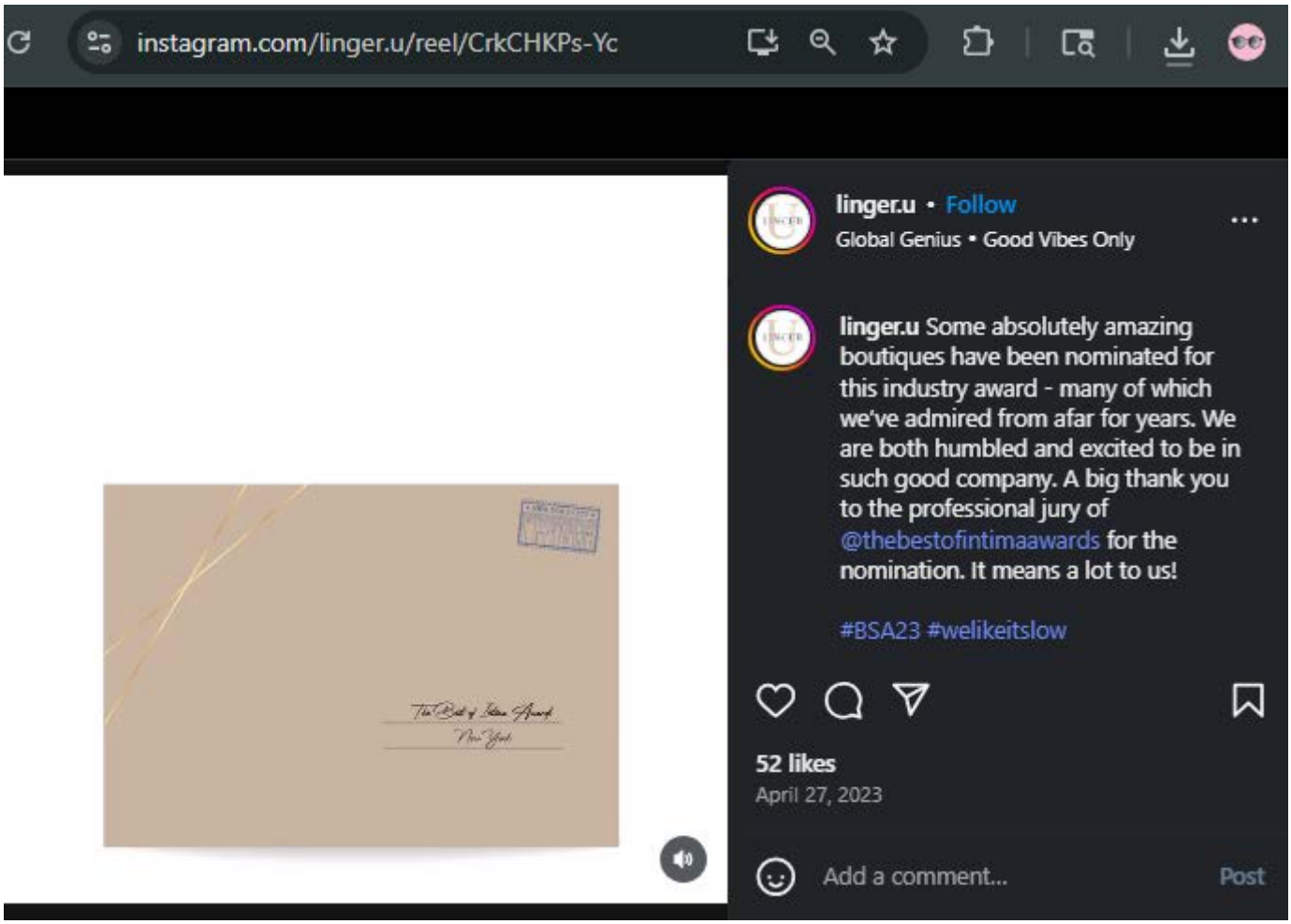
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/CrkCHKPs-Yc

After DOI

*Shared that Linger Boutique was nominated for The Best of Intima Awards "Some absolutely amazing boutiques have been nominated for this industry award - many of which we've admired from afar for years. We are both humbled and excited to be in such good company. A big thank you to the professional jury of @thebestofintimaawards for the nomination. It means a lot to us! #BSA23 #welikeitslow"



Link to download video

Instagram

linger.u

System ID: 610037

Shauna Marie Stewart

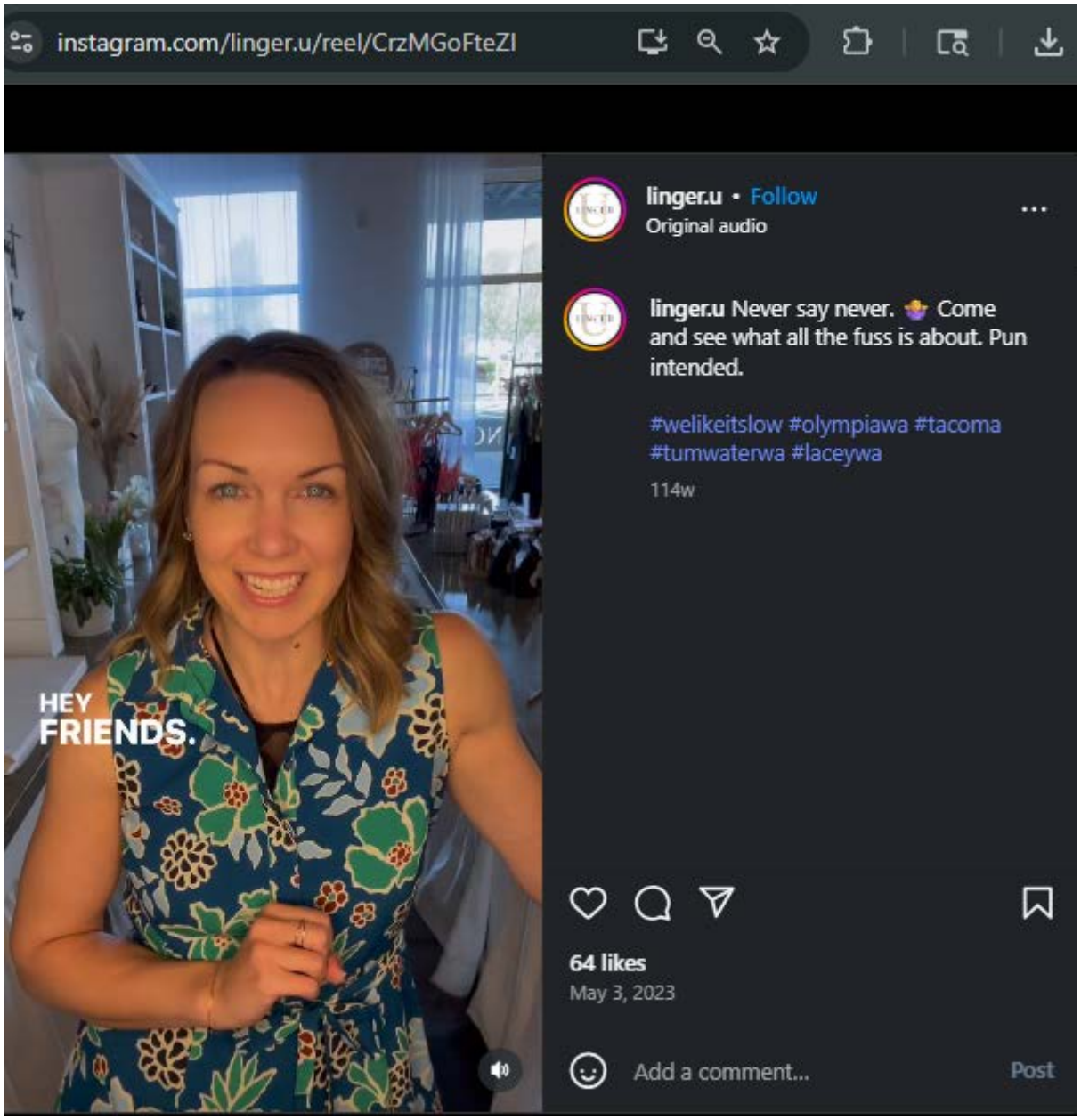
https://www.instagram.com/linger.u/reel/CrzMGoFteZI

Posted: May 03, 2023

Captured: Jul 10, 2025

After DOI

*Shared three things that she she said she would never do but then loved: Homeschooling, posting about her Peloton Bike, and owning/operating a retail shop "Never say never. ♀ Come and see what all the fuss is about. Pun intended. #welikeitslow #olympiawa #tacoma #tumwaterwa #laceywa"



Link to download video

Facebook

profile.php?id=100025625778766 | Posted: May 16, 2023

System ID: 606381 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1153669738830541&id=100025625778766

After DOI

*Shared masturbation tips "It’s M□turbation May, so we’ve put together a few tips to help you celebrate! Swipe to get in on the action! #welikeitslow"

facebook.com/permalink.php?story_fbid=1153669738830541&id=100025625778766

Linger Boutique's post

Linger Boutique
May 16, 2023 ·

It's M✨turbation May, so we've put together a few tips to help you celebrate! Swipe to get in on the action!

#welikeitslow

2

Instagram

linger.u

System ID: 610046

Shauna Marie Stewart

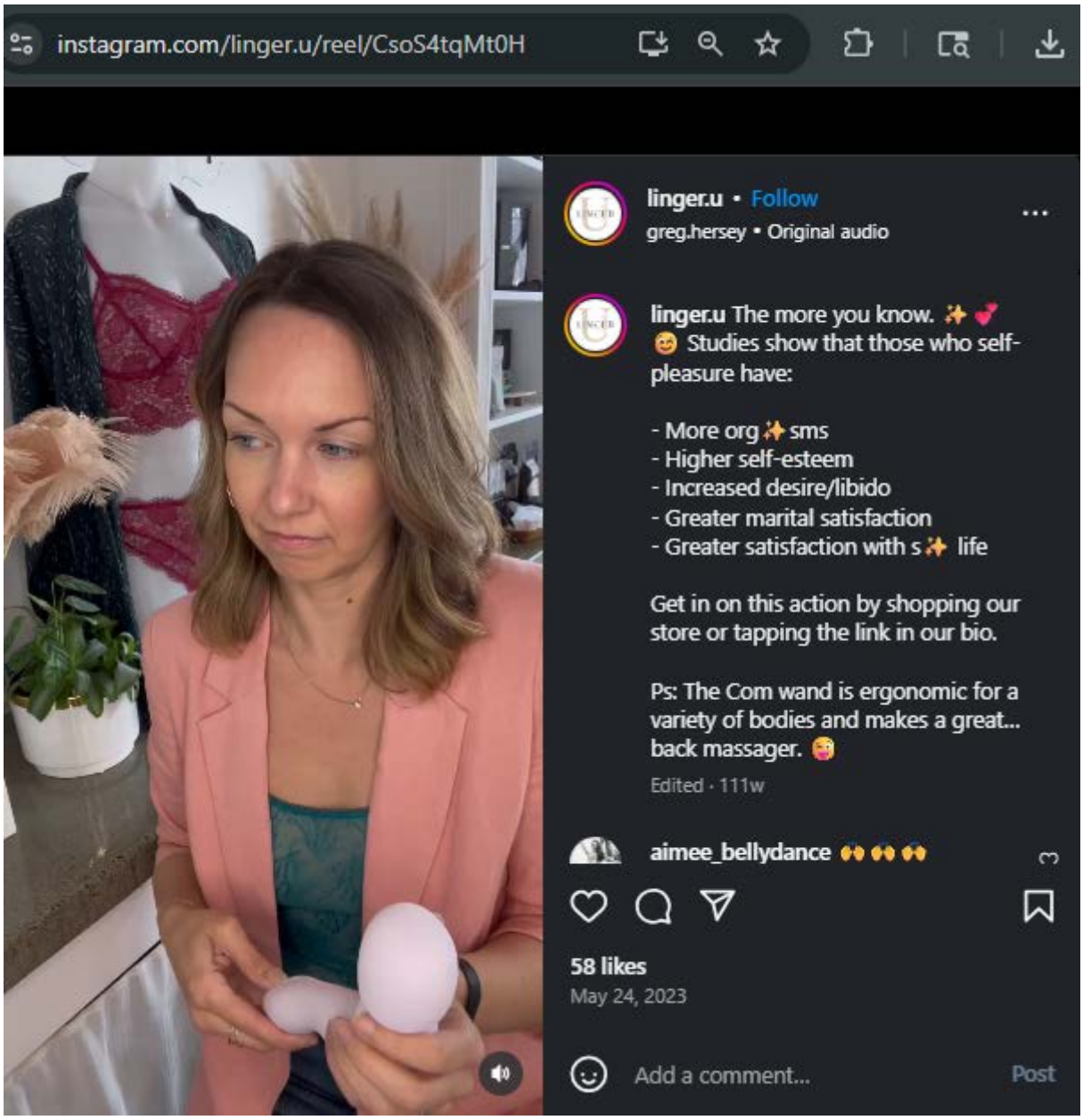
https://www.instagram.com/linger.u/reel/CsoS4tqMt0H

Posted: May 24, 2023

Captured: Jul 10, 2025

After DOI

*Seen holding a The Com wand on her shoulder "The more you know. □□□ Studies show that those who self-pleasure have: - More org□sms - Higher self-esteem - Increased desire/libido - Greater marital satisfaction - Greater satisfaction with s□ life Get in on this action by shopping our store or tapping the link in our bio. Ps: The Com wand is ergonomic for a variety of bodies and makes a great... back massager. □"



[Link to download video]

Instagram

linger.u

System ID: 610054

Shauna Marie Stewart

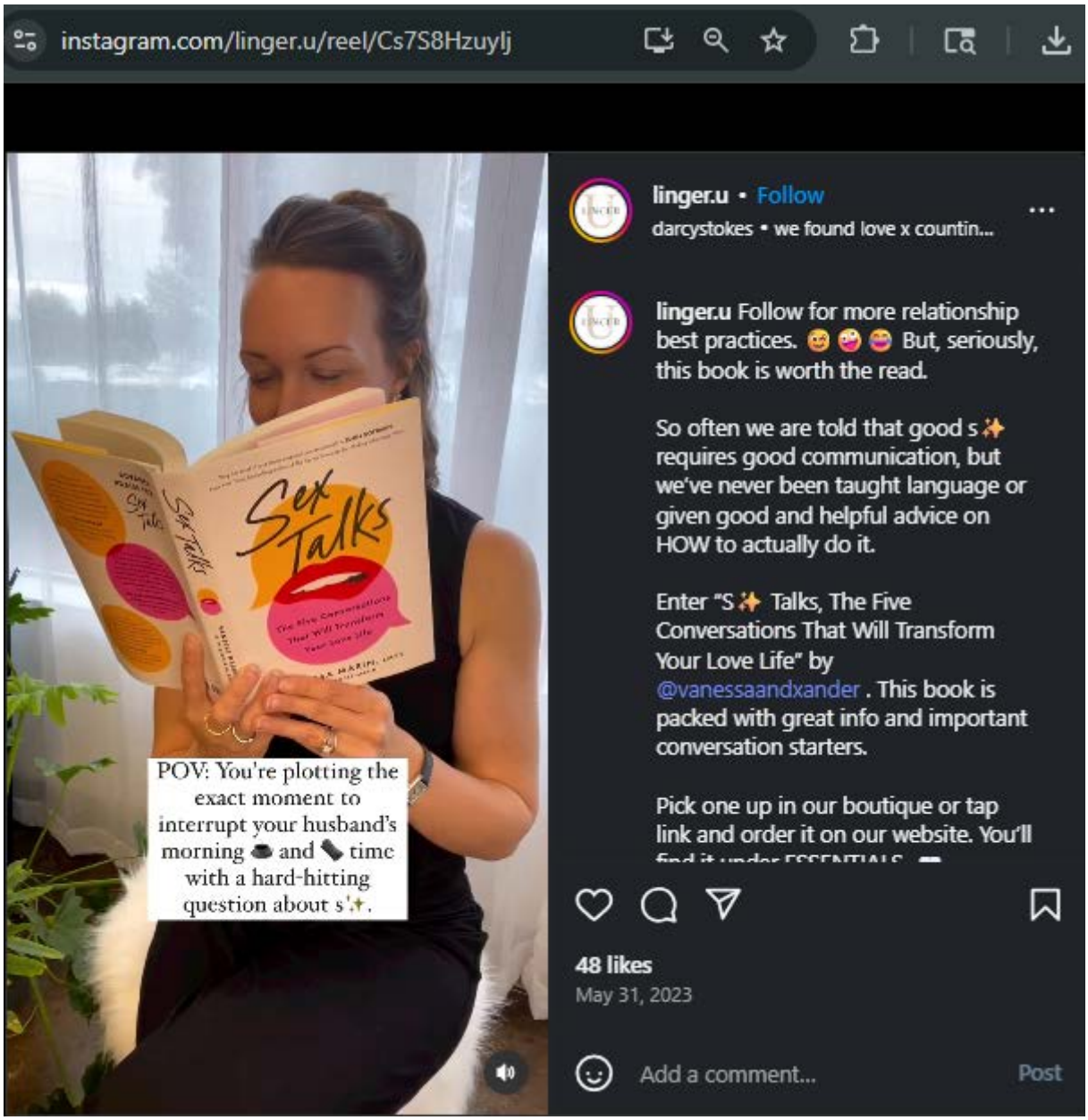
https://www.instagram.com/linger.u/reel/Cs7S8HzuyIj

Posted: May 31, 2023

Captured: Jul 10, 2025

After DOI

*Seen reading a book "Follow for more relationship best practices. □□□ But, seriously, this book is worth the read. So often we are told that good s□ requires good communication, but we've never been taught language or given good and helpful advice on HOW to actually do it. Enter "S□ Talks, The Five Conversations That Will Transform Your Love Life" by @vanessaandxander . This book is packed with great info and important conversation starters. Pick one up in our boutique or tap link and order it on our website. You'll find it under ESSENTIALS. □"



[Link to download video]

Facebook

profile.php?id=100025625778766 | Posted: Jun 01, 2023

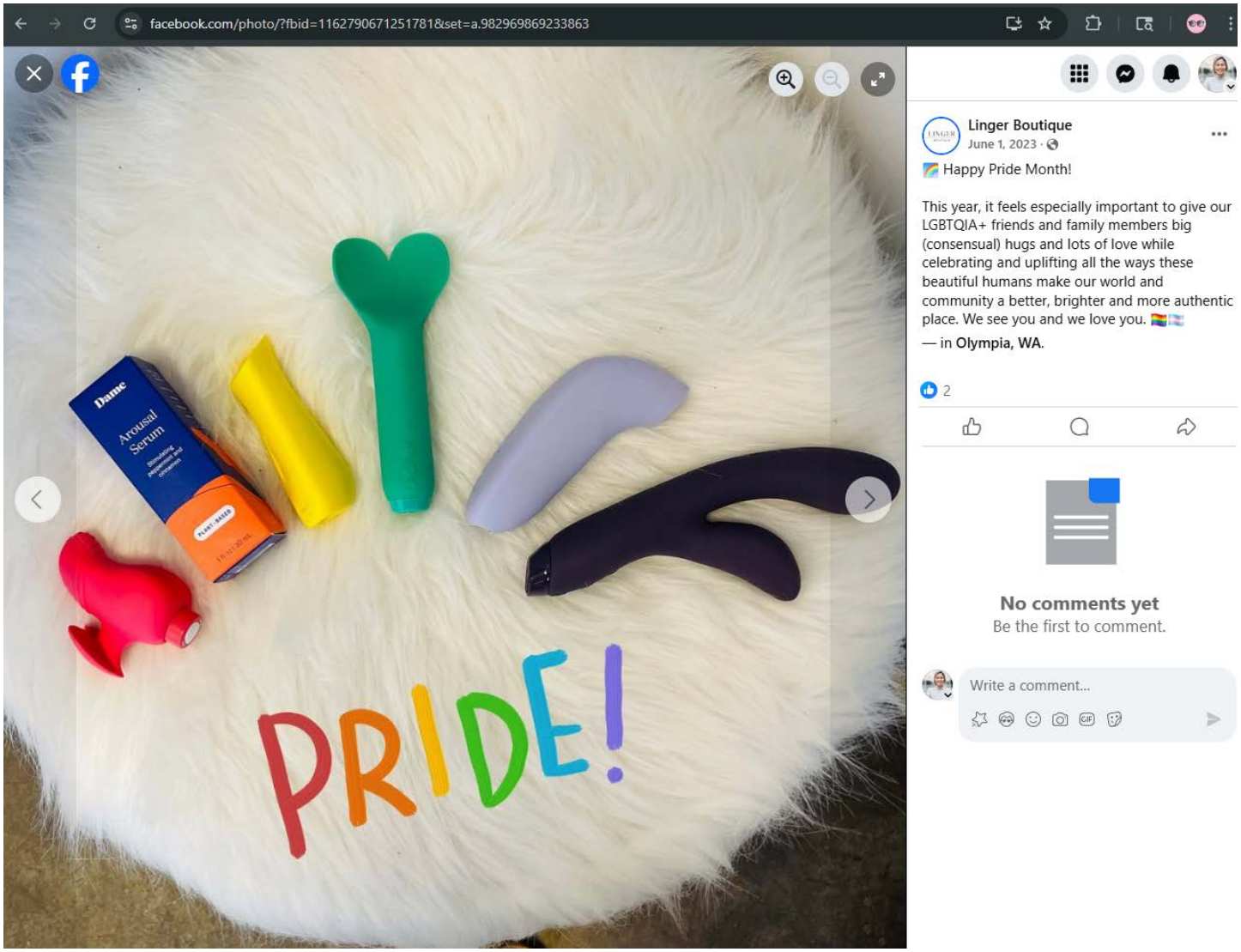
System ID: 606393 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/photo/?fbid=1162790671251781&set=a.982969869233863

After DOI

*Shared a picture of lube and sex-toys, and mentioned consent "□ Happy Pride Month! This year, it feels especially important to give our LGBTQIA+ friends and family members big (consensual) hugs and lots of love while celebrating and uplifting all the ways these beautiful humans make our world and community a better, brighter and more authentic place. We see you and we love you. □□□⚧"


facebook.com/photo/?fbid=1162790671251781&set=a.982969869233863
Dame
Arousal Serum
PRIDE!
Linger Boutique
June 1, 2023 ·
Happy Pride Month!
This year, it feels especially important to give our LGBTQIA+ friends and family members big (consensual) hugs and lots of love while celebrating and uplifting all the ways these beautiful humans make our world and community a better, brighter and more authentic place. We see you and we love you.
— in Olympia, WA.
2
No comments yet
Be the first to comment.
Write a comment...

Facebook

profile.php?id=100025625778766
System ID: 606399
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1164813114382870&id=100025625778766

Posted: Jun 05, 2023
Captured: Jul 07, 2025

After DOI

*Lingerie advertisement "The world's premier tribute to PRINCE, Marshall Charloff & Purple Xperience, is coming to the @wcpa_olympia on June 29th. Dress to impress with these lingerie as streetwear looks!! □□□ Swipe for some fit inspo, then stop in our boutique for styling tips while selecting pieces for a memorable night out in @downtownolympia . We have more pieces and ideas in store, but shop early for the best selection on sizes and styles."

facebook.com/permalink.php?story_fbid=1164813114382870&id=100025625778766

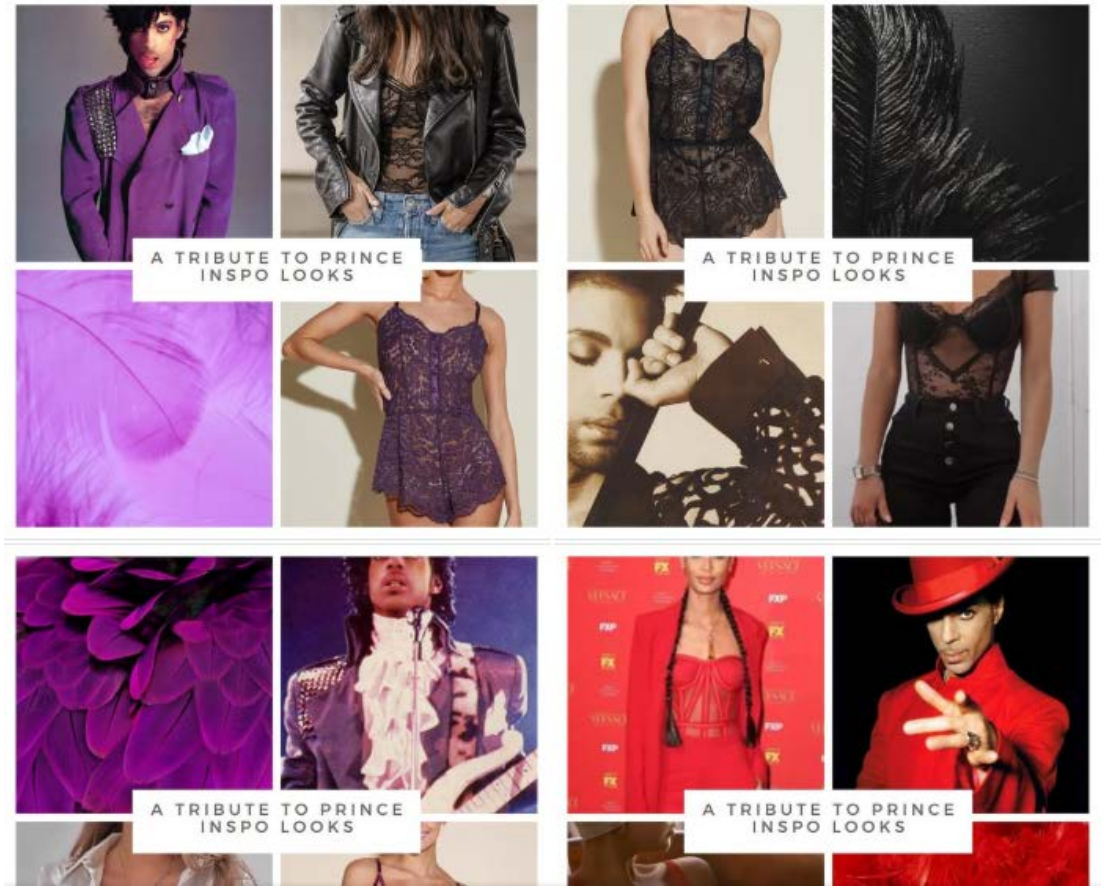
Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
June 5, 2023 ·

The world's premier tribute to PRINCE, Marshall Charloff & Purple Xperience, is coming to the @wcpa_olympia on June 29th. Dress to impress with these lingerie as streetwear looks!! ✨🤩😎

Swipe for some fit inspo, then stop in our boutique for styling tips while selecting pieces for a memorable night out in @downtownolympia .

We have more pieces and ideas in store, but shop early for the best selection on sizes and styles.



Facebook

profile.php?id=100025625778766
System ID: 606404
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1164825487714966&id=100025625778766

Posted: Jun 05, 2023
Captured: Jul 07, 2025

After DOI

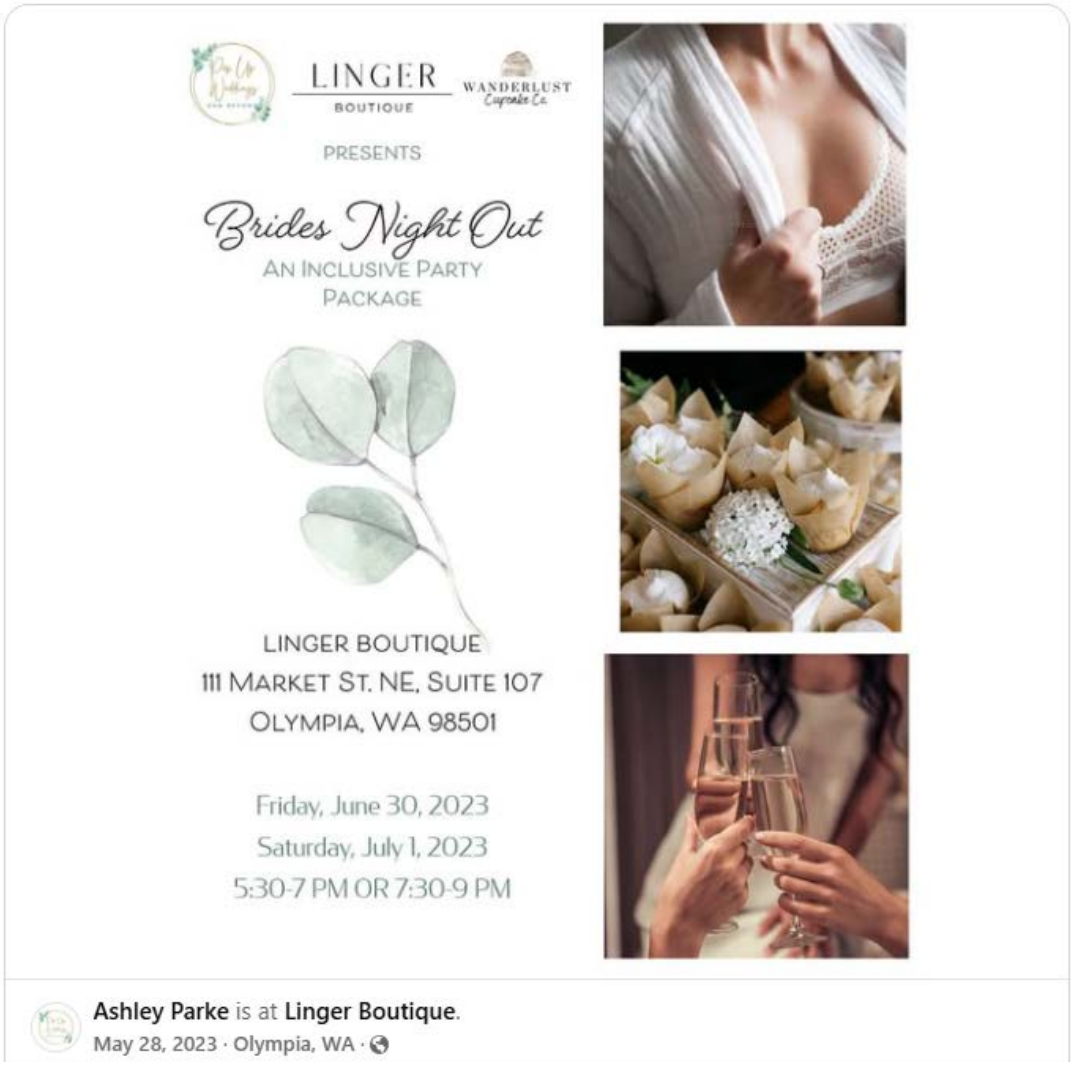
*Reposted a post about a Brides Night Out at Linger Boutique "This is such a special opportunity for brides! let us know if you have any questions-we’d love to help."

facebook.com/permalink.php?story_fbid=1164825487714966&id=100025625778766

Linger Boutique's post

Linger Boutique
June 5, 2023 ·

This is such a special opportunity for brides! let us know if you have any questions-we'd love to help.



Ashley Parke is at **Linger Boutique**.
May 28, 2023 · Olympia, WA ·

facebook.com/permalink.php?story_fbid=1164825487714966&id=100025625778766

Linger Boutique's post

Brides Night Out: An Inclusive Party Package 💍

This experience is perfect for brides wanting an elevated bachelorette party or maid of honor looking for a unique way to throw a bridal shower.

Linger Boutique, a lingerie and intimate's boutique in downtown Olympia, and Pop Up Weddings & Beyond, an event coordinator specializing in pop up weddings in the South Sound area, have teamed together to bring you an elegantly decorated, private shopping experience.

Beyond the private shopping experience, your package includes 2 drinks per guest from a champagne bar, cupcakes from the highly-coveted Wanderlust Cupcake, Co., a custom photo booth with a polaroid camera, a sensual toy bar to explore, and a thoughtful gift bag to bless the bride with to end the evening.

The package starts at $250 for 5 guests with a $50 additional fee for extra guests. The space can accommodate up to 20 people and can host multiple parties during each time slot.

Choose between Friday, June 31, 2023 OR Saturday, July 1, 2023 and either a 5:30-7pm OR 7:30-9pm time slot.

Are you ready to party? Message me directly or
visit my website to reserve your spot!
.
.
.
@linger_boutique @wanderlustcupcakeco
#popupparty #popupevent #pnwpopup #bacheloretteparty #bridalshower
#pnwweddingplanner #ligerie

1

1 share

Facebook

profile.php?id=100025625778766
System ID: 606408
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1166000097597505&id=100025625778766

Posted: Jun 07, 2023
Captured: Jul 07, 2025

After DOI

*Lingerie advertisement "Let’s let ourselves be seen today. Today’s message inspired by @rachaeljamisonjewelry and the @win_networking_group. #welikeitslow #lingerielove #olympiawashington #olympiawa #centrailia #chehalis #dupont #laceywa #tumwater"

facebook.com/permalink.php?story_fbid=1166000097597505&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
June 7, 2023 ·

Let's let ourselves be seen today.

Today's message inspired by @rachaeljamisonjewelry and the @win_networking_group.

#welikeitslow #lingerielove #olympiawashington #olympiawa #centrailia #chehalis #dupont #laceywa #tumwater

Instagram

linger.u

Posted: Jun 08, 2023

System ID: 610070

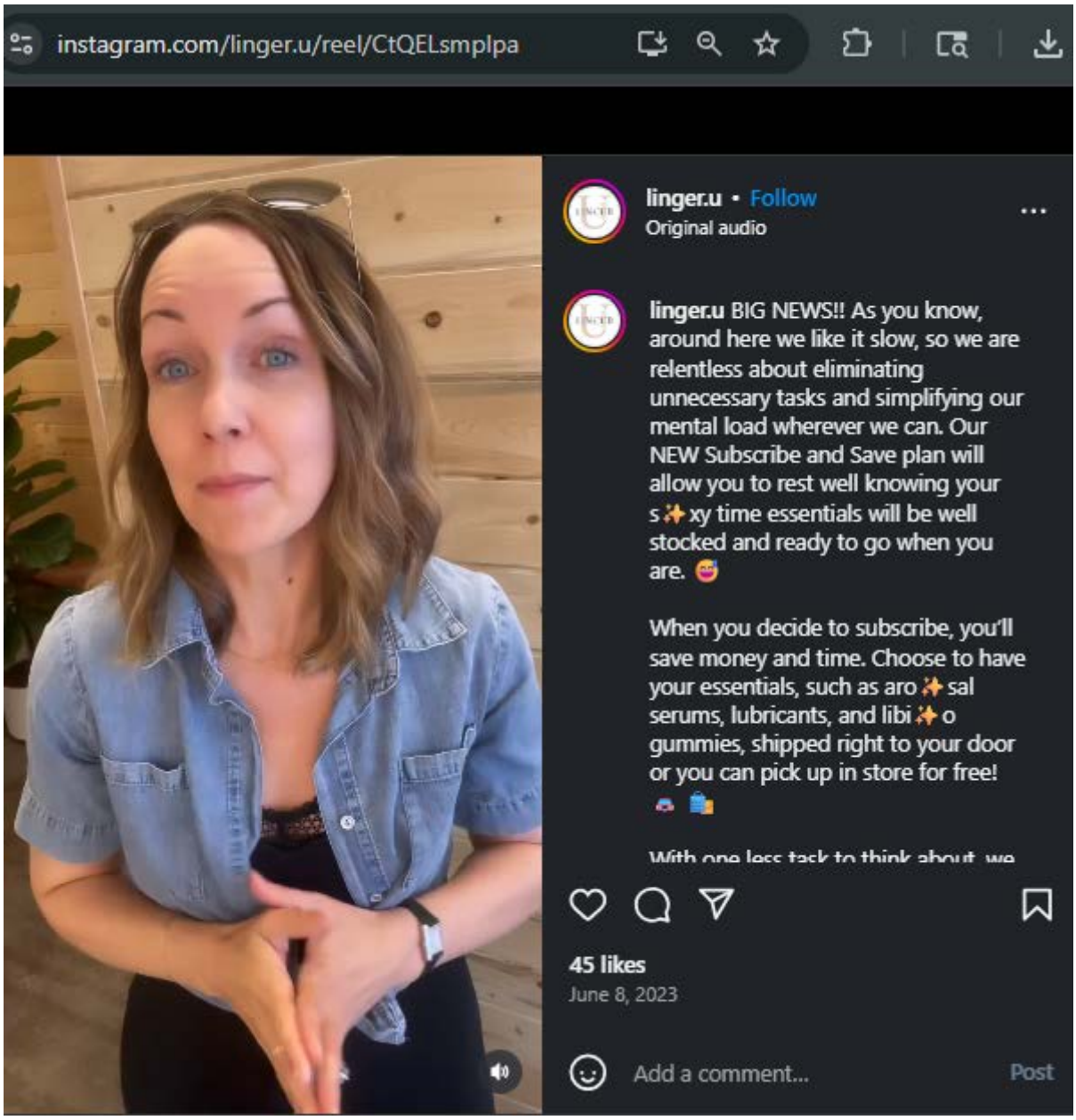
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/CtQELsmplpa

After DOI

*Advertised her new Subscribe and Save option on her website "BIG NEWS!! As you know, around here we like it slow, so we are relentless about eliminating unnecessary tasks and simplifying our mental load wherever we can. Our NEW Subscribe and Save plan will allow you to rest well knowing your s□xy time essentials will be well stocked and ready to go when you are. □ When you decide to subscribe, you'll save money and time. Choose to have your essentials, such as aro□sal serums, lubricants, and libi□o gummies, shipped right to your door or you can pick up in store for free! □ □ With one less task to think about, we hope you'll use all that extra brain space thinking about something… fun. □ #welikeitslow #loveoly #olympiawa #olympiawashington"



[Link to download video]

Instagram

linger.u

System ID: 610083

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/CtUcWNKJBHn

Posted: Jun 10, 2023

Captured: Jul 10, 2025

After DOI

*Seen sitting in bed, making her bed, riding a Peloton Bike, and showed a vibrator in a shower "Simply flipping the switch from daytime to s□ytime doesn’t work for most people, but priming our brains and bodies for pleasure can help. Here are a few suggestions to start your day so it can end with a □. 1.) Foreplay. Flirt and connect with your partner early and often. Keeping a small flame burning slowly throughout the day builds anticipation and excitement. Do things you know they like and ask for what you want, too. 2.) Prepare your space. You know what doesn’t make anyone feel s□y? Laundry, clutter and messy beds. Caring for your space creates a welcoming environment for rest and relaxation, helping you get into the moment and stay there. 3.) Release the Stress Cycle. Fight, Flight and Freeze aren’t exactly the F words we’re hoping for IYKWIM. Stress can wear on us and keep our bodies in a survival state, inhibiting our ability to experience pleasure. Moving our bodies helps complete the stress cycle for both mental and physical stress, so find movement you love and do that. 4.) Org□sm. Get those feel-good hormones flowing early. They’ll set you up for a great day and leave you wanting more. Wishing you more days with more pleasure. Hit save to remember and let us know which tip you’re integrating into your morning routine! ……. Tap link in bio to shop the Diana Robe and Aer toy. #welikeitslow #morningroutine #slowmornings #relationships"

[Link to download video]

Facebook

shauna.stewart.64018 | Posted: Jun 16, 2023

System ID: 606412 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1171513490379499&id=100025625778766

After DOI

*Pictured sitting and mentioned that she had gotten sick and opened the Linger Boutique with the hopes of normalizing rest and pleasure "Hi! I'm Shauna, founder of Linger Boutique. Two years ago, I was probably the *most* repressed, vanilla, middle-aged-cusping, homeschool mom of two to have ever dreamed of opening a pleasure boutique, yet here we are. As a former non-profit CEO and community leader, I've always been pretty freaking good at getting big things done. I used to thrive on stress to the point it became my personality. With daily doses of adrenaline coursing through my veins, my motto was "Bite off more than you can chew and chew it." I was praised for my ability to do it all. I had the degrees, job, awards, house, husband, and kids - I had everything I had ever imagined. And then I got sick. As the story goes, when we think we're facing the end, we suddenly realize what's most important in life. For me, it is meaningful connection, deep intimacy, and a full expression of self. And while the lack of these are among the top death-bed regrets, our culture stigmatizes the very actions that awaken these in our lives: rest and pleasure. My imagination of a life well-lived was limited by our culture's definition of success. (My imagination was also limited in the bedroom but that's a different story.) It took losing my ability to participate in all of it, to realize I wanted more than it. So much more. So, I opened Linger with the hope of normalizing rest and pleasure. My dream is that, together, we can destigmatize the very things that make life worth living. That we can all draw closer as humans by learning to express our truths, say the awkward things, explore with curiosity, and experience soul-satisfying, life-giving, toe-curling pleasure. If we can slow down enough to reclaim our bedrooms, just think of how we can reclaim our lives. I suspect we'd all make the world a little more beautiful along the way. #welikeitslow"

facebook.com/permalink.php?story_fbid=1171513490379499&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
June 16, 2023 ·

Hi! I'm Shauna, founder of Linger Boutique. Two years ago, I was probably the *most* repressed, vanilla, middle-aged-cusping, homeschool mom of two to have ever dreamed of opening a pleasure boutique, yet here we are.

As a former non-profit CEO and community leader, I've always been pretty freaking good at getting big things done. I used to thrive on stress to the point it became my personality. With daily doses of adrenaline coursing through my veins, my motto was "Bite off more than you can chew and chew it." I was praised for my ability to do it all. I had the degrees, job, awards, house, husband, and kids - I had everything I had ever imagined. And then I got sick.

As the story goes, when we think we're facing the end, we suddenly realize what's most important in life. For me, it is meaningful connection, deep intimacy, and a full expression of self. And while the lack of these are among the top death-bed regrets, our culture stigmatizes the very actions that awaken these in our lives: rest and pleasure.

My imagination of a life well-lived was limited by our culture's definition of success. (My imagination was also limited in the bedroom but that's a different story.) It took losing my ability to participate in all of it, to realize I wanted more than it. So much more.

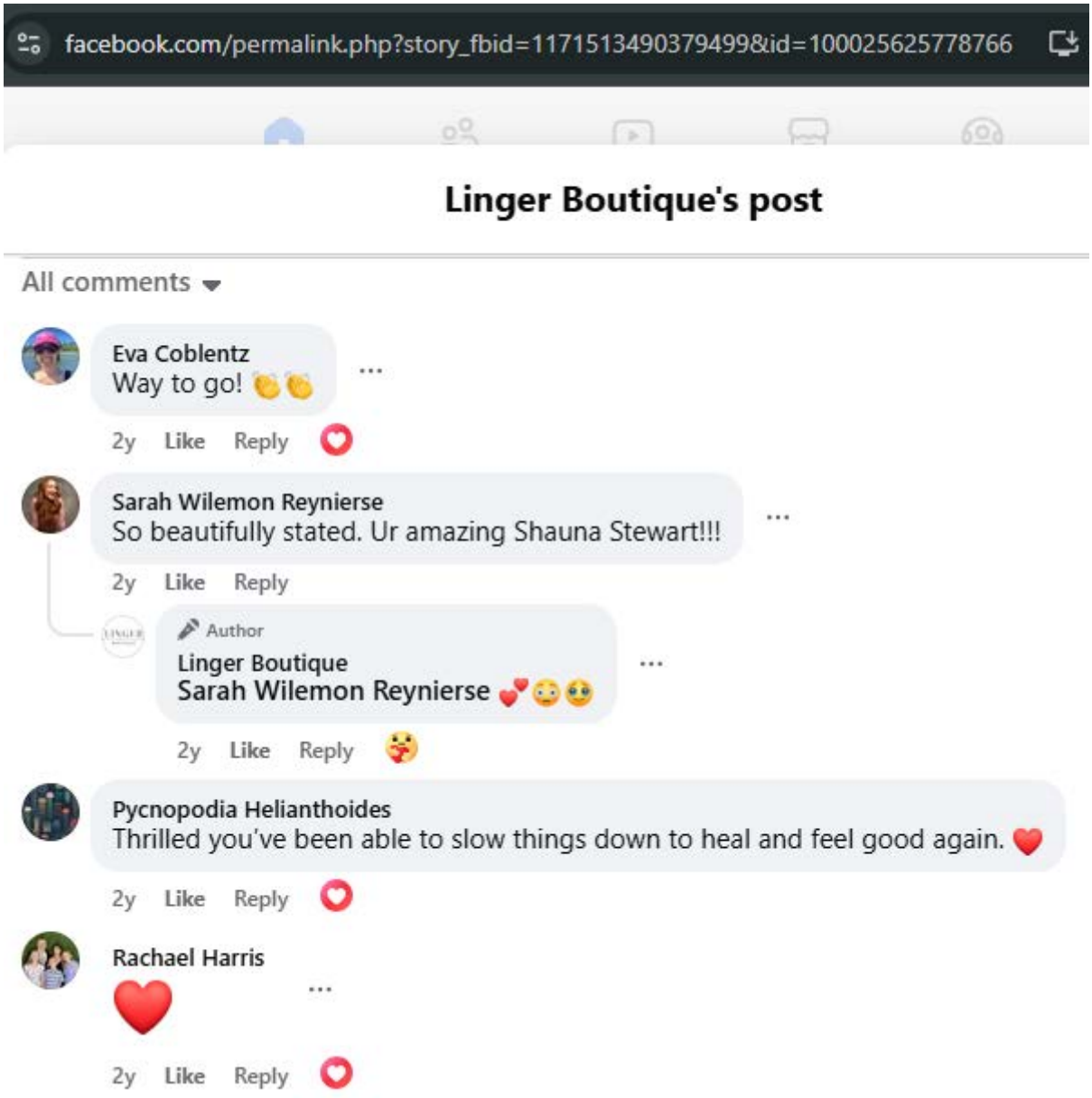
So, I opened Linger with the hope of normalizing rest and pleasure. My dream is that, together, we can destigmatize the very things that make life worth living. That we can all draw closer as humans by learning to express our truths, say the awkward things, explore with curiosity, and experience soul-satisfying, life-giving, toe-curling pleasure. If we can slow down enough to reclaim our bedrooms, just think of how we can reclaim our lives. I suspect we'd all make the world a little more beautiful along the way. #welikeitslow

facebook.com/permalink.php?story_fbid=1171513490379499&id=100025625778766

Linger Boutique's post

72

5 comments


facebook.com/permalink.php?story_fbid=1171513490379499&id=100025625778766
Linger Boutique's post
All comments
Eva Coblentz
Way to go! 👏👏
2y Like Reply
Sarah Wilemon Reynierse
So beautifully stated. Ur amazing Shauna Stewart!!!
2y Like Reply
Author
Linger Boutique
Sarah Wilemon Reynierse 💕😊🥹
2y Like Reply
Pycnopodia Helianthoides
Thrilled you've been able to slow things down to heal and feel good again. ❤️
2y Like Reply
Rachael Harris
❤️
2y Like Reply

Instagram

linger.u

System ID: 609958

Shauna Marie Stewart

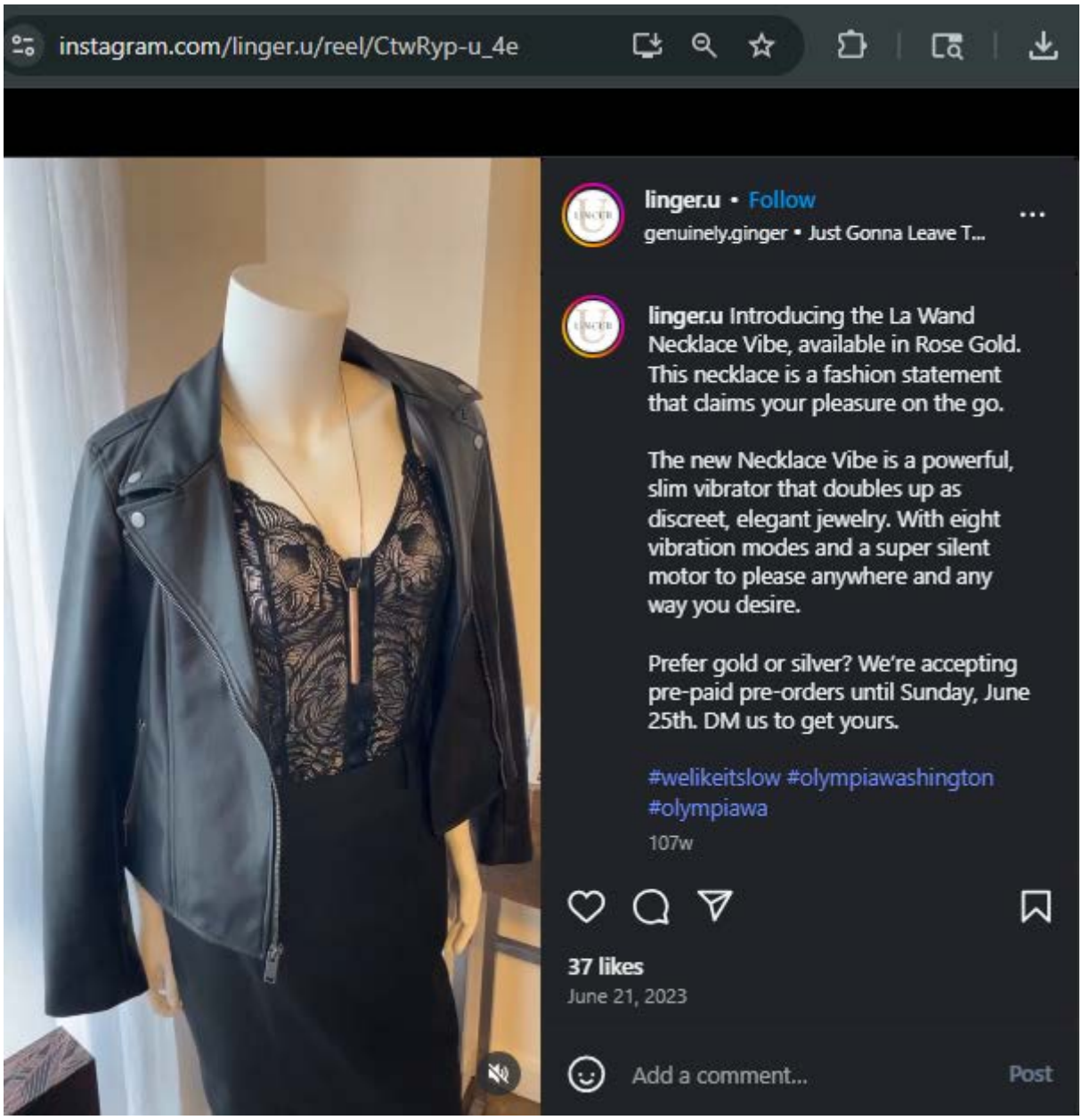
https://www.instagram.com/linger.u/reel/CtwRyp-u_4e

Posted: Jun 21, 2023

Captured: Jul 10, 2025

After DOI

*Advertised a necklace vibrator "Introducing the La Wand Necklace Vibe, available in Rose Gold. This necklace is a fashion statement that claims your pleasure on the go. The new Necklace Vibe is a powerful, slim vibrator that doubles up as discreet, elegant jewelry. With eight vibration modes and a super silent motor to please anywhere and any way you desire. Prefer gold or silver? We’re accepting pre-paid pre-orders until Sunday, June 25th. DM us to get yours. #welikeitslow #olympiawashington #olympiawa"



Link to download video

Instagram

linger.u

Posted: Jun 29, 2023

System ID: 609970

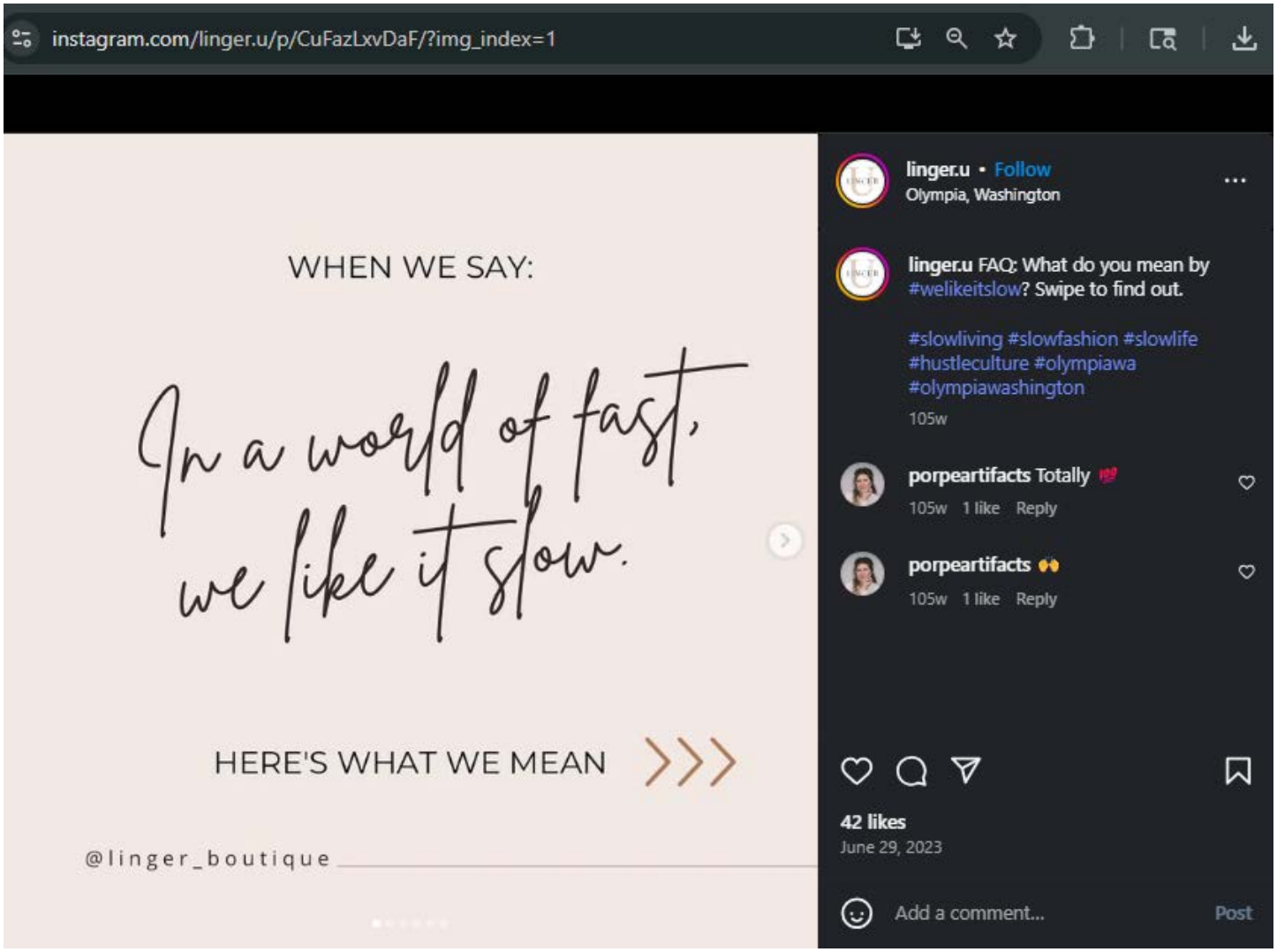
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/CuFazLxvDaF/?img_index=1

After DOI

*Explained the motto for Linger Boutique "FAQ: What do you mean by #welikeitslow? Swipe to find out. #slowliving #slowfashion #slowlife #hustleculture #olympiawa #olympiawashington"


instagram.com/linger.u/p/CuFazLxvDaF/?img_index=1
WHEN WE SAY:
In a world of fast,
we like it slow.
HERE'S WHAT WE MEAN
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linger.u • Follow
Olympia, Washington
linger.u FAQ: What do you mean by #welikeitslow? Swipe to find out.
#slowliving #slowfashion #slowlife #hustleculture #olympiawa #olympiawashington
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porpeartifacts Totally
105w 1 like Reply
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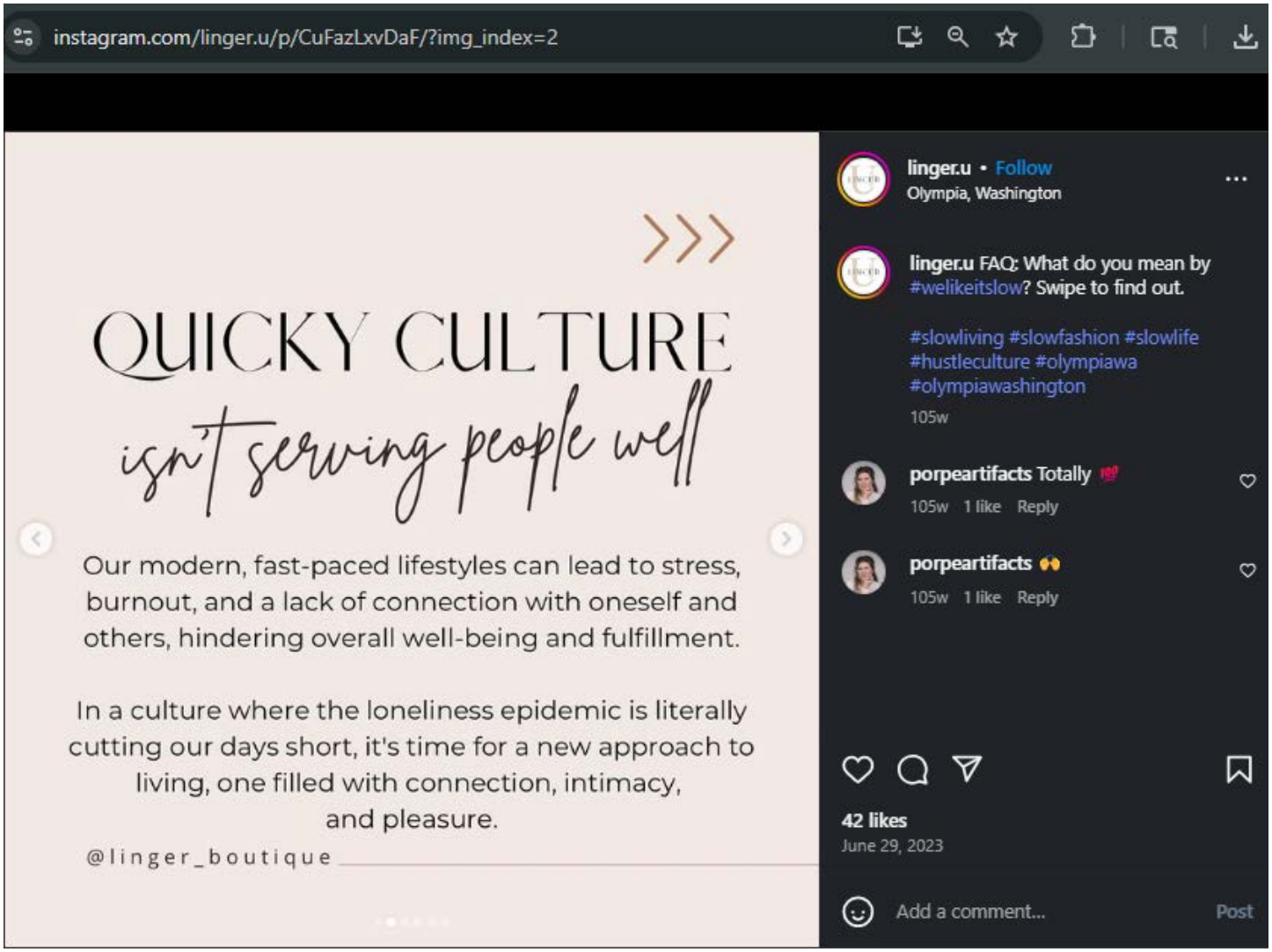
105w 1 like Reply
42 likes
June 29, 2023
Add a comment...
Post


instagram.com/linger.u/p/CuFazLxvDaF/?img_index=2
QUICKY CULTURE
isn't serving people well
Our modern, fast-paced lifestyles can lead to stress, burnout, and a lack of connection with oneself and others, hindering overall well-being and fulfillment.
In a culture where the loneliness epidemic is literally cutting our days short, it's time for a new approach to living, one filled with connection, intimacy, and pleasure.
@linger_boutique
linger.u • Follow
Olympia, Washington
linger.u FAQ: What do you mean by #welikeitslow? Swipe to find out.
#slowliving #slowfashion #slowlife #hustleculture #olympiawa #olympiawashington
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Add a comment...
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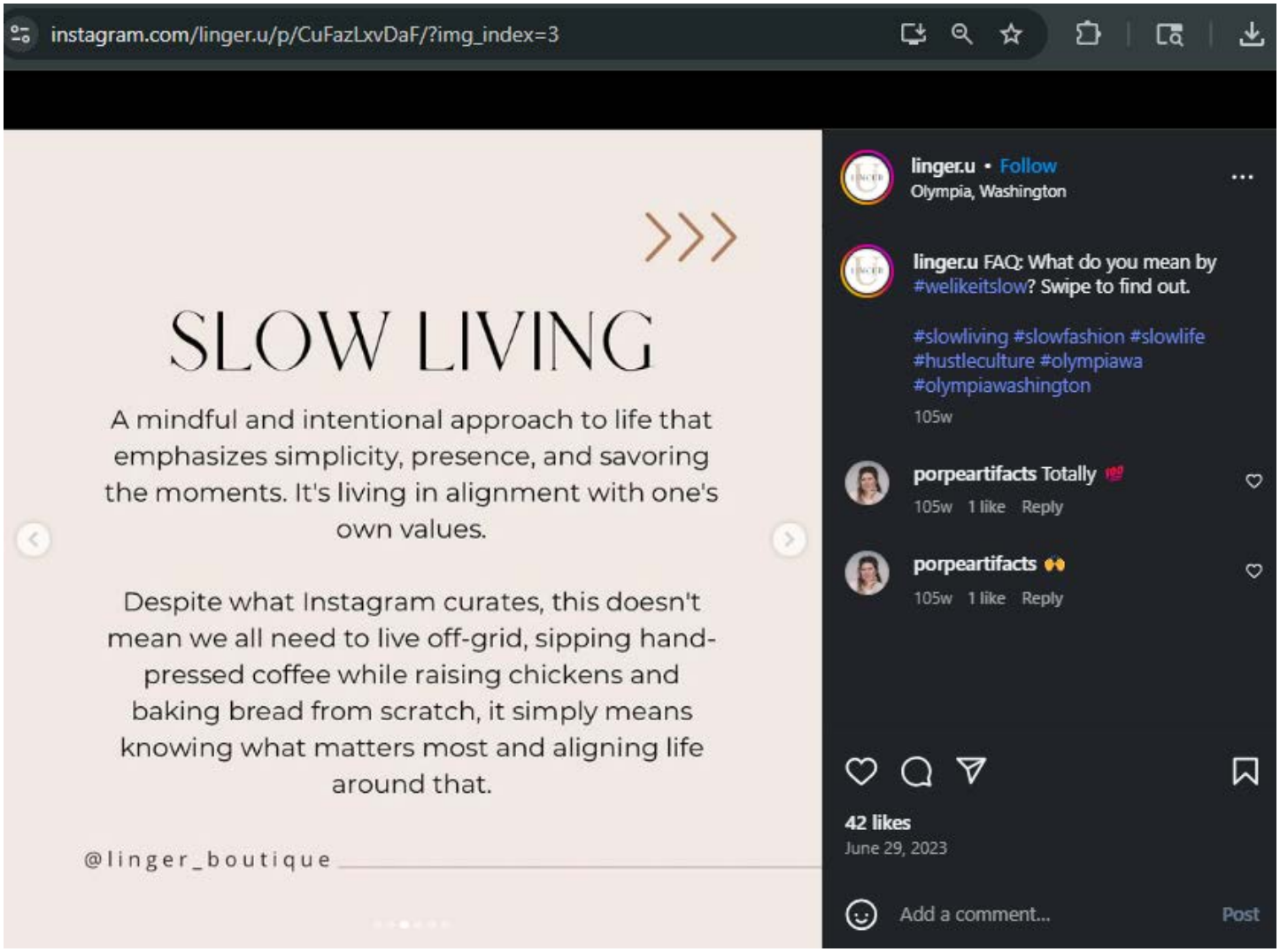
instagram.com/linger.u/p/CuFazLxvDaF/?img_index=3
SLOW LIVING
A mindful and intentional approach to life that emphasizes simplicity, presence, and savoring the moments. It's living in alignment with one's own values.
Despite what Instagram curates, this doesn't mean we all need to live off-grid, sipping hand-pressed coffee while raising chickens and baking bread from scratch, it simply means knowing what matters most and aligning life around that.
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Olympia, Washington
linger.u FAQ: What do you mean by #welikeitslow? Swipe to find out.
#slowliving #slowfashion #slowlife #hustleculture #olympiawa #olympiawashington
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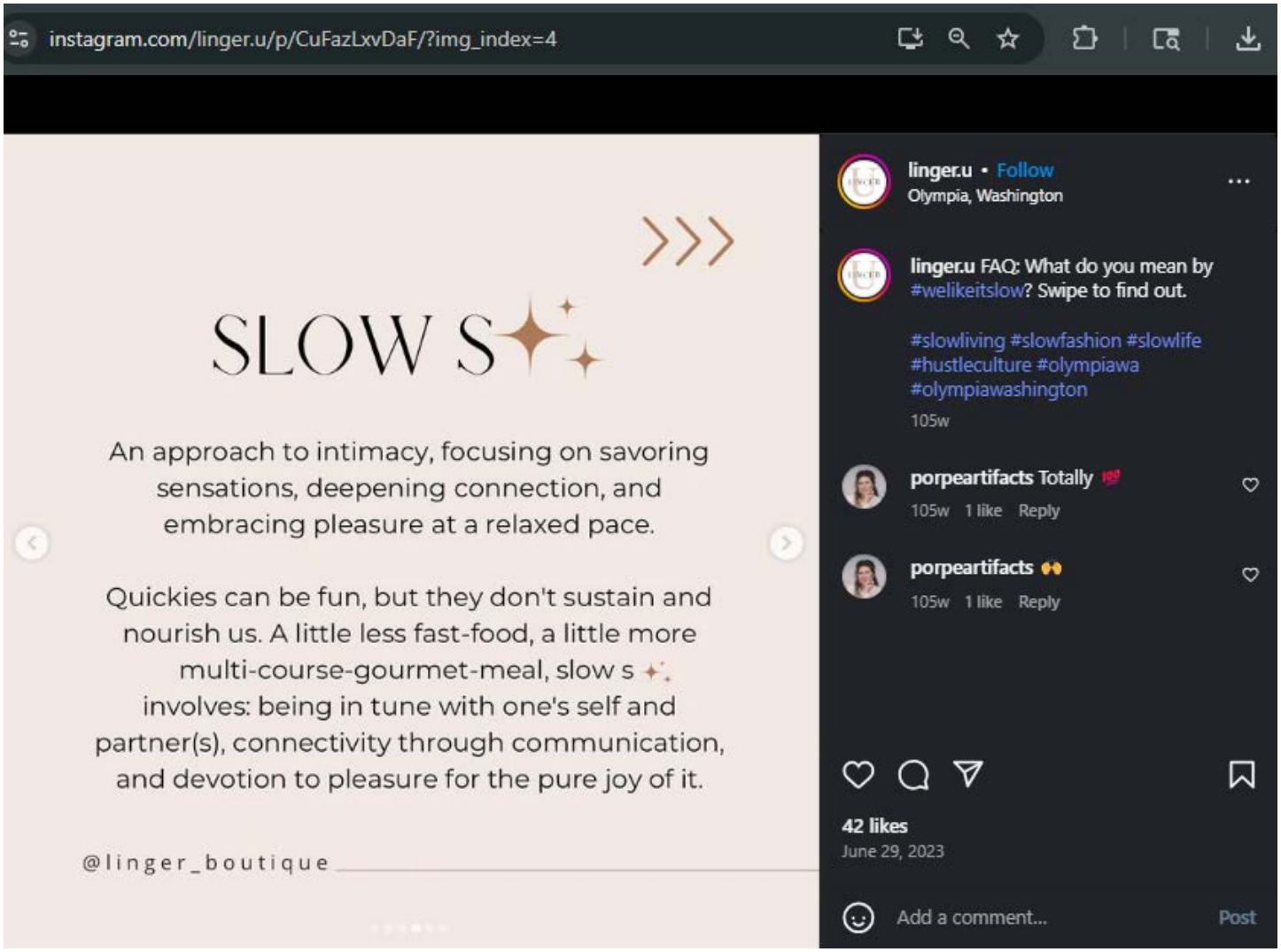
instagram.com/linger.u/p/CuFazLxvDaF/?img_index=4
SLOW S
An approach to intimacy, focusing on savoring sensations, deepening connection, and embracing pleasure at a relaxed pace.
Quickies can be fun, but they don't sustain and nourish us. A little less fast-food, a little more multi-course-gourmet-meal, slow s involves: being in tune with one's self and partner(s), connectivity through communication, and devotion to pleasure for the pure joy of it.
@linger_boutique
linger.u • Follow
Olympia, Washington
linger.u FAQ: What do you mean by #welikeitslow? Swipe to find out.
#slowliving #slowfashion #slowlife #hustleculture #olympiawa #olympiawashington
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42 likes
June 29, 2023
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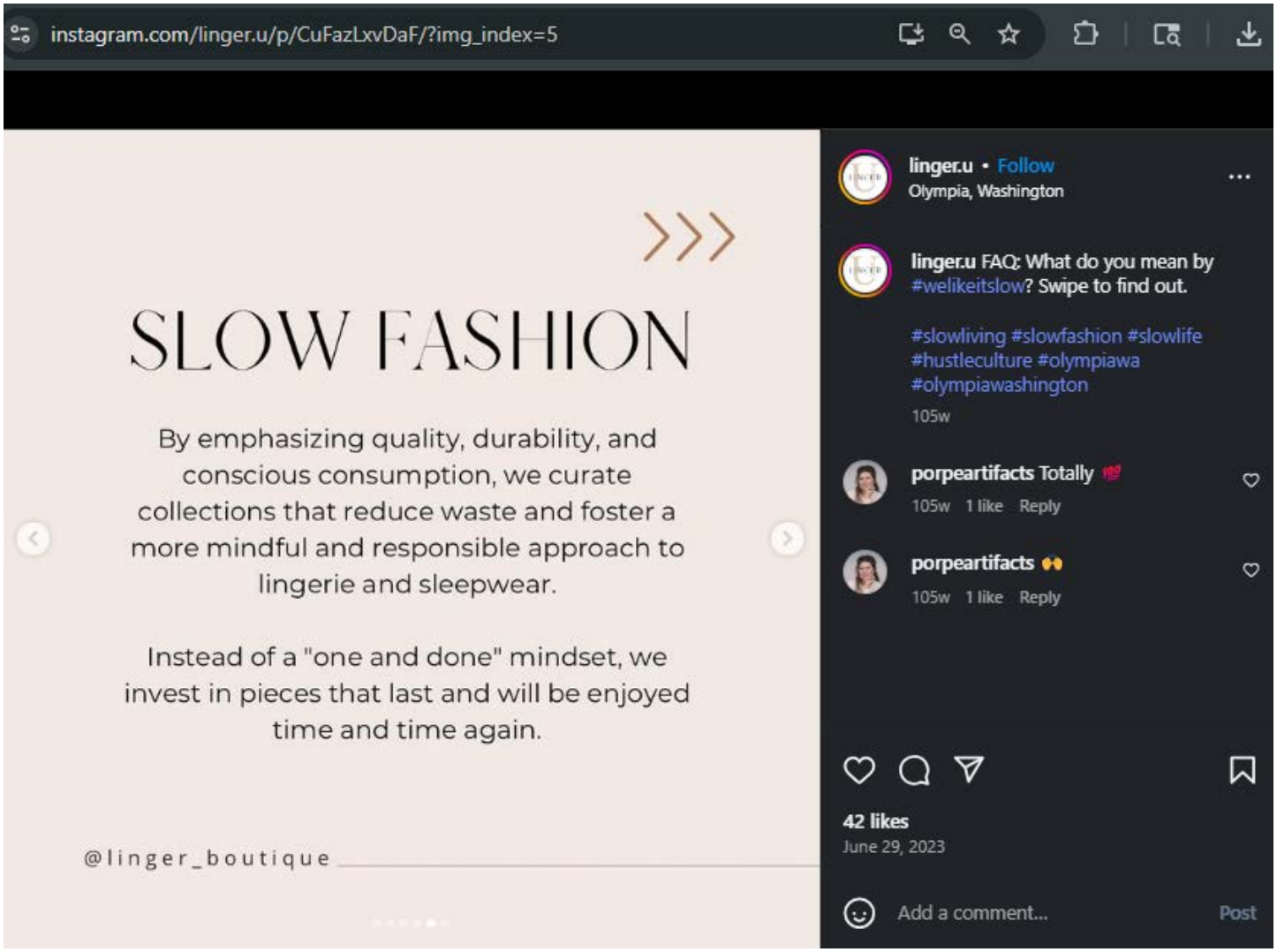
instagram.com/linger.u/p/CuFazLxvDaF/?img_index=5
SLOW FASHION
By emphasizing quality, durability, and conscious consumption, we curate collections that reduce waste and foster a more mindful and responsible approach to lingerie and sleepwear.
Instead of a "one and done" mindset, we invest in pieces that last and will be enjoyed time and time again.
@linger_boutique
linger.u • Follow
Olympia, Washington
linger.u FAQ: What do you mean by #welikeitslow? Swipe to find out.
#slowliving #slowfashion #slowlife #hustleculture #olympiawa #olympiawashington
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June 29, 2023
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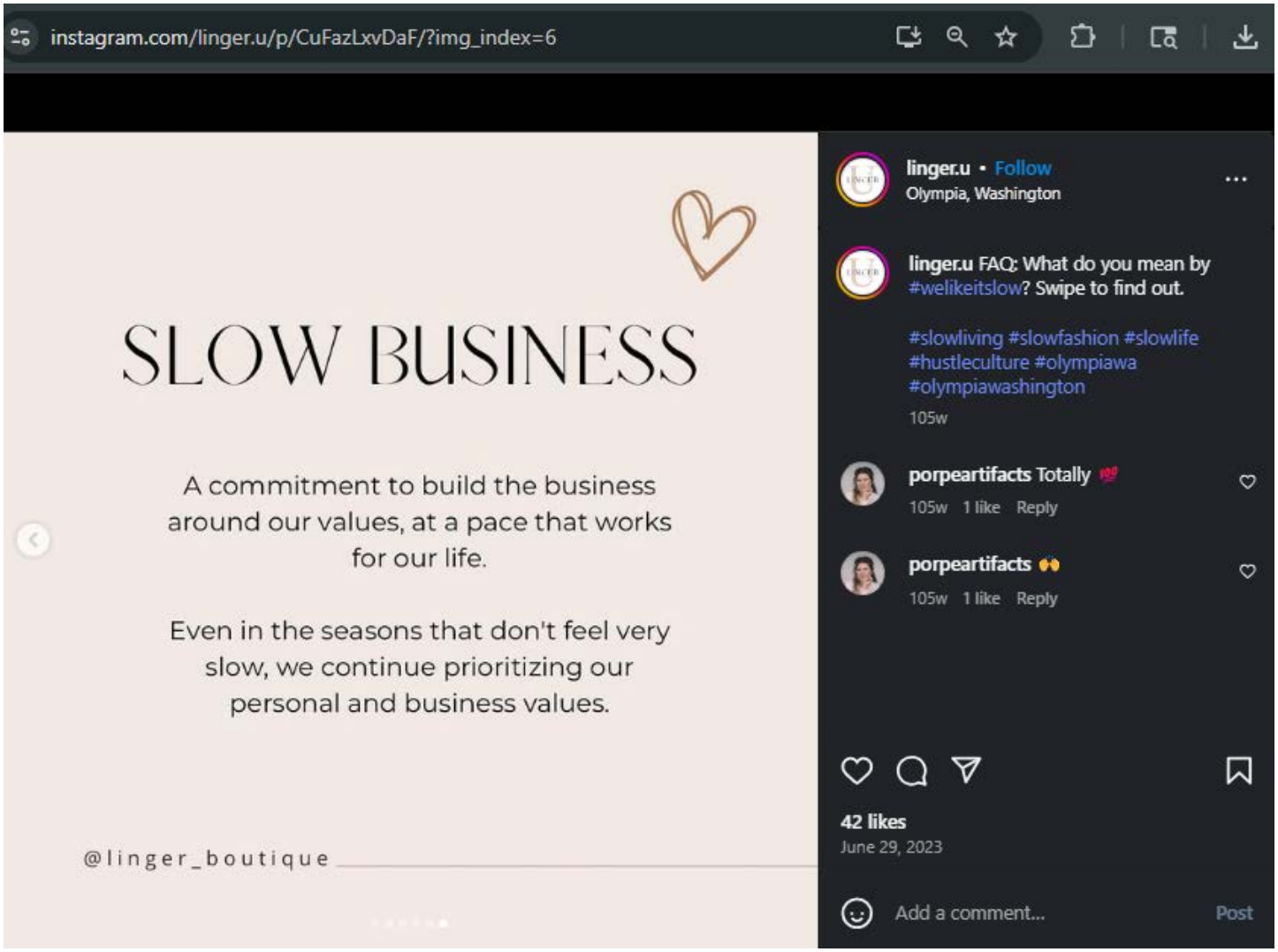
instagram.com/linger.u/p/CuFazLxvDaF/?img_index=6
SLOW BUSINESS
A commitment to build the business around our values, at a pace that works for our life.
Even in the seasons that don't feel very slow, we continue prioritizing our personal and business values.
@linger_boutique
linger.u • Follow
Olympia, Washington
linger.u FAQ: What do you mean by #welikeitslow? Swipe to find out.
#slowliving #slowfashion #slowlife #hustleculture #olympiawa #olympiawashington
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105w 1 like Reply
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105w 1 like Reply
42 likes
June 29, 2023
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System ID: 606422
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1178942522969929&id=100025625778766

Posted: Jun 30, 2023
Captured: Jul 07, 2025

After DOI

*Shared that there was an exclusive 20% discount on swimsuits, coverups, etc. "FLASH SALE! Elevate your summer style with our must-have resort collection. For a limited time, enjoy an exclusive 20% discount on this season's hottest styles! From chic swimsuits to stylish cover-ups, we've got everything you need to make a splash this summer. □ Dive into our vibrant prints, bold colors, and flattering silhouettes that will make you feel like a true beach goddess. Our collection is designed with uncompromising quality and versatile designs, ensuring you're always beach-ready from sunrise to sunset. □ □ Boost your confidence and embrace your natural beauty with our resort collection. Let our fashion-forward pieces make you radiate with undeniable essence wherever you go. It's time to create unforgettable summer memories in style! □ Don't miss out on this exclusive opportunity! Sale ends on the 4th of July. Visit our online store or boutique today to explore our stunning selection and save 20% on our hottest resort collection. □ #ResortCollection #loveoly #SummerStyle #LimitedTimeOffer #ShopNow #SummerMemories #BeachBuddy #InstaFashion"

facebook.com/permalink.php?story_fbid=1178942522969929&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
June 30, 2023 ·

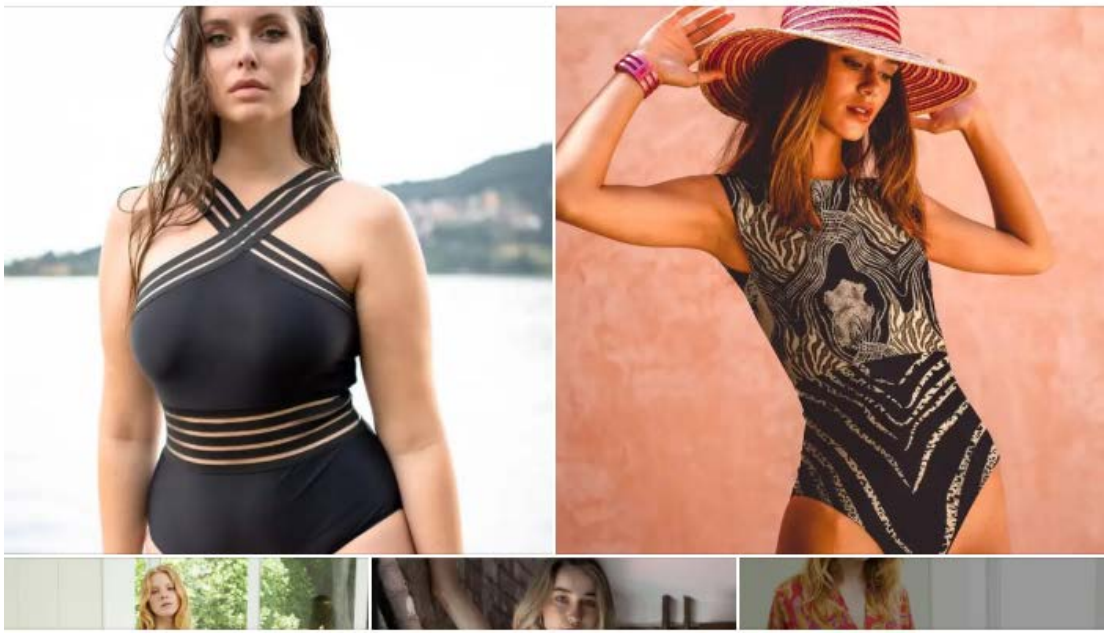
FLASH SALE! Elevate your summer style with our must-have resort collection. For a limited time, enjoy an exclusive 20% discount on this season's hottest styles! From chic swimsuits to stylish cover-ups, we've got everything you need to make a splash this summer.

🌊 Dive into our vibrant prints, bold colors, and flattering silhouettes that will make you feel like a true beach goddess. Our collection is designed with uncompromising quality and versatile designs, ensuring you're always beach-ready from sunrise to sunset. 💃

💞 Boost your confidence and embrace your natural beauty with our resort collection. Let our fashion-forward pieces make you radiate with undeniable essence wherever you go. It's time to create unforgettable summer memories in style!

📲 Don't miss out on this exclusive opportunity! Sale ends on the 4th of July. Visit our online store or boutique today to explore our stunning selection and save 20% on our hottest resort collection. 🌟

#ResortCollection #loveoly #SummerStyle #LimitedTimeOffer #ShopNow #SummerMemories #BeachBuddy #InstaFashion



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Linger Boutique's post

2

Facebook

profile.php?id=100025625778766
System ID: 606425
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1182189022645279&id=100025625778766

Posted: Jul 05, 2023
Captured: Jul 07, 2025

After DOI

*Shared information for a pleasure workshop "Are you a "Sensual"? This is one of the 5 Blueprints we're going to learn about in the Pleasure Mastery (tap link in bio for more info). You'll learn lots more about what this means in the workshop, but in the meantime, here are a few tips to create sensual experiences. Setting a sensual mood using the five senses can transform an ordinary experience into an extraordinary one. By intentionally engaging sight, sound, smell, taste, and touch, you can create an immersive and captivating atmosphere that fuels desire and deepens intimacy. Sight: Set the mood with soft, dim lighting and plush textures. Embrace luxurious fabrics and sensual artwork for an intimate ambiance. We, of course, believe elegant lingerie is one of the most beautiful ways to engage the sense of sight. Sound: Craft a seductive playlist that resonates with your desires. Choose melodies that evoke passion or soothing sounds of nature for a tranquil mood. Enhance connection with intimate whispers and gentle breaths. Scent: Light scented candles or use essential oil diffusers with ylang-ylang, jasmine, or vanilla, known for their aphrodisiac properties. Heighten the experience with tantalizing room sprays or scented massage oils. Find locally-made schents in our boutique. Taste: Indulge in a sensuous feast of fruits, chocolate-covered strawberries, or exotic delicacies. Discover the world of flavors with aphrodisiac-inspired treats. Tantalize taste buds with flavored lubricants (NEW! Shop link) for a shared culinary and intimate experience. Touch: Unleash the power of touch, the primal sense of sensuality. Choose sumptuous fabrics that feel luxurious against the skin. Invest in silky robes, buttery soft chemises, or massage oils to amplify pleasure and connection. We've got what you need to set the mood. Shop link in bio to start exploring. If you're interested in learning more about the Sensual Blueprint, be sure to get your ticket to Pleasure Mastery."

facebook.com/permalink.php?story_fbid=1182189022645279&id=100025625778766

Linger Boutique's post

Linger Boutique
July 5, 2023 ·

Are you a "Sensual"? This is one of the 5 Blueprints we're going to learn about in the Pleasure Mastery (tap link in bio for more info). You'll learn lots more about what this means in the workshop, but in the meantime, here are a few tips to create sensual experiences.

Setting a sensual mood using the five senses can transform an ordinary experience into an extraordinary one. By intentionally engaging sight, sound, smell, taste, and touch, you can create an immersive and captivating atmosphere that fuels desire and deepens intimacy.

👀Sight: Set the mood with soft, dim lighting and plush textures. Embrace luxurious fabrics and sensual artwork for an intimate ambiance. We, of course, believe elegant lingerie is one of the most beautiful ways to engage the sense of sight.

🎶 Sound: Craft a seductive playlist that resonates with your desires. Choose melodies that evoke passion or soothing sounds of nature for a tranquil mood. Enhance connection with intimate whispers and gentle breaths.

🌸 Scent: Light scented candles or use essential oil diffusers with ylang-ylang, jasmine, or vanilla, known for their aphrodisiac properties. Heighten the experience with tantalizing room sprays or scented massage oils. Find locally-made schents in our boutique.

🍓 Taste: Indulge in a sensuous feast of fruits, chocolate-covered strawberries, or exotic delicacies. Discover the world of flavors with aphrodisiac-inspired treats. Tantalize taste buds with flavored lubricants (NEW! Shop link) for a shared culinary and intimate experience.

✨ Touch: Unleash the power of touch, the primal sense of sensuality. Choose sumptuous fabrics that feel luxurious against the skin. Invest in silky robes, buttery soft chemises, or massage oils to amplify pleasure and connection.

facebook.com/permalink.php?story_fbid=1182189022645279&id=100025625778766

Linger Boutique's post

We've got what you need to set the mood. Shop link in bio to start exploring. If you're interested in learning more about the Sensual Blueprint, be sure to get your ticket to Pleasure Mastery.

2

2 comments

Instagram

linger.u

System ID: 609976

Shauna Marie Stewart

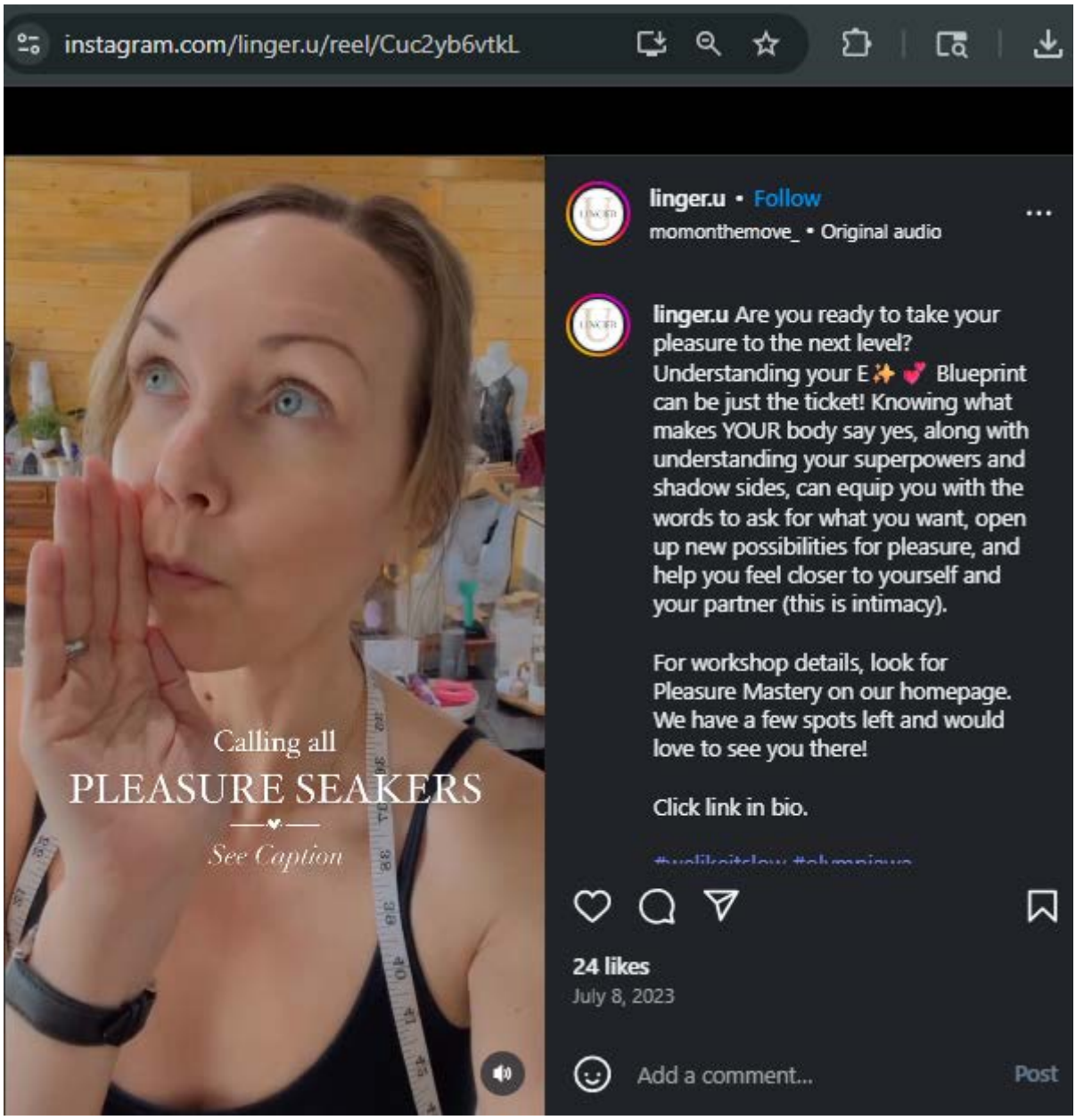
https://www.instagram.com/linger.u/reel/Cuc2yb6vtkL

Posted: Jul 08, 2023

Captured: Jul 10, 2025

After DOI

"Are you ready to take your pleasure to the next level? Understanding your E□□ Blueprint can be just the ticket! Knowing what makes YOUR body say yes, along with understanding your superpowers and shadow sides, can equip you with the words to ask for what you want, open up new possibilities for pleasure, and help you feel closer to yourself and your partner (this is intimacy). For workshop details, look for Pleasure Mastery on our homepage. We have a few spots left and would love to see you there! Click link in bio. #welikeitslow #olympiawa #olympiawashington #laceywa #tumwaterwa #dupontwa"



[Link to download video]

Instagram

linger.u

System ID: 609980

Shauna Marie Stewart

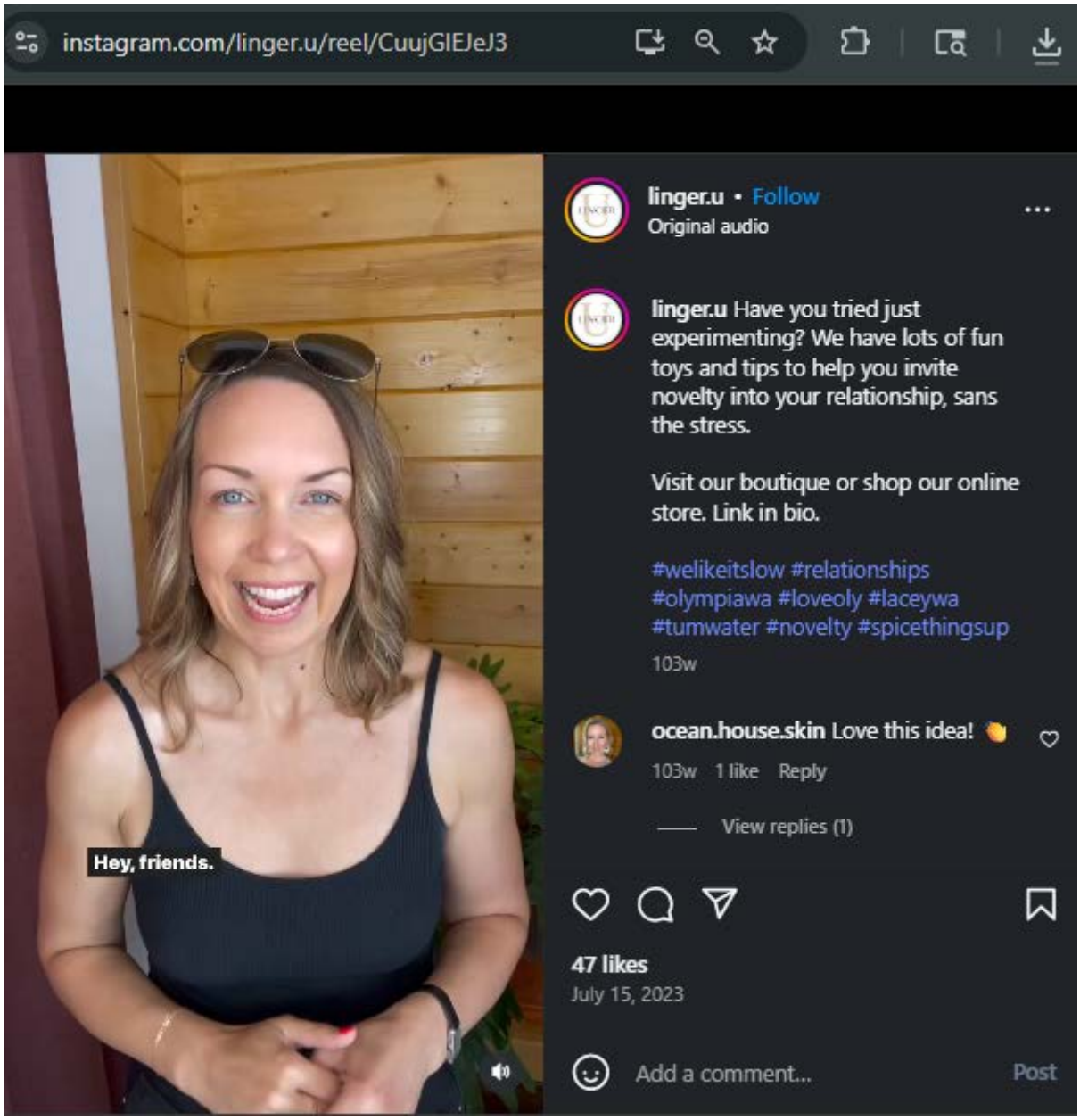
https://www.instagram.com/linger.u/reel/CuujGlEJeJ3

Posted: Jul 15, 2023

Captured: Jul 10, 2025

After DOI

*Seen talking about people introducing new things into their relationships "Have you tried just experimenting? We have lots of fun toys and tips to help you invite novelty into your relationship, sans the stress. Visit our boutique or shop our online store. Link in bio. #welikeitslow #relationships #olympiawa #loveoly #laceywa #tumwater #novelty #spicethingsup"



Link to download video

Other

Apple Podcasts

System ID: 607971

Posted: Jul 16, 2023

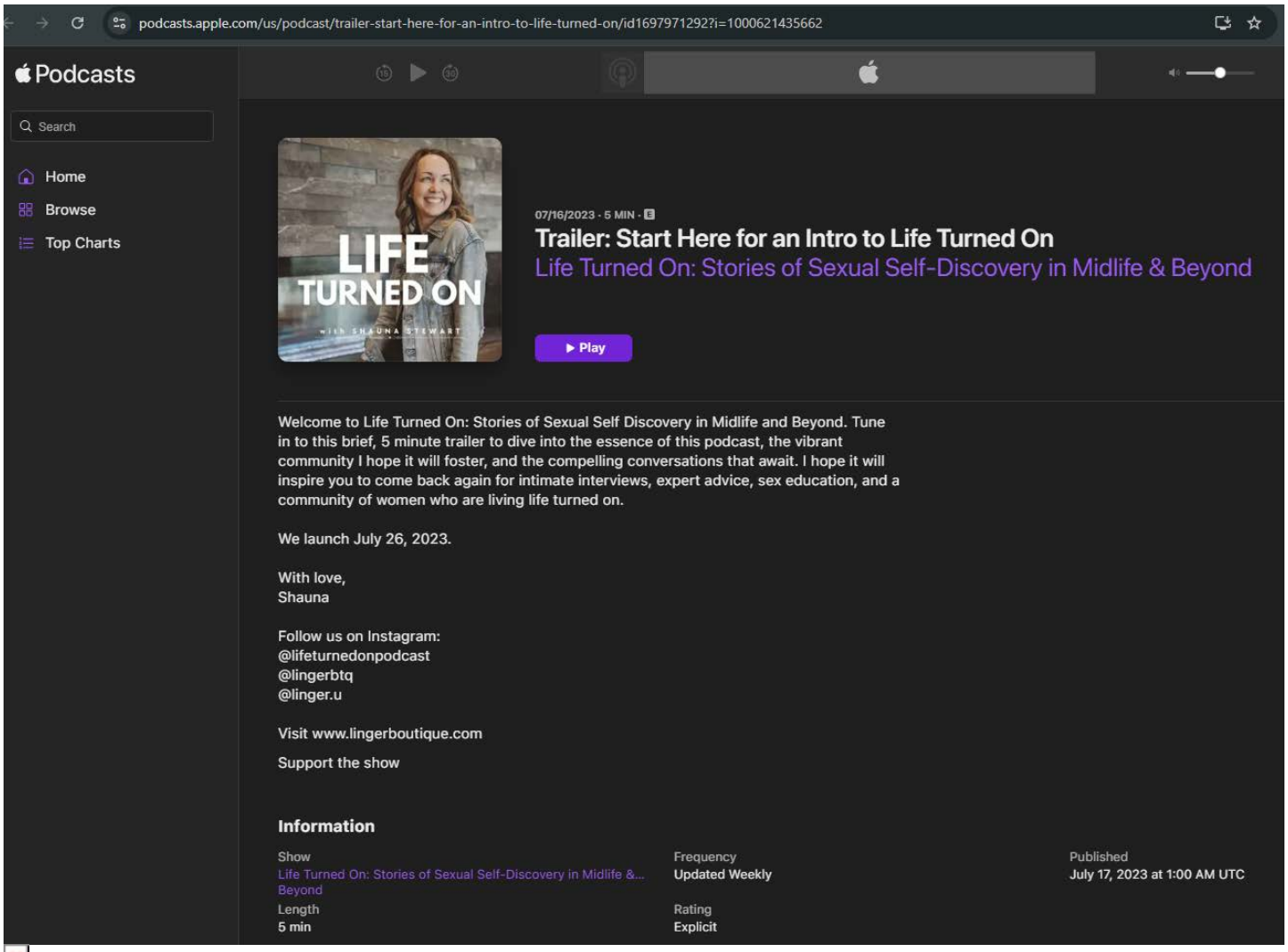
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/trailer-start-here-for-an-intro-to-life-turned-on/id1697971292?i=1000621435662

After DOI

"Trailer: Start Here for an Intro to Life Turned On" "Welcome to Life Turned On: Stories of Sexual Self Discovery in Midlife and Beyond. Tune in to this brief, 5 minute trailer to dive into the essence of this podcast, the vibrant community I hope it will foster, and the compelling conversations that await. I hope it will inspire you to come back again for intimate interviews, expert advice, sex education, and a community of women who are living life turned on. We launch July 26, 2023. With love, Shauna Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Visit www.lingerboutique.com Support the show"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LIFE TURNED ON
07/16/2023 · 5 MIN ·
Trailer: Start Here for an Intro to Life Turned On
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Welcome to Life Turned On: Stories of Sexual Self Discovery in Midlife and Beyond. Tune in to this brief, 5 minute trailer to dive into the essence of this podcast, the vibrant community I hope it will foster, and the compelling conversations that await. I hope it will inspire you to come back again for intimate interviews, expert advice, sex education, and a community of women who are living life turned on.
We launch July 26, 2023.
With love,
Shauna
Follow us on Instagram:
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@linger.u
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Length
5 min
Frequency
Updated Weekly
Rating
Explicit
Published
July 17, 2023 at 1:00 AM UTC

Instagram

lifeturnedonpodcast
System ID: 608098
Shauna Marie Stewart
https://www.instagram.com/lifeturnedonpodcast/p/CvBHI2TP8RJ

Posted: Jul 22, 2023
Captured: Jul 09, 2025

After DOI

*First activity was an announced her podcast "Hi! I’m Shauna, your host for Life Turned On. I consider myself a student of stories and can’t wait to share some inspiring ones with you; stories of women stepping into their power and claiming pleasure for themselves. I’m launching this podcast on my 40th birthday as a celebration of a new decade and a belief that my life just keeps getting better with age. I’ll mostly be the one asking the questions, so I thought I’d share a few things about myself so you can get to know me a bit: I live in a house built in the woods - where the trees flirt with me and the forest helps me breathe. We built during covid times, so we’re still trying to finish it. ❤ I’ve been married to my best friend for almost 12 years. Every day with this man has been a gift, but the past few years have been especially . I homeschool my two kids, so “focus” has become my most-used F-word. Our goal is to raise curious, life-long learners who know they can create their own path in this world. After a 15 year career in tourism and economic development that ended in a CEO role, I founded @linger_boutique in an effort to carve out a little place in this world dedicated to women’s pleasure. I value freedom, connection and beauty. I’m learning what it means to be the most me I can be. It’s fun figuring it all out, because a lot of this learning is happening in the bedroom. ☕ Coffee tastes best when it is delivered in bed and I prefer my bubbles served in the MOST frivolous stemwear. Yes, my bra and panties always match. I’m a better human because of it. What else do you want to know? Let me know below. : @iolajadeimages"

instagram.com/lifeturnedonpodcast/p/CvBHI2TP8RJ

lifeturnedonpodcast • Follow

lifeturnedonpodcast Hi! I'm Shauna, your host for Life Turned On. I consider myself a student of stories and can't wait to share some inspiring ones with you; stories of women stepping into their power and claiming pleasure for themselves.

I'm launching this podcast on my 40th birthday as a celebration of a new decade and a belief that my life just keeps getting better with age.

I'll mostly be the one asking the questions, so I thought I'd share a few things about myself so you can get to know me a bit:

🌲 I live in a house built in the woods - where the trees flirt with me and the

46 likes

July 22, 2023

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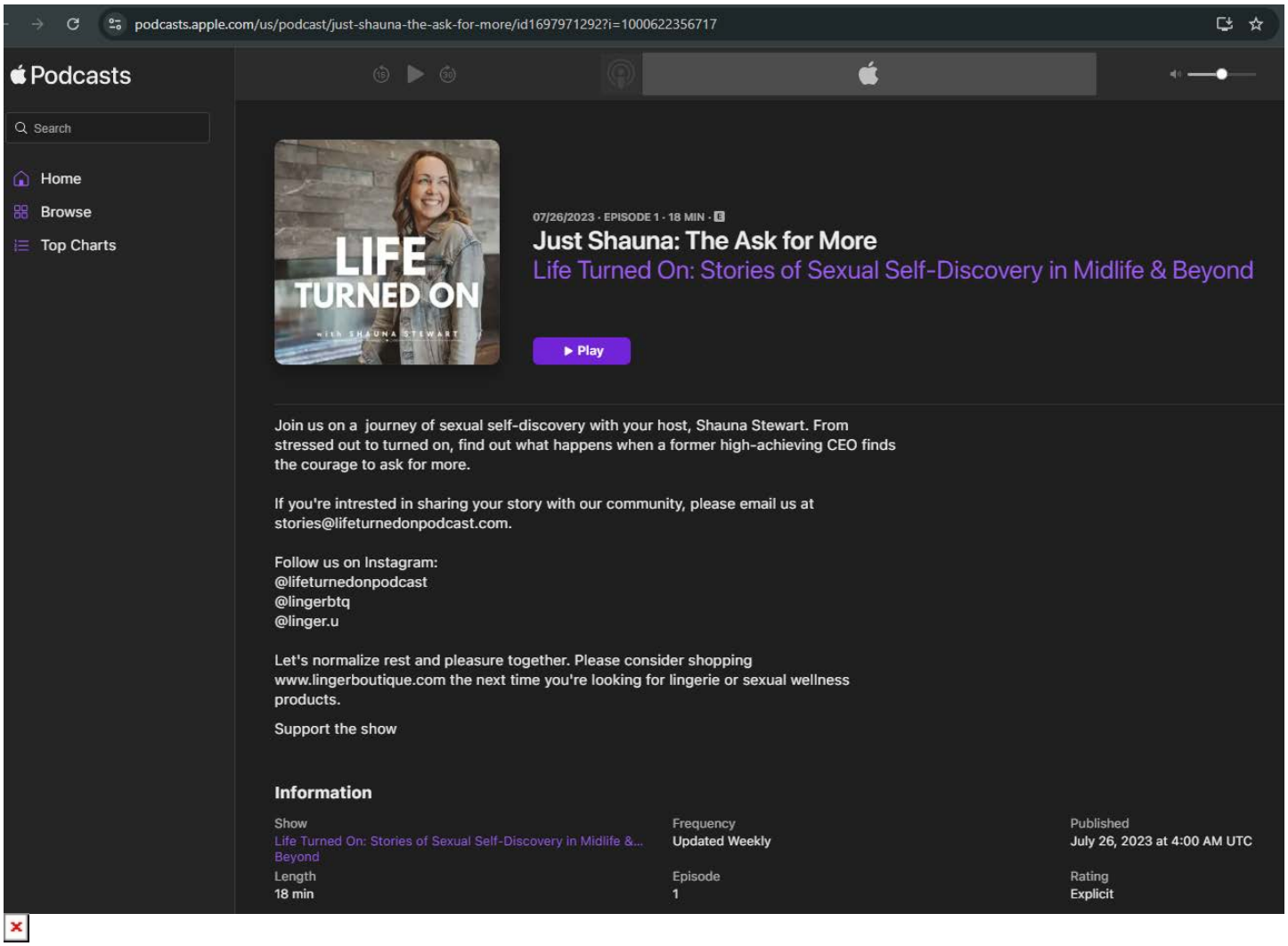
Other

Apple Podcasts
System ID: 607966
Posted: Jul 26, 2023
Captured: Jul 08, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/just-shauna-the-ask-for-more/id1697971292?i=1000622356717

After DOI

*Solo episode Mentioned being sick and that doctors told her husband to get her affairs in order (2:43) "Just Shauna: The Ask for More" "Join us on a journey of sexual self-discovery with your host, Shauna Stewart. From stressed out to turned on, find out what happens when a former high-achieving CEO finds the courage to ask for more. If you're intrested in sharing your story with our community, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping www.lingerboutique.com the next time you're looking for lingerie or sexual wellness products. Support the show"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LIFE TURNED ON
07/26/2023 · EPISODE 1 · 18 MIN · E
Just Shauna: The Ask for More
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Join us on a journey of sexual self-discovery with your host, Shauna Stewart. From stressed out to turned on, find out what happens when a former high-achieving CEO finds the courage to ask for more.
If you're intrested in sharing your story with our community, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast
@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping www.lingerboutique.com the next time you're looking for lingerie or sexual wellness products.
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
July 26, 2023 at 4:00 AM UTC
Length
18 min
Episode
1
Rating
Explicit

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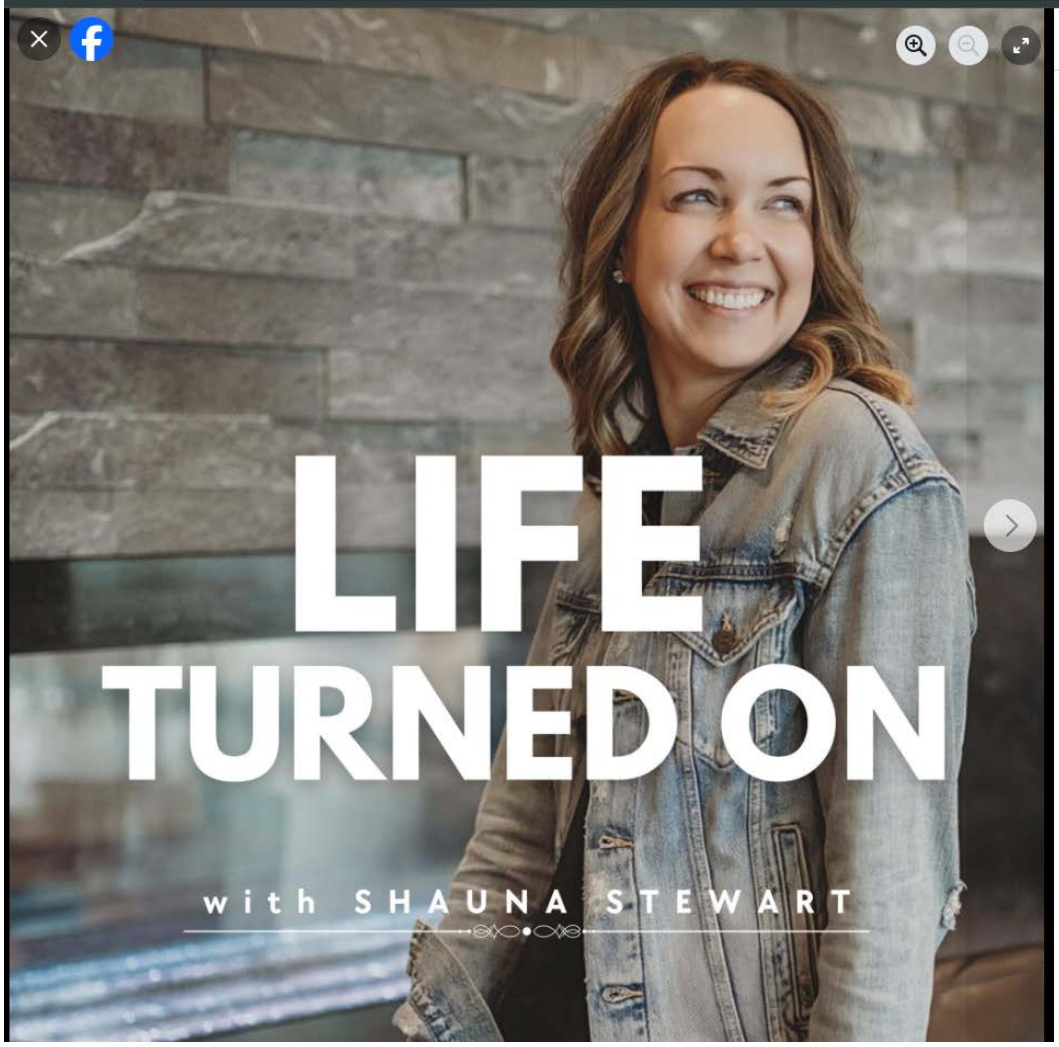
System ID: 606429
Shauna Marie Stewart
https://www.facebook.com/photo/?fbid=1193358151528366&set=a.982969852567198

Posted: Jul 26, 2023
Captured: Jul 07, 2025

After DOI

*Confirmation of DOB - announced Life Turned On Podcast and asked for stories about sexual self discovery "Today is my 40th birthday, and I get to launch my little celebration project into the world… Life Turned On: Stories of S□ual Self Discovery in Midlife and Beyond is a podcast that challenges societal norms and celebrates the power of s□ual exploration later in life. Join us as we dive into the lives of women aged 35 and better, who have experienced a profound awakening and newfound liberation in their s□uality. Through intimate interviews, literature reviews, and insightful discussions, we unravel the myth that sexual vitality fades with age. Rediscover the joys of self-discovery, body acceptance, and authentic intimacy on Life Turned On. Tune in this week to hear the Trailer and Episode One where I share my own intimate story of a vulnerable moment where I asked for more. My hope is that the simple act of talking about s□ in an open and loving way will help take some of the shame and stigma out of the topic for all of us. If you enjoy, come back for more relatable and inspiring guest stories - we've got some good ones. Available wherever you listen to podcasts. Thanks for helping me celebrate! ….. I'd you'd like to share your story of s□ual self discovery, please email me at stories@lifeturnedonposcast.com. Enjoy. □"

facebook.com/photo/?fbid=1193358151528366&set=a.982969852567198



Linger Boutique
July 26, 2023 ·

Today is my 40th birthday, and I get to launch my little celebration project into the world...🎉

Life Turned On: Stories of S✨ual Self Discovery in Midlife and Beyond is a podcast that challenges societal norms and celebrates the power of s✨ual exploration later in life. Join us as we dive into the lives of women aged 35 and better, who have experienced a profound awakening and newfound liberation in their s✨uality. Through intimate interviews, literature reviews, and insightful discussions, we unravel the myth that sexual vitality fades with age. Rediscover the joys of self-discovery, body acceptance, and authentic intimacy on Life Turned On.

Tune in this week to hear the Trailer and Episode One where I share my own intimate story of a vulnerable moment where I asked for more.

My hope is that the simple act of talking about s✨ in an open and loving way will help take some of the shame and stigma out of the topic for all of us.

If you enjoy, come back for more relatable and inspiring guest stories - we've got some good ones.

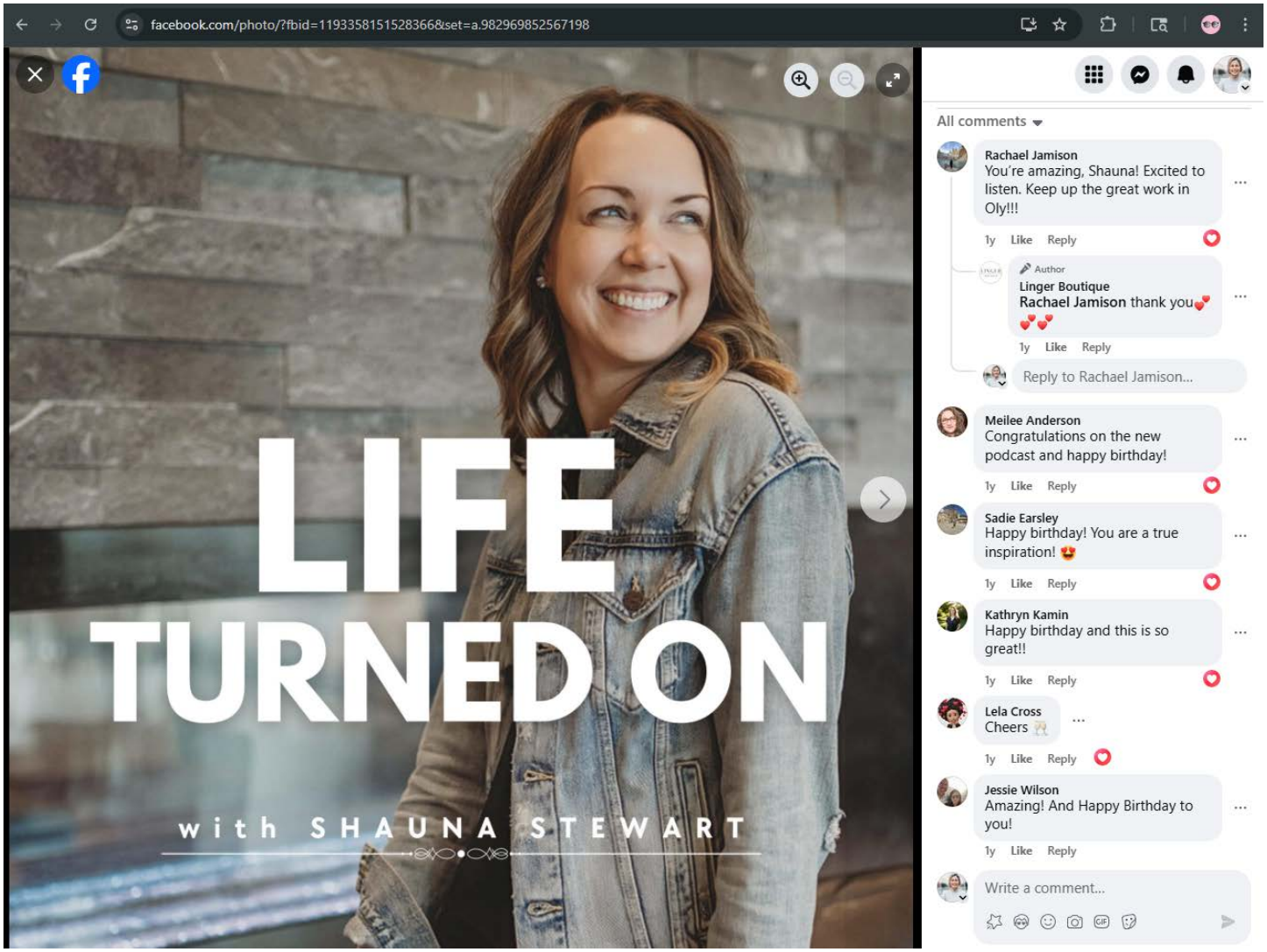
Available wherever you listen to podcasts. Thanks for helping me celebrate!

.....

I'd you'd like to share your story of s✨ual self discovery, please email me at stories@lifeturnedonposcast.com.

Enjoy. 💞 **See less**

38 7 2


facebook.com/photo/?fbid=1193358151528366&set=a.982969852567198
LIFE
TURNED ON
with SHAUNA STEWART
All comments
Rachael Jamison
You're amazing, Shauna! Excited to listen. Keep up the great work in Oly!!!
1y Like Reply
Author
Linger Boutique
Rachael Jamison thank you
1y Like Reply
Reply to Rachael Jamison...
Meilee Anderson
Congratulations on the new podcast and happy birthday!
1y Like Reply
Sadie Earsley
Happy birthday! You are a true inspiration!
1y Like Reply
Kathryn Kamin
Happy birthday and this is so great!!
1y Like Reply
Lela Cross
Cheers
1y Like Reply
Jessie Wilson
Amazing! And Happy Birthday to you!
1y Like Reply
Write a comment...

Instagram

linger.u

System ID: 609936

Shauna Marie Stewart

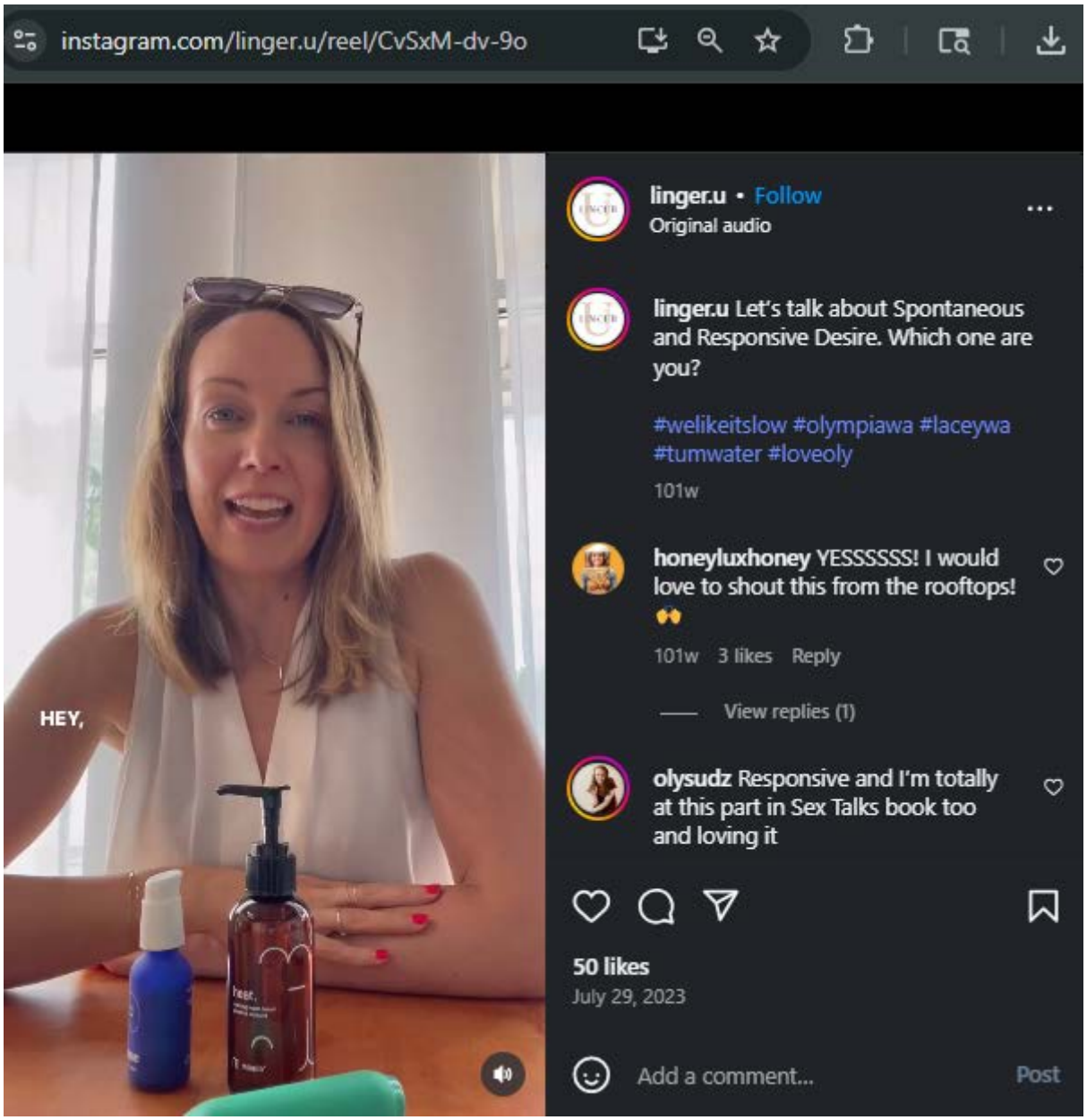
https://www.instagram.com/linger.u/reel/CvSxM-dv-9o

Posted: Jul 29, 2023

Captured: Jul 10, 2025

After DOI

*Seen talking about desire "Let’s talk about Spontaneous and Responsive Desire. Which one are you? #welikeitslow #olympiawa #laceywa #tumwater #loveoly"



[Link to download video]

Facebook

profile.php?id=100025625778766

System ID: 606435

Shauna Marie Stewart

Posted: Jul 31, 2023

Captured: Jul 07, 2025

https://www.facebook.com/permalink.php?story_fbid=1195891621275019&id=100025625778766

After DOI

*Shared tips/notes about orgasms "Org*sms are good for you! They’re good for your health and for feeling connected to your parter(s). So, let’s celebrate today and everyday. #welikeitslow #pleasureactivism #loveoly #olympiawashington #olympiawashington #laceywa #tumwaterwa"

facebook.com/permalink.php?story_fbid=1195891621275019&id=100025625778766

Linger Boutique's post

Linger Boutique
July 31, 2023 ·

Org*sms are good for you! They're good for your health and for feeling connected to your parter(s). So, let's celebrate today and everyday.

#welikeitslow #pleasureactivism #loveoly #olympiawashington #olympiawashington #laceywa #tumwaterwa

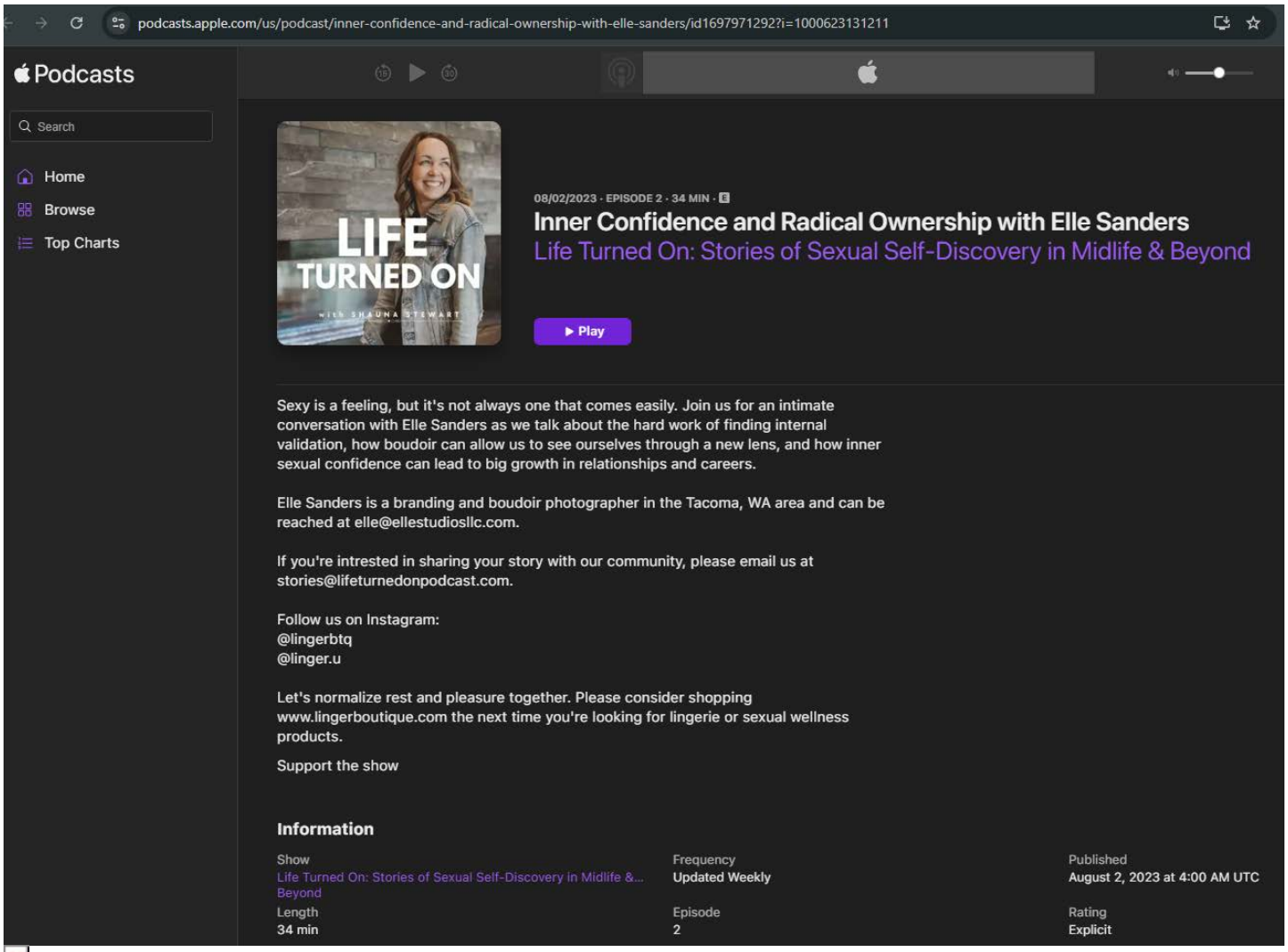
3

Other

Apple Podcasts
Posted: Aug 02, 2023
System ID: 607957
Captured: Jul 08, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/inner-confidence-and-radical-ownership-with-elle-sanders/id1697971292?i=1000623131211

After DOI

*Mentioned getting naked/nearly naked in front of a stranger for a photoshoot. She said that she felt awkward and was going through a difficult time, after just coming out of a health crisis. She said that she had scars and bruises all over her body (3:11 - 3:44) "Inner Confidence and Radical Ownership with Elle Sanders" "Sexy is a feeling, but it's not always one that comes easily. Join us for an intimate conversation with Elle Sanders as we talk about the hard work of finding internal validation, how boudoir can allow us to see ourselves through a new lens, and how inner sexual confidence can lead to big growth in relationships and careers. Elle Sanders is a branding and boudoir photographer in the Tacoma, WA area and can be reached at elle@ellestudiosllc.com. If you're intrested in sharing your story with our community, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping www.lingerboutique.com the next time you're looking for lingerie or sexual wellness products. Support the show"


podcasts.apple.com/us/podcast/inner-confidence-and-radical-ownership-with-elle-sanders/id1697971292?i=1000623131211
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LIFE TURNED ON
with SHAUNA STEWART
08/02/2023 · EPISODE 2 · 34 MIN · E
Inner Confidence and Radical Ownership with Elle Sanders
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
Sexy is a feeling, but it's not always one that comes easily. Join us for an intimate conversation with Elle Sanders as we talk about the hard work of finding internal validation, how boudoir can allow us to see ourselves through a new lens, and how inner sexual confidence can lead to big growth in relationships and careers.
Elle Sanders is a branding and boudoir photographer in the Tacoma, WA area and can be reached at elle@ellestudiosllc.com.
If you're intrested in sharing your story with our community, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping www.lingerboutique.com the next time you're looking for lingerie or sexual wellness products.
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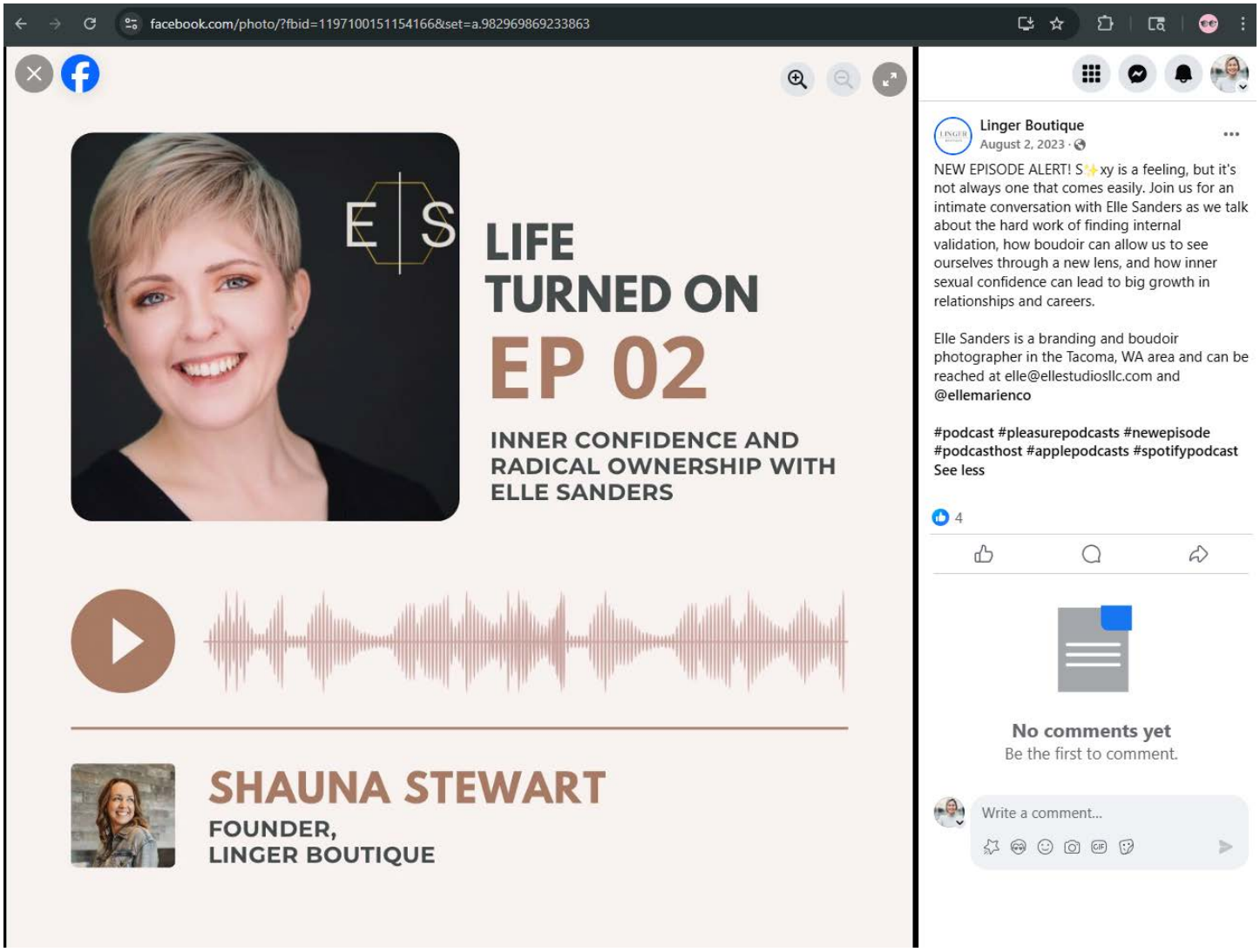
Show
Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
August 2, 2023 at 4:00 AM UTC
Length
34 min
Episode
2
Rating
Explicit

Facebook

profile.php?id=100025625778766
Posted: Aug 02, 2023
System ID: 606538
Captured: Jul 07, 2025
Shauna Marie Stewart
https://www.facebook.com/photo/?fbid=1197100151154166&set=a.982969869233863

After DOI

*Announced a podcast episode with a branding and boudoir photographer from Tacoma, Washington "NEW EPISODE ALERT! S□xy is a feeling, but it's not always one that comes easily. Join us for an intimate conversation with Elle Sanders as we talk about the hard work of finding internal validation, how boudoir can allow us to see ourselves through a new lens, and how inner sexual confidence can lead to big growth in relationships and careers. Elle Sanders is a branding and boudoir photographer in the Tacoma, WA area and can be reached at elle@ellestudiosllc.com and @ellemarienco #podcast #pleasurepodcasts #newepisode #podcasthost #applepodcasts #spotifypodcast"


facebook.com/photo/?fbid=1197100151154166&set=a.982969869233863
E S
LIFE
TURNED ON
EP 02
INNER CONFIDENCE AND
RADICAL OWNERSHIP WITH
ELLE SANDERS
SHAUNA STEWART
FOUNDER,
LINGER BOUTIQUE
Linger Boutique
August 2, 2023 ·
NEW EPISODE ALERT! S✨xy is a feeling, but it's not always one that comes easily. Join us for an intimate conversation with Elle Sanders as we talk about the hard work of finding internal validation, how boudoir can allow us to see ourselves through a new lens, and how inner sexual confidence can lead to big growth in relationships and careers.
Elle Sanders is a branding and boudoir photographer in the Tacoma, WA area and can be reached at elle@ellestudiosllc.com and @ellemarienco
#podcast #pleasurepodcasts #newepisode #podcasthost #applepodcasts #spotifypodcast
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4
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Instagram

lifeturnedonpodcast

System ID: 608210

Shauna Marie Stewart

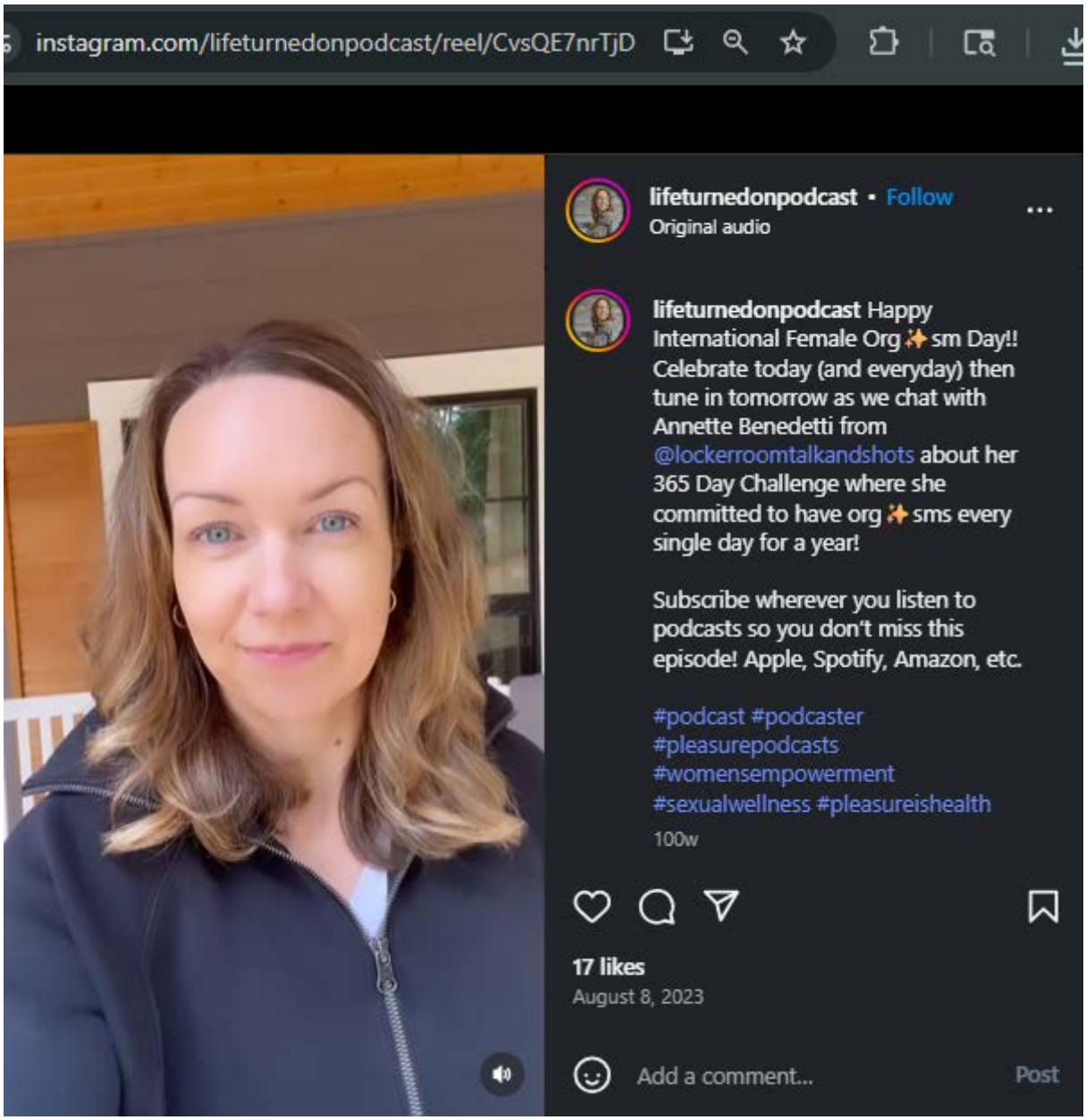
https://www.instagram.com/lifeturnedonpodcast/reel/CvsQE7nrTjD

Posted: Aug 08, 2023

Captured: Jul 09, 2025

After DOI

*Seen talking "Happy International Female Org□sm Day!! Celebrate today (and everyday) then tune in tomorrow as we chat with Annette Benedetti from @lockerroomtalkandshots about her 365 Day Challenge where she committed to have org□sms every single day for a year! Subscribe wherever you listen to podcasts so you don’t miss this episode! Apple, Spotify, Amazon, etc. #podcast #podcaster #pleasurepodcasts #womensempowerment #sexualwellness #pleasureishealth"



[Link to download video]

Other

Apple Podcasts

System ID: 607842

Posted: Aug 09, 2023

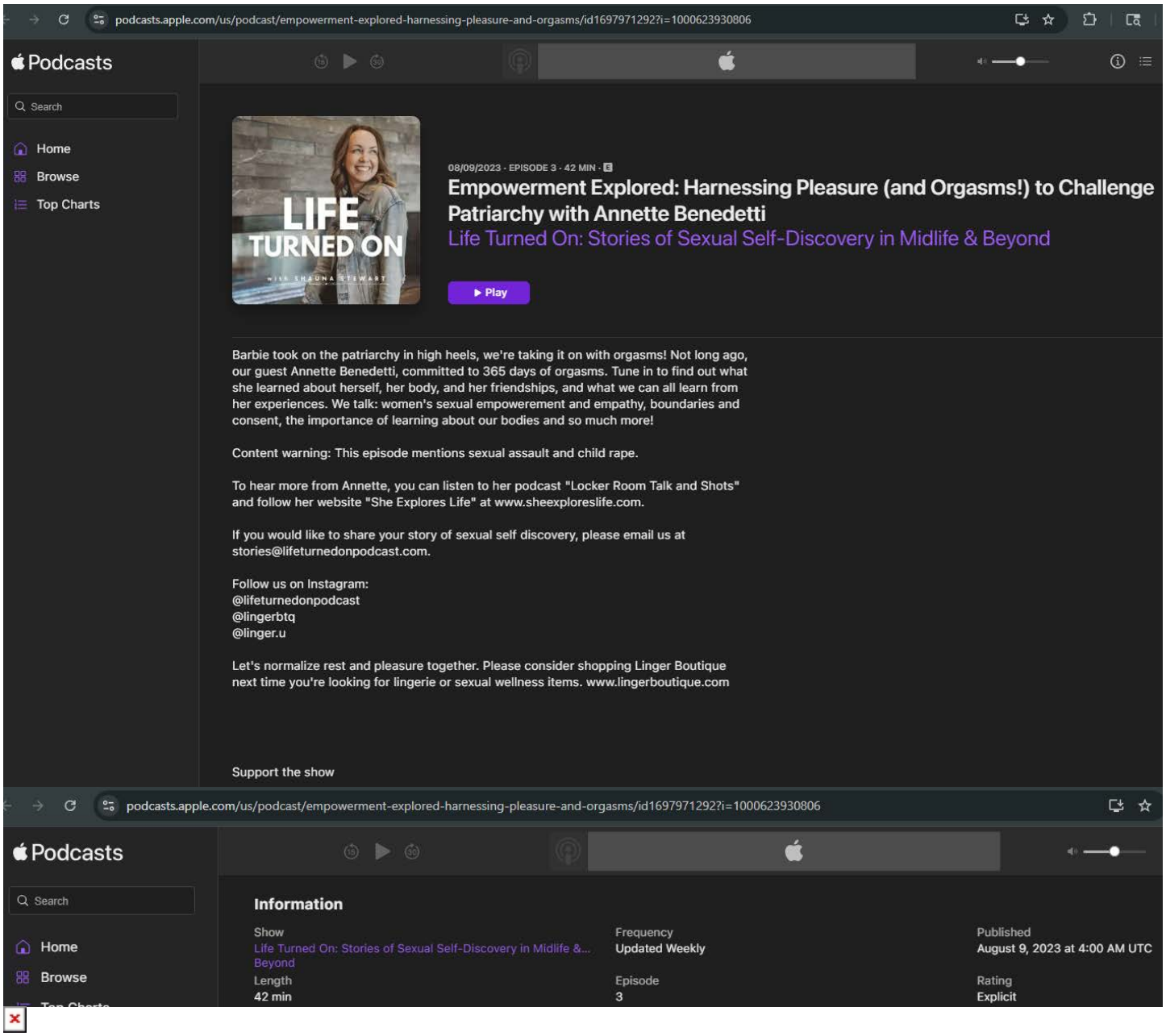
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/empowerment-explored-harnessing-pleasure-and-orgasms/id1697971292?i=1000623930806

After DOI

*Guest mentioned rape and sexual assault (14:15 - 15:00) "Empowerment Explored: Harnessing Pleasure (and Orgasms!) to Challenge Patriarchy with Annette Benedetti" "Barbie took on the patriarchy in high heels, we're taking it on with orgasms! Not long ago, our guest Annette Benedetti, committed to 365 days of orgasms. Tune in to find out what she learned about herself, her body, and her friendships, and what we can all learn from her experiences. We talk: women's sexual empowerement and empathy, boundaries and consent, the importance of learning about our bodies and so much more! Content warning: This episode mentions sexual assault and child rape. To hear more from Annette, you can listen to her podcast "Locker Room Talk and Shots" and follow her website "She Explores Life" at www.sheexploreslife.com. If you would like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/empowerment-explored-harnessing-pleasure-and-orgasms/id1697971292?i=1000623930806
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LIFE TURNED ON
08/09/2023 · EPISODE 3 · 42 MIN ·
Empowerment Explored: Harnessing Pleasure (and Orgasms!) to Challenge Patriarchy with Annette Benedetti
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Barbie took on the patriarchy in high heels, we're taking it on with orgasms! Not long ago, our guest Annette Benedetti, committed to 365 days of orgasms. Tune in to find out what she learned about herself, her body, and her friendships, and what we can all learn from her experiences. We talk: women's sexual empowerement and empathy, boundaries and consent, the importance of learning about our bodies and so much more!
Content warning: This episode mentions sexual assault and child rape.
To hear more from Annette, you can listen to her podcast "Locker Room Talk and Shots" and follow her website "She Explores Life" at www.sheexploreslife.com.
If you would like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast
@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
August 9, 2023 at 4:00 AM UTC
Length
42 min
Episode
3
Rating
Explicit

Instagram

linger.u

System ID: 609919

Shauna Marie Stewart

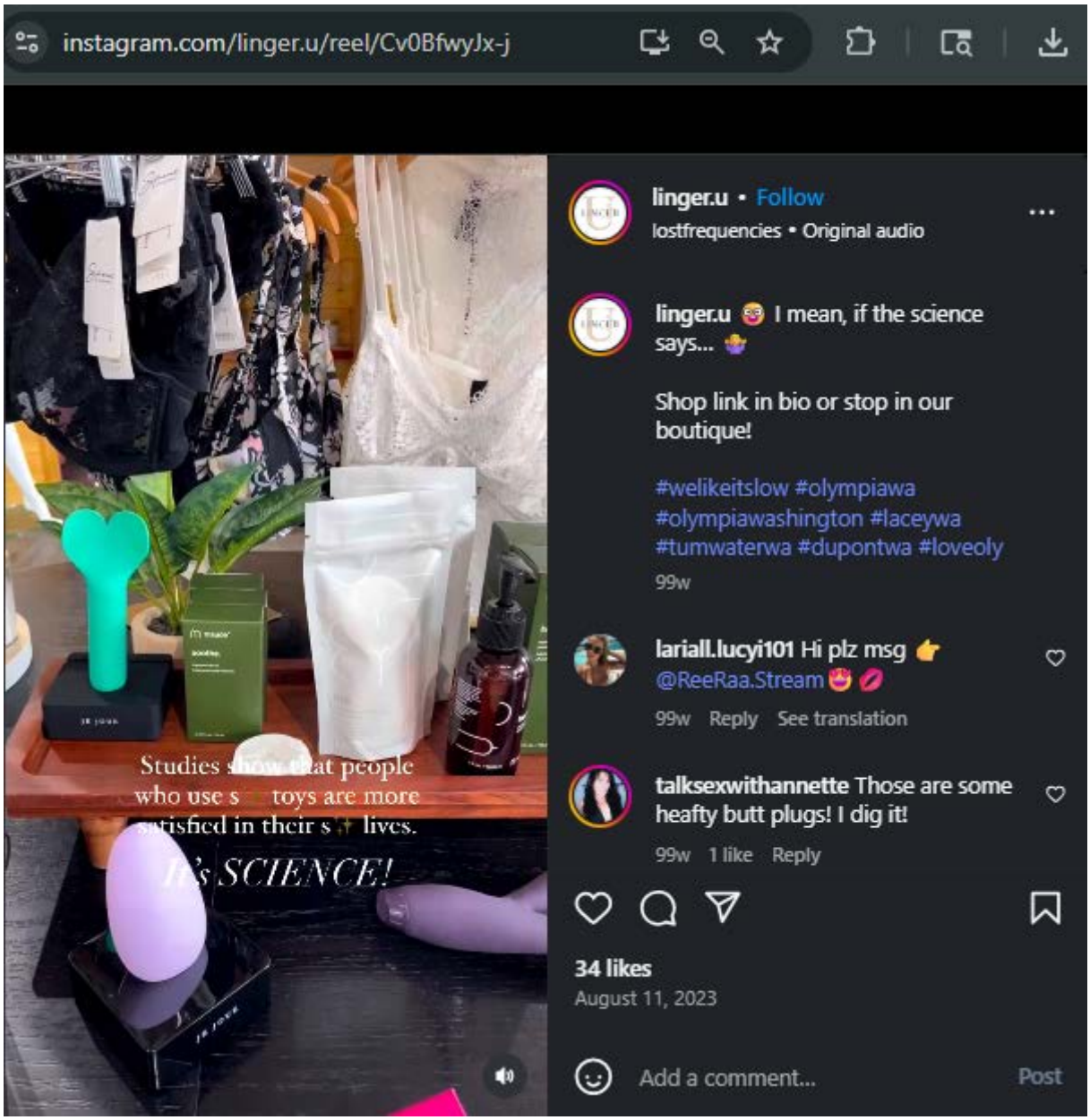
https://www.instagram.com/linger.u/reel/Cv0BfwyJx-j

Posted: Aug 11, 2023

Captured: Jul 10, 2025

After DOI

*Showed product sold at Linger Boutique and said that there were studies that showed people who use sex toys were more satisfied in their sex lives "□ I mean, if the science says... □♀ Shop link in bio or stop in our boutique! #welikeitslow #olympiawa #olympiawashington #laceywa #tumwaterwa #dupontwa #loveoly"



[Link to download video]

Other

Apple Podcasts

System ID: 607841

Posted: Aug 16, 2023

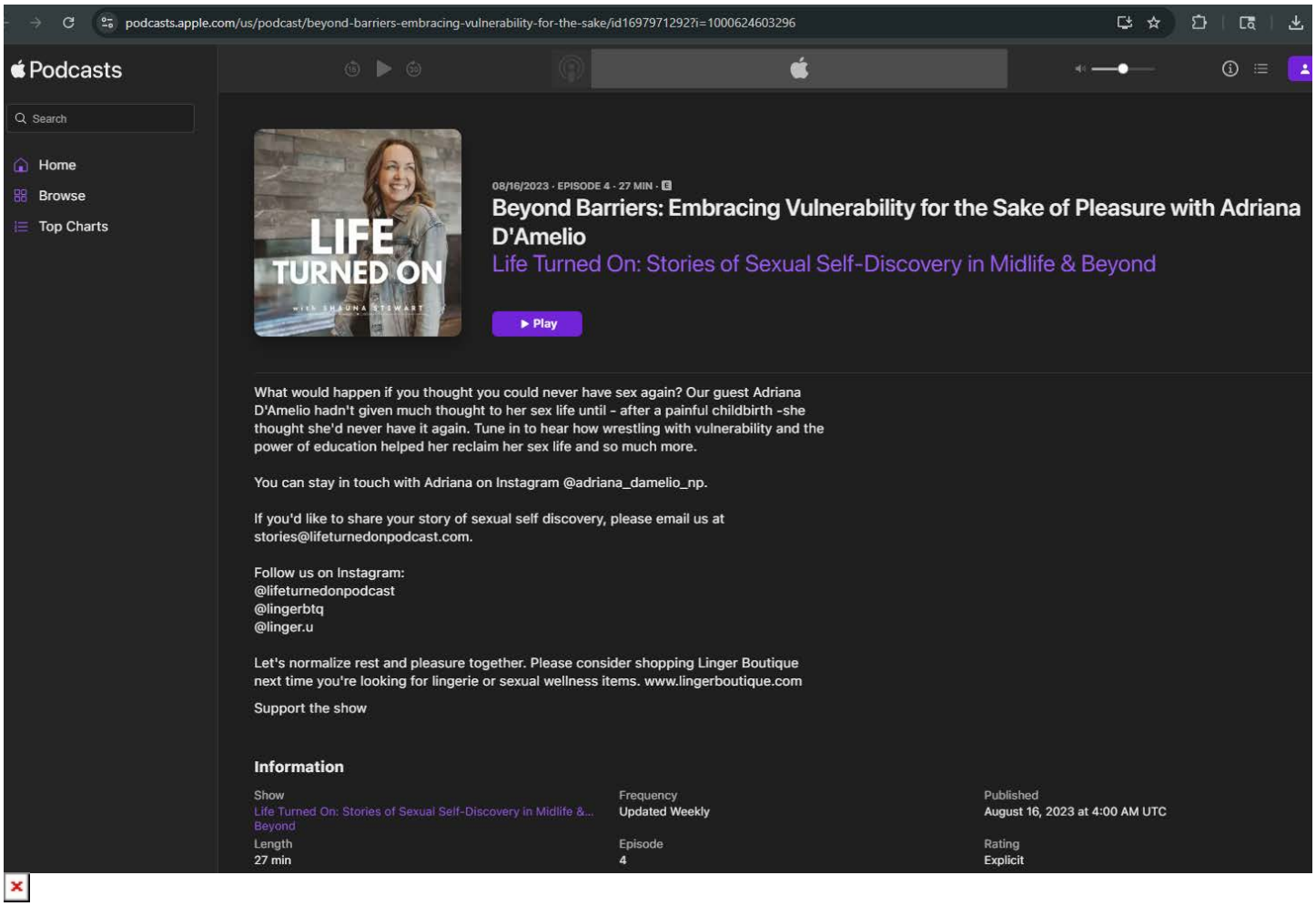
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/beyond-barriers-embracing-vulnerability-for-the-sake/id1697971292?i=1000624603296

After DOI

"Beyond Barriers: Embracing Vulnerability for the Sake of Pleasure with Adriana D'Amelio" "What would happen if you thought you could never have sex again? Our guest Adriana D'Amelio hadn't given much thought to her sex life until - after a painful childbirth -she thought she'd never have it again. Tune in to hear how wrestling with vulnerability and the power of education helped her reclaim her sex life and so much more. You can stay in touch with Adriana on Instagram @adriana_damelio_np. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/beyond-barriers-embracing-vulnerability-for-the-sake/id1697971292?i=1000624603296
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LIFE TURNED ON
08/16/2023 · EPISODE 4 · 27 MIN · E
Beyond Barriers: Embracing Vulnerability for the Sake of Pleasure with Adriana D'Amelio
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
What would happen if you thought you could never have sex again? Our guest Adriana D'Amelio hadn't given much thought to her sex life until – after a painful childbirth –she thought she'd never have it again. Tune in to hear how wrestling with vulnerability and the power of education helped her reclaim her sex life and so much more.
You can stay in touch with Adriana on Instagram @adriana_damelio_np.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast
@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Updated Weekly
Published
August 16, 2023 at 4:00 AM UTC
Length
27 min
Episode
4
Rating
Explicit

Facebook

profile.php?id=100025625778766 | Posted: Aug 17, 2023

System ID: 606557 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1205138267017021&id=100025625778766

After DOI

*Talked about painful sexual intercourse "Interco*res isn’t always fun and games - sometimes it can really hurt! Pain is a way our body communicates with us so it’s important to listen. Swipe to learn more. And speaking of listening, painful s is the topic of the latest episode of @lifeturnedonpodcast. We talk to @adriana_damelio_np about what she felt when she thought she’d never have s again, because it was just too painful. Available wherever you listen to podcasts. #welikeitslow #olympiawashington #olympiawa #pleasureishealth #podcast"

facebook.com/permalink.php?story_fbid=1205138267017021&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
August 17, 2023 ·

Interco*res isn't always fun and games - sometimes it can really hurt! Pain is a way our body communicates with us so it's important to listen.

Swipe to learn more.

And speaking of listening, painful s✨ is the topic of the latest episode of @lifeturnedonpodcast. We talk to @adriana_damelio_np about what she felt when she thought she'd never have s✨ again, because it was just too painful.

Available wherever you listen to podcasts.

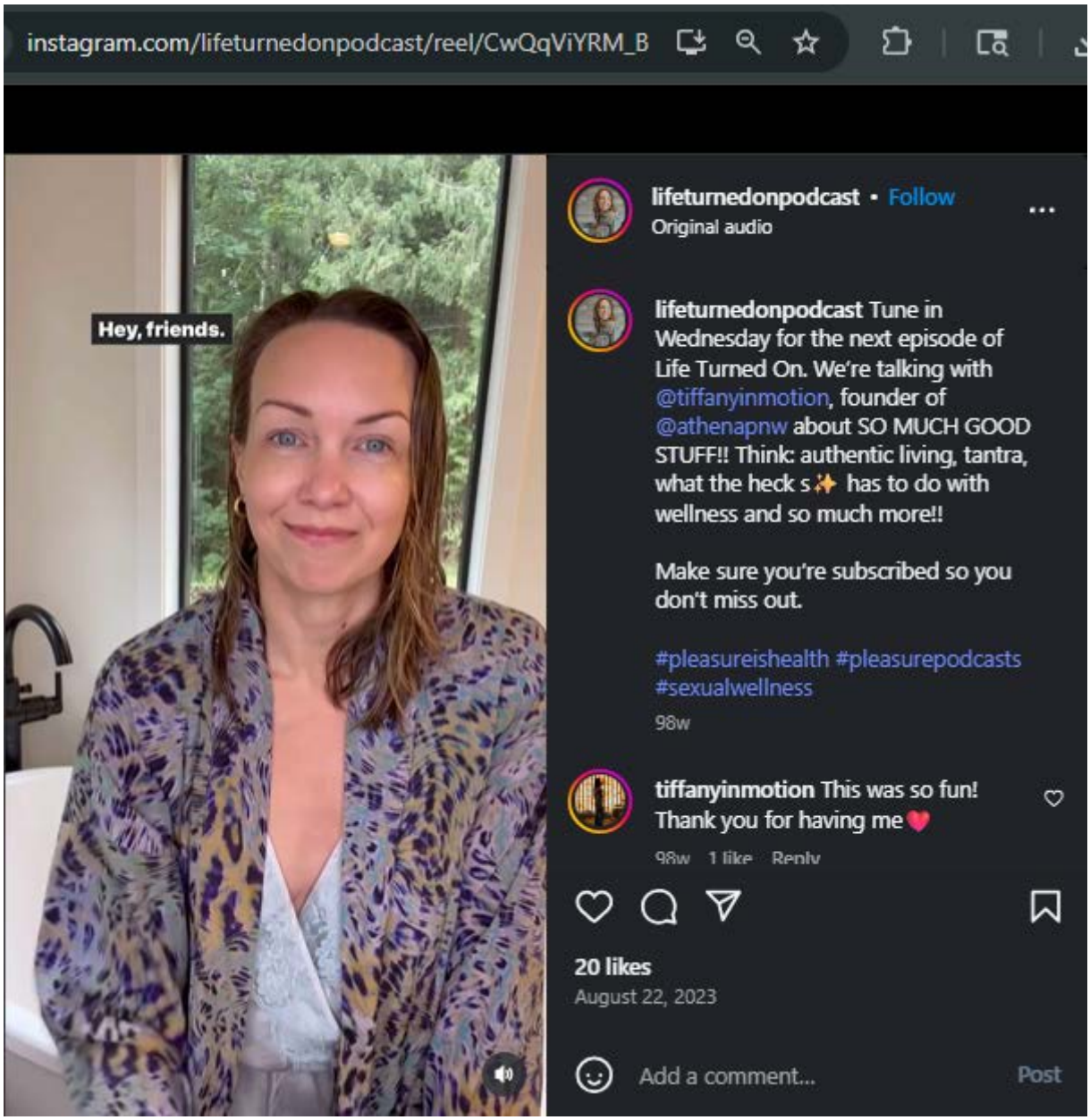
#welikeitslow #olympiawashington #olympiawa #pleasureishealth #podcast

Instagram

lifeturnedonpodcast
Posted: Aug 22, 2023
System ID: 608192
Captured: Jul 09, 2025
Shauna Marie Stewart
https://www.instagram.com/lifeturnedonpodcast/reel/CwQqViYRM_B

After DOI

*Seen talking about her recent podcast episode while wearing a robe and sitting on the edge of a bathtub "Tune in Wednesday for the next episode of Life Turned On. We’re talking with @tiffanyinmotion, founder of @athenapnw about SO MUCH GOOD STUFF!! Think: authentic living, tantra, what the heck s has to do with wellness and so much more!! Make sure you’re subscribed so you don’t miss out. #pleasureishealth #pleasurepodcasts #sexualwellness"



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Instagram

linger.u

Posted: Aug 23, 2023

System ID: 609805

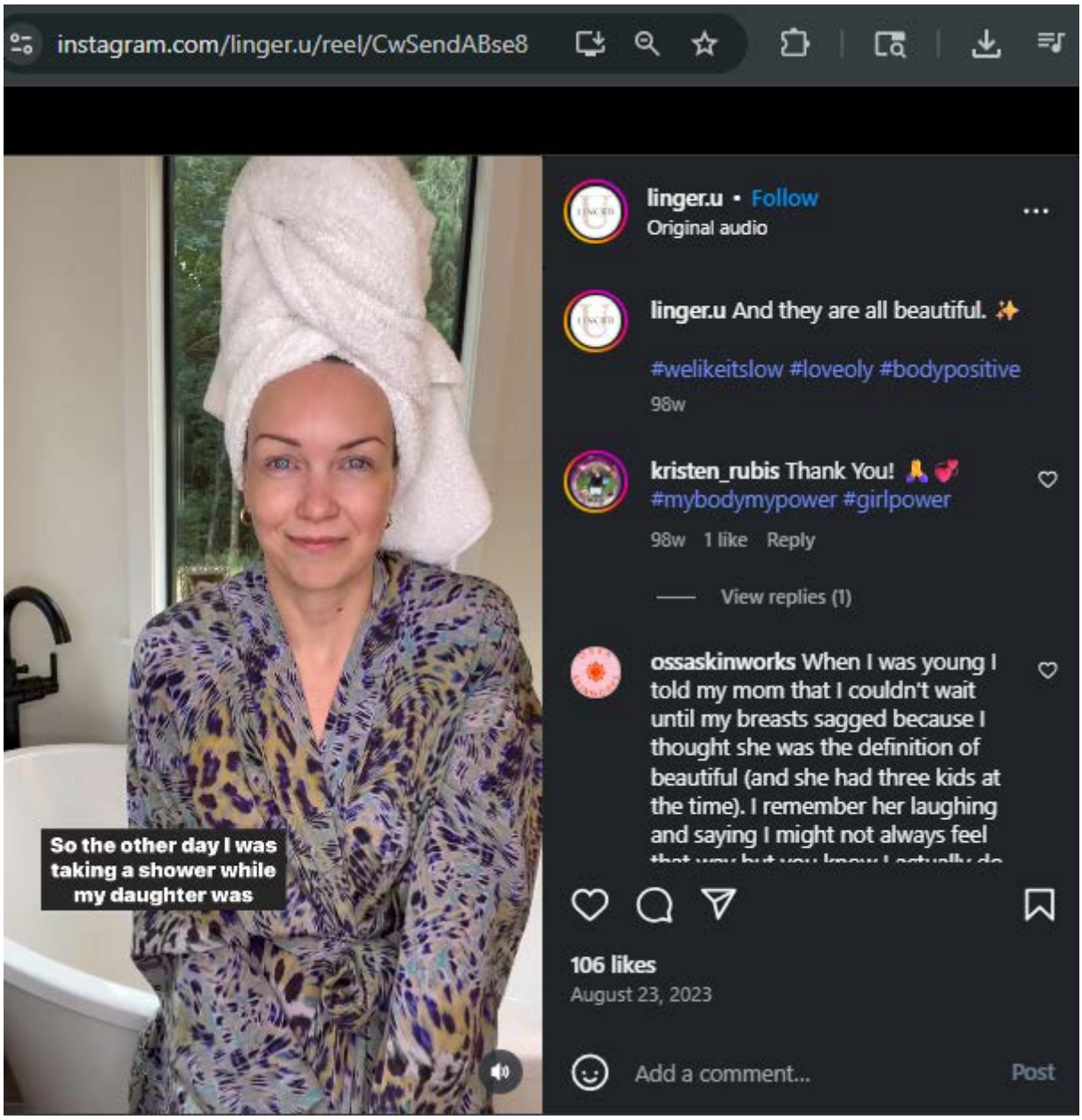
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/CwSendABse8

After DOI

*Seen wearing a robe, with her hair in a towel, and sitting on the edge of a tub. She talked about a conversation she had with her daughter about breasts being different shapes and sizes "And they are all beautiful. □ #welikeitslow #loveoly #bodypositive"



[Link to download video]

Other

Apple Podcasts

System ID: 607839

Posted: Aug 23, 2023

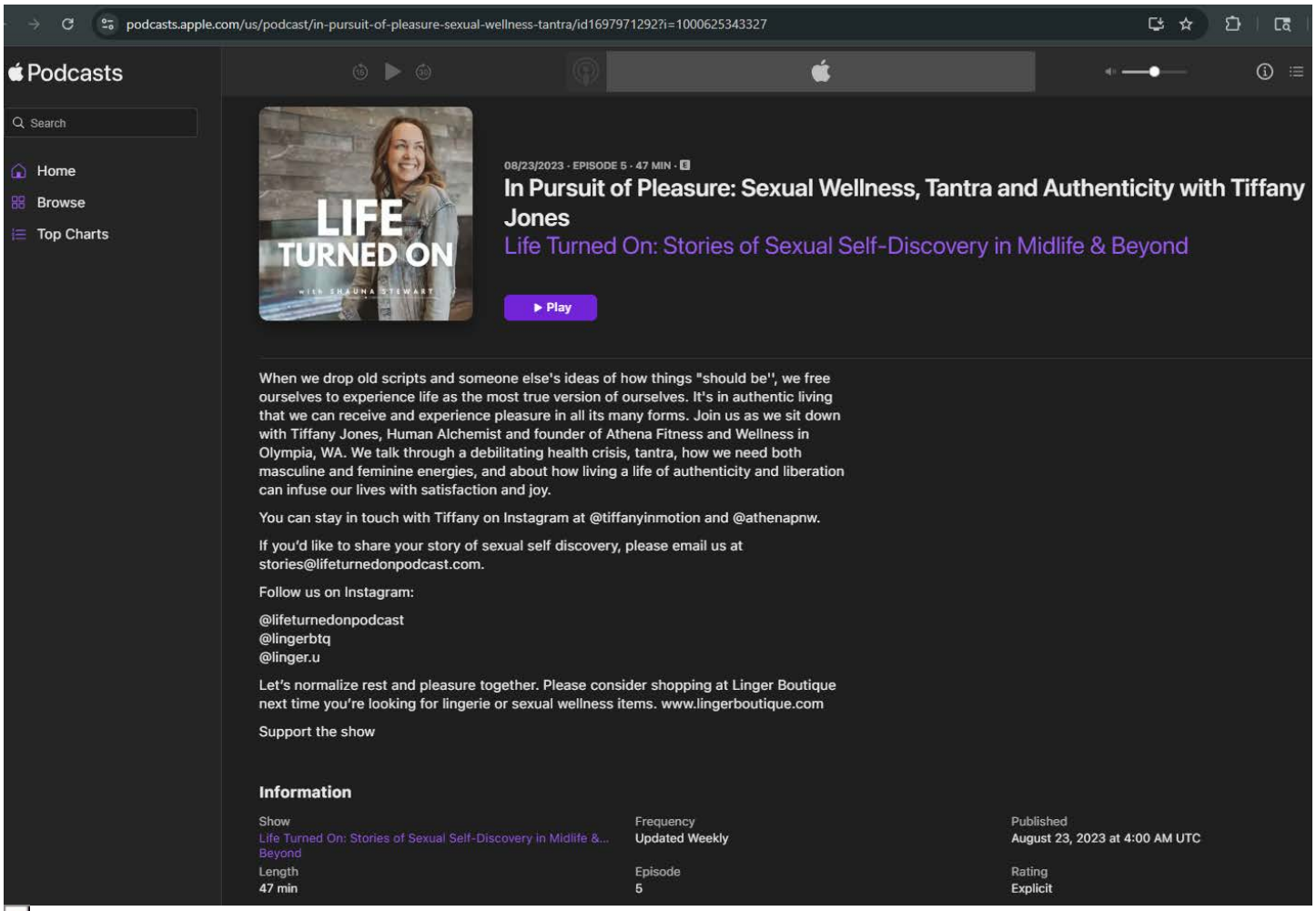
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/in-pursuit-of-pleasure-sexual-wellness-tantra/id1697971292?i=1000625343327

After DOI

"In Pursuit of Pleasure: Sexual Wellness, Tantra and Authenticity with Tiffany Jones" "When we drop old scripts and someone else's ideas of how things "should be'', we free ourselves to experience life as the most true version of ourselves. It's in authentic living that we can receive and experience pleasure in all its many forms. Join us as we sit down with Tiffany Jones, Human Alchemist and founder of Athena Fitness and Wellness in Olympia, WA. We talk through a debilitating health crisis, tantra, how we need both masculine and feminine energies, and about how living a life of authenticity and liberation can infuse our lives with satisfaction and joy. You can stay in touch with Tiffany on Instagram at @tiffanyinmotion and @athenapnw. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/in-pursuit-of-pleasure-sexual-wellness-tantra/id1697971292?i=1000625343327
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LIFE TURNED ON
WITH SHAUNA STEWART
08/23/2023 · EPISODE 5 · 47 MIN · E
In Pursuit of Pleasure: Sexual Wellness, Tantra and Authenticity with Tiffany Jones
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
When we drop old scripts and someone else's ideas of how things "should be", we free ourselves to experience life as the most true version of ourselves. It's in authentic living that we can receive and experience pleasure in all its many forms. Join us as we sit down with Tiffany Jones, Human Alchemist and founder of Athena Fitness and Wellness in Olympia, WA. We talk through a debilitating health crisis, tantra, how we need both masculine and feminine energies, and about how living a life of authenticity and liberation can infuse our lives with satisfaction and joy.
You can stay in touch with Tiffany on Instagram at @tiffanyinmotion and @athenapnw.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
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@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Updated Weekly
Published
August 23, 2023 at 4:00 AM UTC
Length
47 min
Episode
5
Rating
Explicit

Facebook

profile.php?id=100025625778766 | Posted: Aug 29, 2023

System ID: 606561 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1210918766438971&id=100025625778766

After DOI

*Lingerie advertisement (3 sets under $100) "Get ready for back to school with 3 sets under $100. Swipe to choose or stock up on them all! □♀ Which is your fav? Tell us □ #welikeitslow #backtoschool #backtoschoolshopping #olympiawa #olympiawashington #loveoly #tumwater #laceywa #dupontwa #chehalis #chehaliswa #centrailia"

facebook.com/permalink.php?story_fbid=1210918766438971&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
August 29, 2023 ·

Get ready for back to school with 3 sets under $100. Swipe to choose or stock up on them all! 💁‍♀️

Which is your fav? Tell us 👇

#welikeitslow #backtoschool #backtoschoolshopping #olympiawa #olympiawashington #loveoly #tumwater #laceywa #dupontwa #chehalis #chehaliswa #centrailia

facebook.com/permalink.php?story_fbid=1210918766438971&id=100025625778766

Linger Boutique's post

5 2 comments

Like Comment Share

Most relevant

IntimatE ME Boutique · Follow
I love bralette sets. So cute and comfy!

1y Like Reply

Author
Linger Boutique
IntimatE ME Boutique Agreed! We love having both!!

1y Like Reply

Instagram

linger.u

System ID: 609896

Shauna Marie Stewart

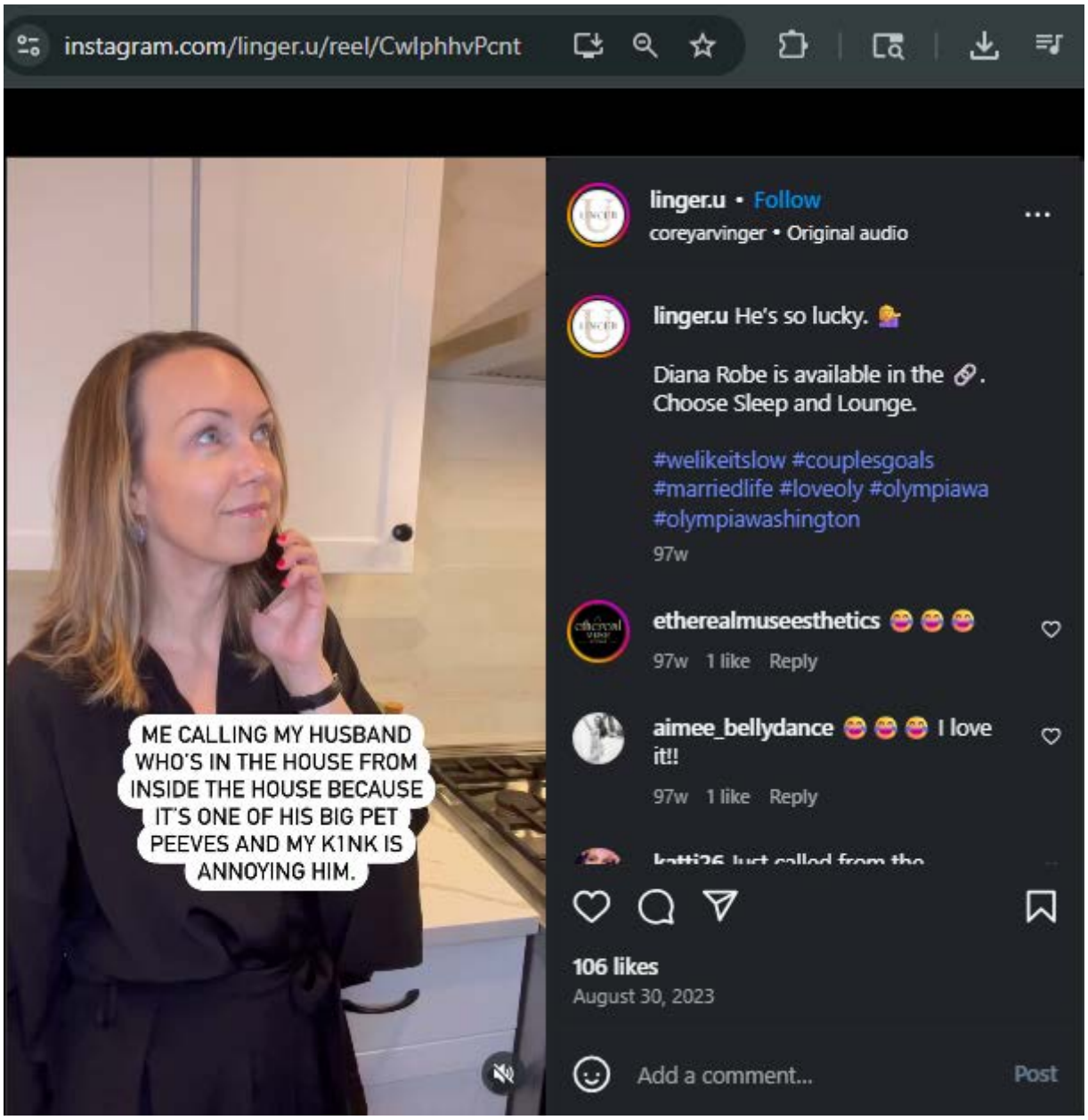
https://www.instagram.com/linger.u/reel/CwlphhvPcnt

Posted: Aug 30, 2023

Captured: Jul 10, 2025

After DOI

*Seen standing in a robe and said that her kink is annoying her husband "He’s so lucky. □♀ Diana Robe is available in the □. Choose Sleep and Lounge. #welikeitslow #couplesgoals #marriedlife #loveoly #olympiawa #olympiawashington"



[Link to download video]

Other

Apple Podcasts | Posted: Aug 30, 2023

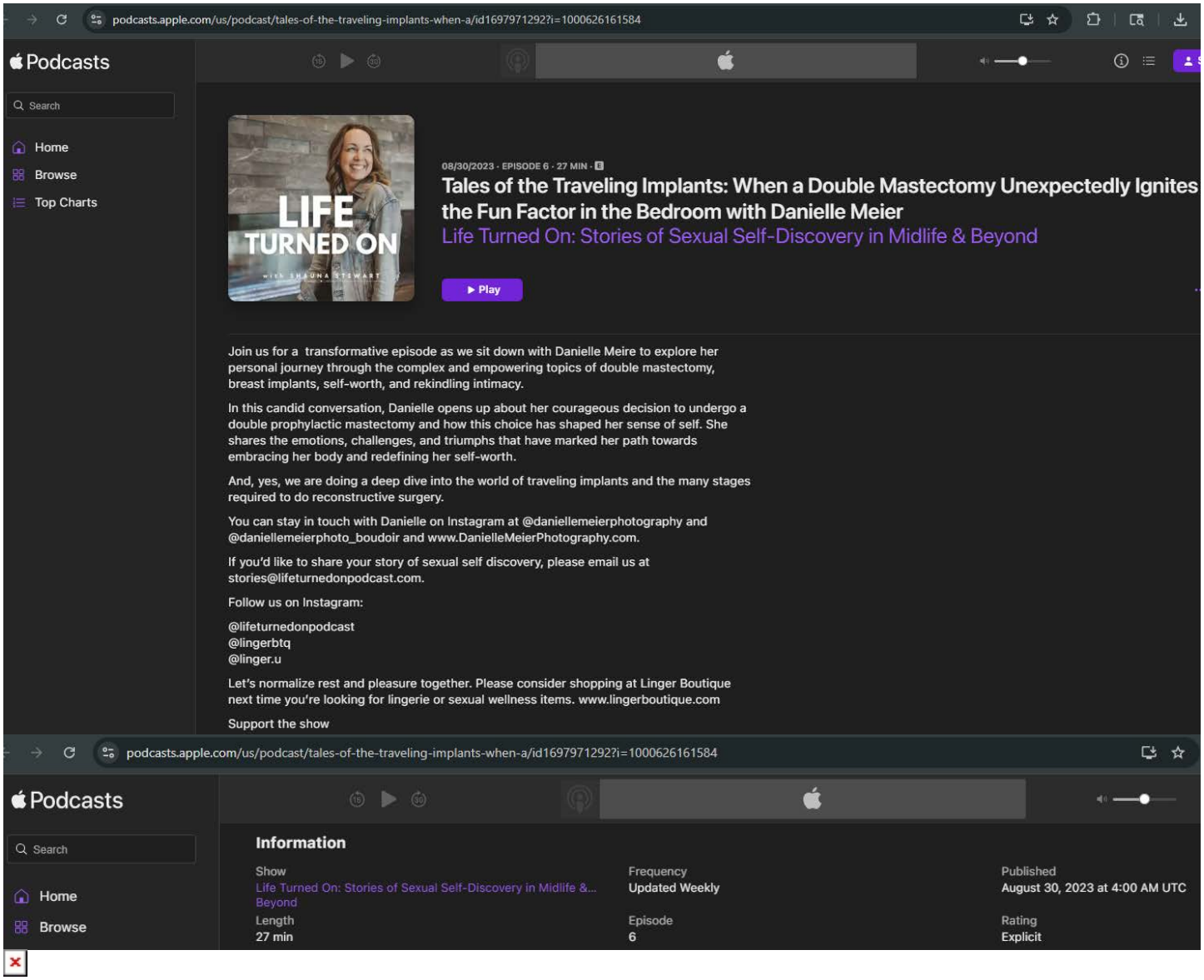
System ID: 607826 | Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/tales-of-the-traveling-implants-when-a/id1697971292?i=1000626161584

After DOI

"Tales of the Traveling Implants: When a Double Mastectomy Unexpectedly Ignites the Fun Factor in the Bedroom with Danielle Meier" "Join us for a transformative episode as we sit down with Danielle Meire to explore her personal journey through the complex and empowering topics of double mastectomy, breast implants, self-worth, and rekindling intimacy. In this candid conversation, Danielle opens up about her courageous decision to undergo a double prophylactic mastectomy and how this choice has shaped her sense of self. She shares the emotions, challenges, and triumphs that have marked her path towards embracing her body and redefining her self-worth. And, yes, we are doing a deep dive into the world of traveling implants and the many stages required to do reconstructive surgery. You can stay in touch with Danielle on Instagram at @daniellemeierphotography and @daniellemeierphoto_boudoir and www.DanielleMeierPhotography.com. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/tales-of-the-traveling-implants-when-a/id1697971292?i=1000626161584
Podcasts
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LIFE TURNED ON
08/30/2023 · EPISODE 6 · 27 MIN ·
Tales of the Traveling Implants: When a Double Mastectomy Unexpectedly Ignites the Fun Factor in the Bedroom with Danielle Meier
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Join us for a transformative episode as we sit down with Danielle Meire to explore her personal journey through the complex and empowering topics of double mastectomy, breast implants, self-worth, and rekindling intimacy.
In this candid conversation, Danielle opens up about her courageous decision to undergo a double prophylactic mastectomy and how this choice has shaped her sense of self. She shares the emotions, challenges, and triumphs that have marked her path towards embracing her body and redefining her self-worth.
And, yes, we are doing a deep dive into the world of traveling implants and the many stages required to do reconstructive surgery.
You can stay in touch with Danielle on Instagram at @daniellemeierphotography and @daniellemeierphoto_boudoir and www.DanielleMeierPhotography.com.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast
@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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podcasts.apple.com/us/podcast/tales-of-the-traveling-implants-when-a/id1697971292?i=1000626161584
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Show
Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
August 30, 2023 at 4:00 AM UTC
Length
27 min
Episode
6
Rating
Explicit

Facebook

profile.php?id=100025625778766 | Posted: Sep 01, 2023

System ID: 606562 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1212779302919584&id=100025625778766

After DOI

*Lingerie advertisement & mentioned nudes "Send nudes. □ #welikeitslow #loveoly #olympiawa #olympiasmallbusiness #laceywa #tumwater #lingerie #lingerielove"

facebook.com/permalink.php?story_fbid=1212779302919584&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
September 1, 2023 ·

Send nudes. 😉

#welikeitslow #loveoly #olympiawa #olympiasmallbusiness #laceywa #tumwater #lingerie #lingerielove

1

Other

TheJoltNews.com

Posted: Sep 02, 2023

System ID: 608677

Captured: Jul 09, 2025

Shauna Marie Stewart

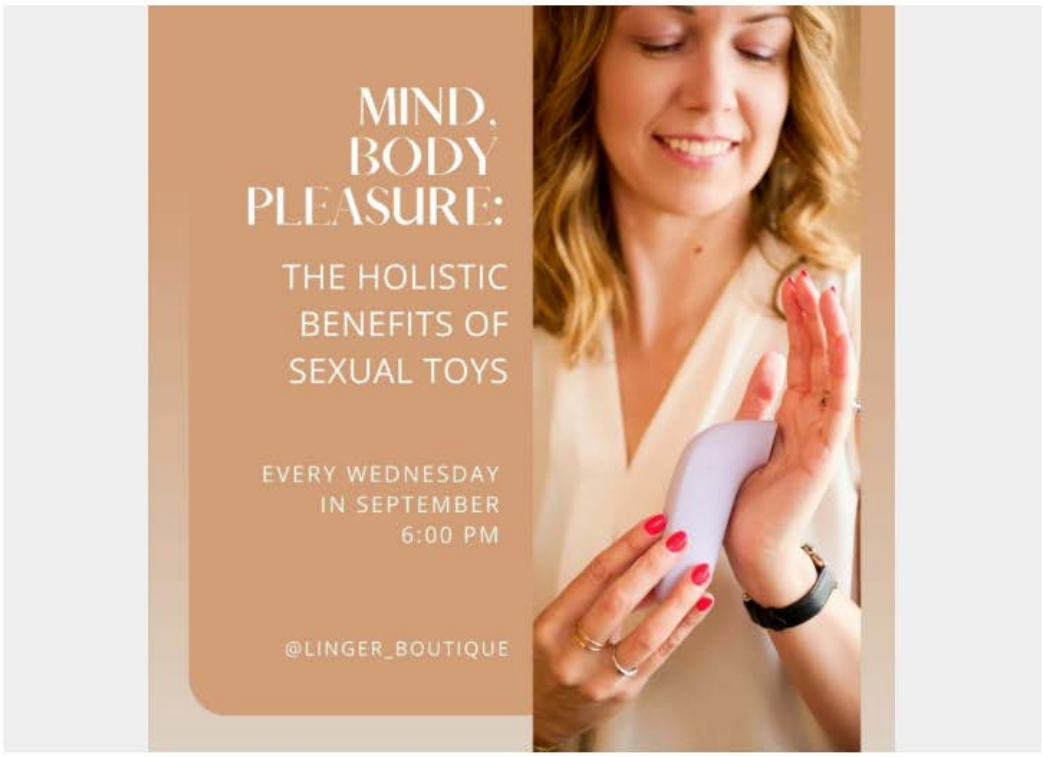
https://www.thejoltnews.com/stories/sexual-health-awareness-month-mind-body-pleasure-workshop,12124

After DOI

*News article about Sexual Health Month and advertised Linger Boutique's Free Workshop "Sexual Health Awareness Month: Mind, Body & Pleasure Workshop" "September is Sexual Health Month; you can celebrate by learning about the holistic benefits of sexual toys. Studies show individuals and couples who integrate sex toys have more satisfying intimate lives. Healthy and satisfying sex lives can reduce stress, support your immune system, and relieve pain while contributing to a happy relationship. This Sexual Health Month, join LINGER Boutique for a FREE workshop to learn about: - The health benefits of incorporating pleasure products into their self-care routine - Healthy communication tips for embracing toys with partners - What to look for and how to discern which products are right for you All genders are welcome. Event Dates Wednesday from Wednesday, September 13, 2023 through Wednesday, September 27, 2023 Event time 6:00 PM - 7:30 PM Cost / donation Free"

thejoltnews.com/stories/sexual-health-awareness-month-mind-body-pleasure-workshop,12124

Sexual Health Awareness Month: Mind, Body & Pleasure Workshop



Posted Friday, September 8, 2023 3:44 am by **LingerBoutique**

LINGER
BOUTIQUE

September is Sexual Health Month; you can celebrate by learning about the holistic benefits of sexual toys.

Studies show individuals and couples who integrate sex toys have more satisfying intimate lives. Healthy and satisfying sex lives can reduce stress, support your immune system, and

Linger Boutique
111 Market St. NE
Olympia, WA 98501
View larger map

EVENT DATES

Wednesday from Wednesday, September 13, 2023 through Wednesday, September 27, 2023

EVENT TIME

6:00 PM - 7:30 PM

COST / DONATION

Free

CONTACT

Shauna Stewart at shauna@lingerboutique.com, 360-951-0048

WEBSITE

https://lingerboutique.com/products/mind-body-pleasure-the-holistic-benefits-of-sexual-toys

CATEGORIES

Self Help, Special Interests

WEBSITE

https://lingerboutique.com/products/mind-body-pleasure-the-holistic-benefits-of-sexual-toys

CATEGORIES

Self Help, Special Interests

relieve pain while contributing to a happy relationship.

This Sexual Health Month, join LINGER Boutique for a FREE workshop to learn about:

- The health benefits of incorporating pleasure products into their self-care routine

- Healthy communication tips for embracing toys with partners

- What to look for and how to discern which products are right for you

All genders are welcome.

EVENT DATES

Wednesday from Wednesday, September 13, 2023 through Wednesday, September 27, 2023

EVENT TIME

6:00 PM - 7:30 PM

COST / DONATION

Free

CONTACT

Shauna Stewart at shauna@lingerboutique.com, 360-951-0048

Comments

NO COMMENTS ON THIS ITEM **PLEASE LOG IN TO COMMENT BY CLICKING HERE**

Facebook

profile.php?id=100025625778766 | Posted: Sep 05, 2023

System ID: 606572 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1214763372721177&id=100025625778766

After DOI

*Shared books about sexual health and was seen holding a book "Your S□xual Health Month Book List is here! Swipe for titles and find them in store. Back to school season isn’t just for the kids. This September, take time to educate and empower yourself with some s□ and pleasure education. Books are a great place to start. Learn about anatomy, communications, and psychology, all from the comfort of your pajamas at home. #welikeitslow #sexed #sexualhealthawareness #olympiawa #olympiawashington"

facebook.com/permalink.php?story_fbid=1214763372721177&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
September 5, 2023 ·

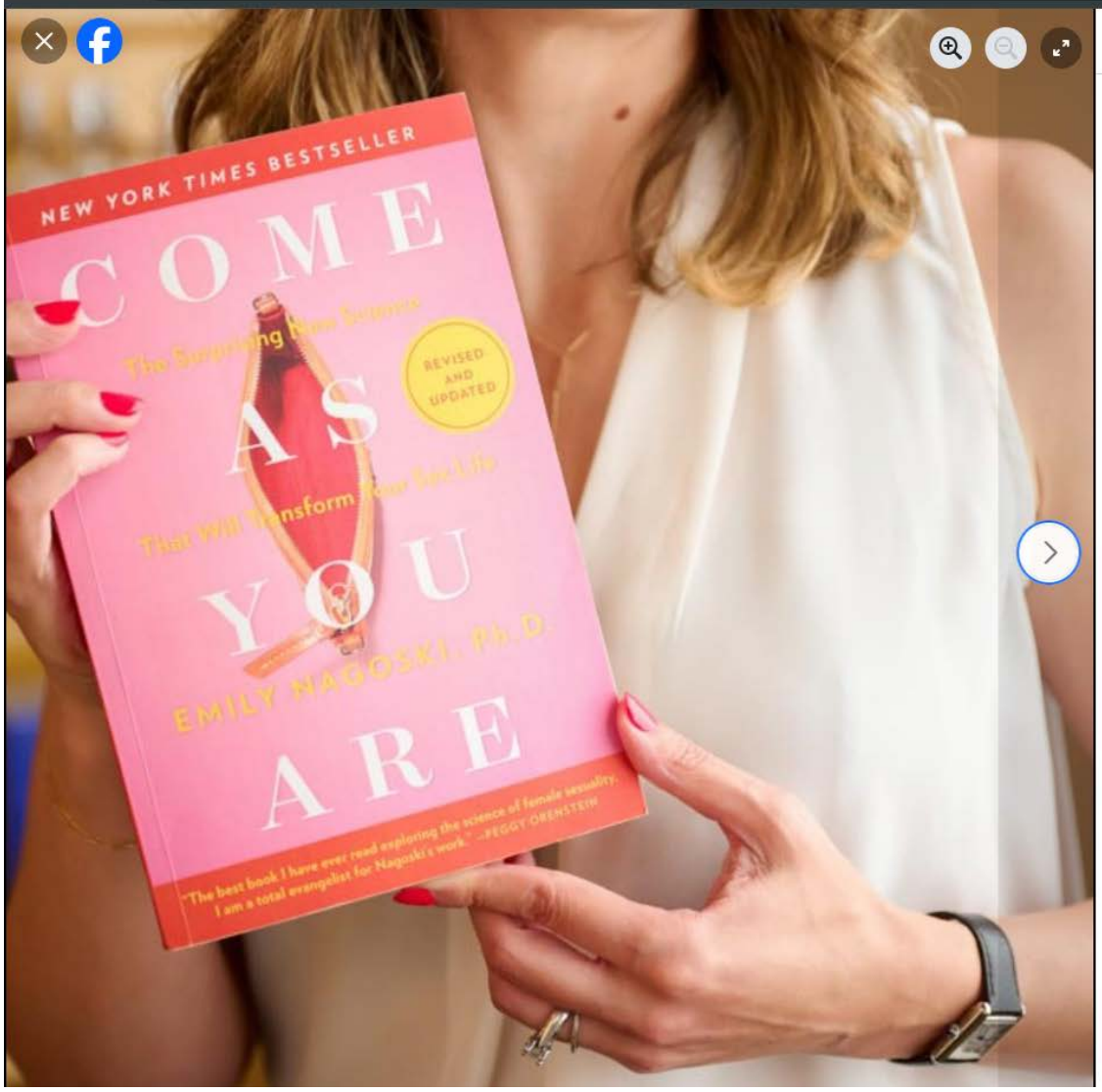
Your S✨xual Health Month Book List is here! Swipe for titles and find them in store.

Back to school season isn't just for the kids. This September, take time to educate and empower yourself with some s✨ and pleasure education. Books are a great place to start.

Learn about anatomy, communications, and psychology, all from the comfort of your pajamas at home.

#welikeitslow #sexed #sexualhealthawareness #olympiawa #olympiawashington

facebook.com/photo?fbid=1214763276054520&set=pcb.1214763372721177



This photo is from a post.

Linger Boutique
September 5, 2023 ·

— in Olympia, WA.

No comments yet
Be the first to comment.

Write a comment...

Other

Apple Podcasts

System ID: 607825

Posted: Sep 06, 2023

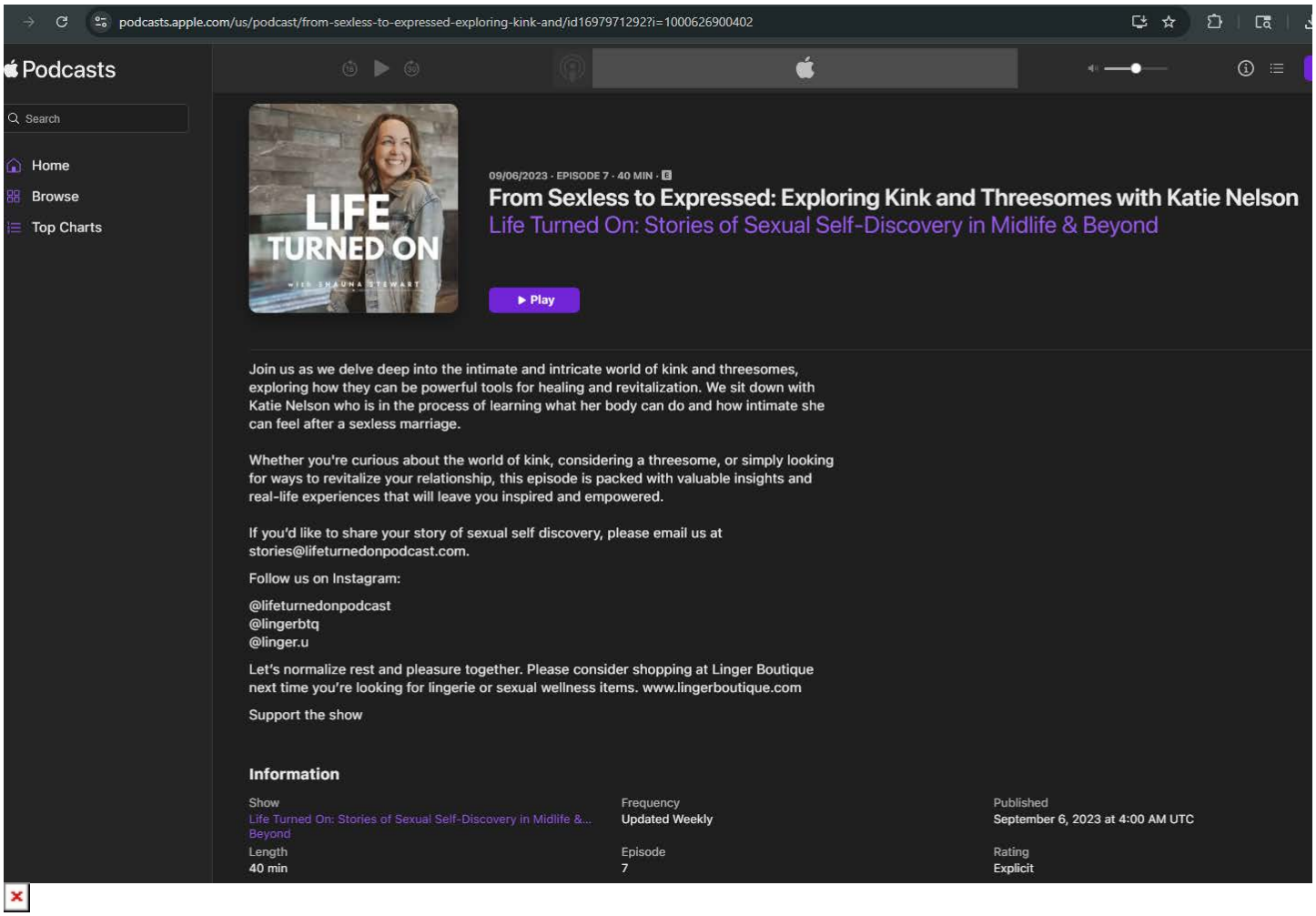
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/from-sexless-to-expressed-exploring-kink-and/id1697971292?i=1000626900402

After DOI

"From Sexless to Expressed: Exploring Kink and Threesomes with Katie Nelson" "Join us as we delve deep into the intimate and intricate world of kink and threesomes, exploring how they can be powerful tools for healing and revitalization. We sit down with Katie Nelson who is in the process of learning what her body can do and how intimate she can feel after a sexless marriage. Whether you're curious about the world of kink, considering a threesome, or simply looking for ways to revitalize your relationship, this episode is packed with valuable insights and real-life experiences that will leave you inspired and empowered. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/from-sexless-to-expressed-exploring-kink-and/id1697971292?i=1000626900402
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LIFE TURNED ON
09/06/2023 · EPISODE 7 · 40 MIN · E
From Sexless to Expressed: Exploring Kink and Threesomes with Katie Nelson
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
Join us as we delve deep into the intimate and intricate world of kink and threesomes, exploring how they can be powerful tools for healing and revitalization. We sit down with Katie Nelson who is in the process of learning what her body can do and how intimate she can feel after a sexless marriage.
Whether you're curious about the world of kink, considering a threesome, or simply looking for ways to revitalize your relationship, this episode is packed with valuable insights and real-life experiences that will leave you inspired and empowered.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast
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@linger.u
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
September 6, 2023 at 4:00 AM UTC
Length
40 min
Episode
7
Rating
Explicit

Facebook

profile.php?id=100025625778766 | Posted: Sep 07, 2023

System ID: 606576 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1215782335952614&id=100025625778766

After DOI

*Talked about ethical non-monogamy on her podcast "In the latest episode of @lifeturnedonpodcast we talk about ENM - but what is it? In the spirit of S□ual Health Awareness Month, we've put together some information and resources on ENM. For many people, these relationship models lead to a stronger state of physical, emotional, mental and social well-being, which contribute to healthier individuals, relationships, and communities. SWIPE to learn more. #welikeitslow #pleasureishealth #olympiawashington #olympiawa #loveoly #downtownolympia #enm #laceywa #tumwaterwa"

facebook.com/permalink.php?story_fbid=1215782335952614&id=100025625778766

Linger Boutique's post

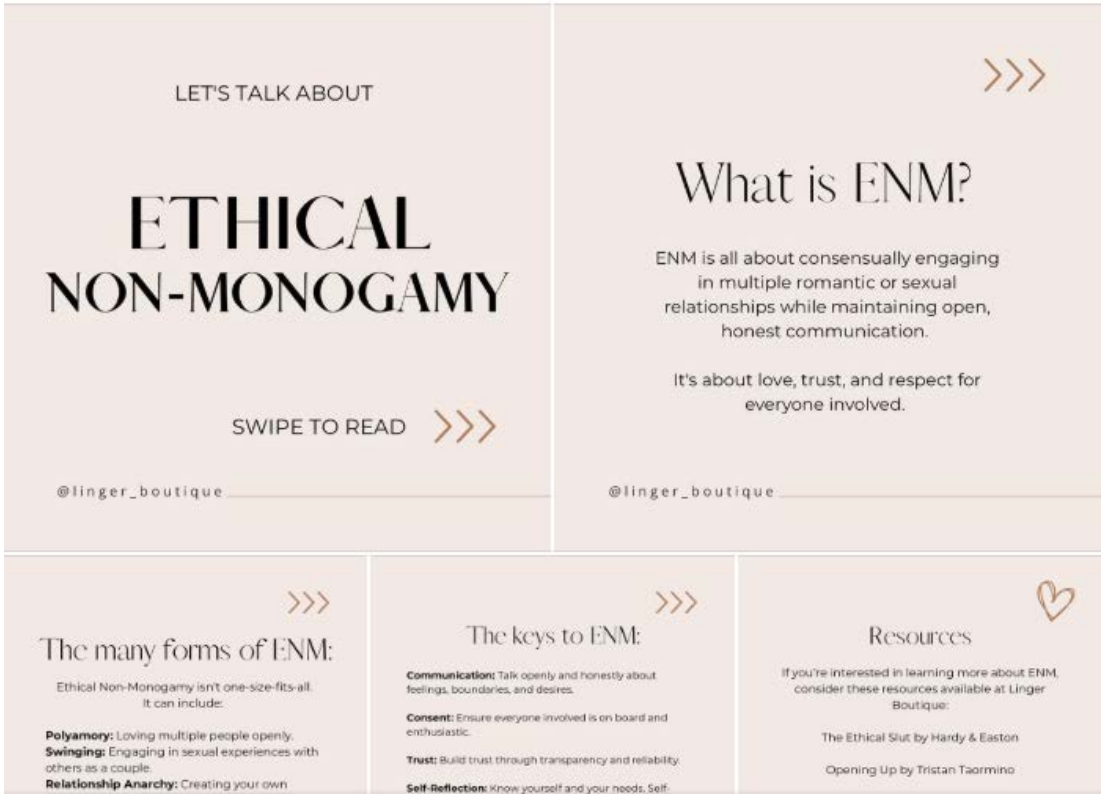
Linger Boutique is in **Olympia, WA**.
September 7, 2023 ·

In the latest episode of @lifeturnedonpodcast we talk about ENM - but what is it?

In the spirit of S✨ual Health Awareness Month, we've put together some information and resources on ENM. For many people, these relationship models lead to a stronger state of physical, emotional, mental and social well-being, which contribute to healthier individuals, relationships, and communities.

SWIPE to learn more.

#welikeitslow #pleasureishealth #olympiawashington #olympiawa #loveoly #downtownolympia #enm #laceywa #tumwaterwa



Instagram

lifeturnedonpodcast

System ID: 608186

Shauna Marie Stewart

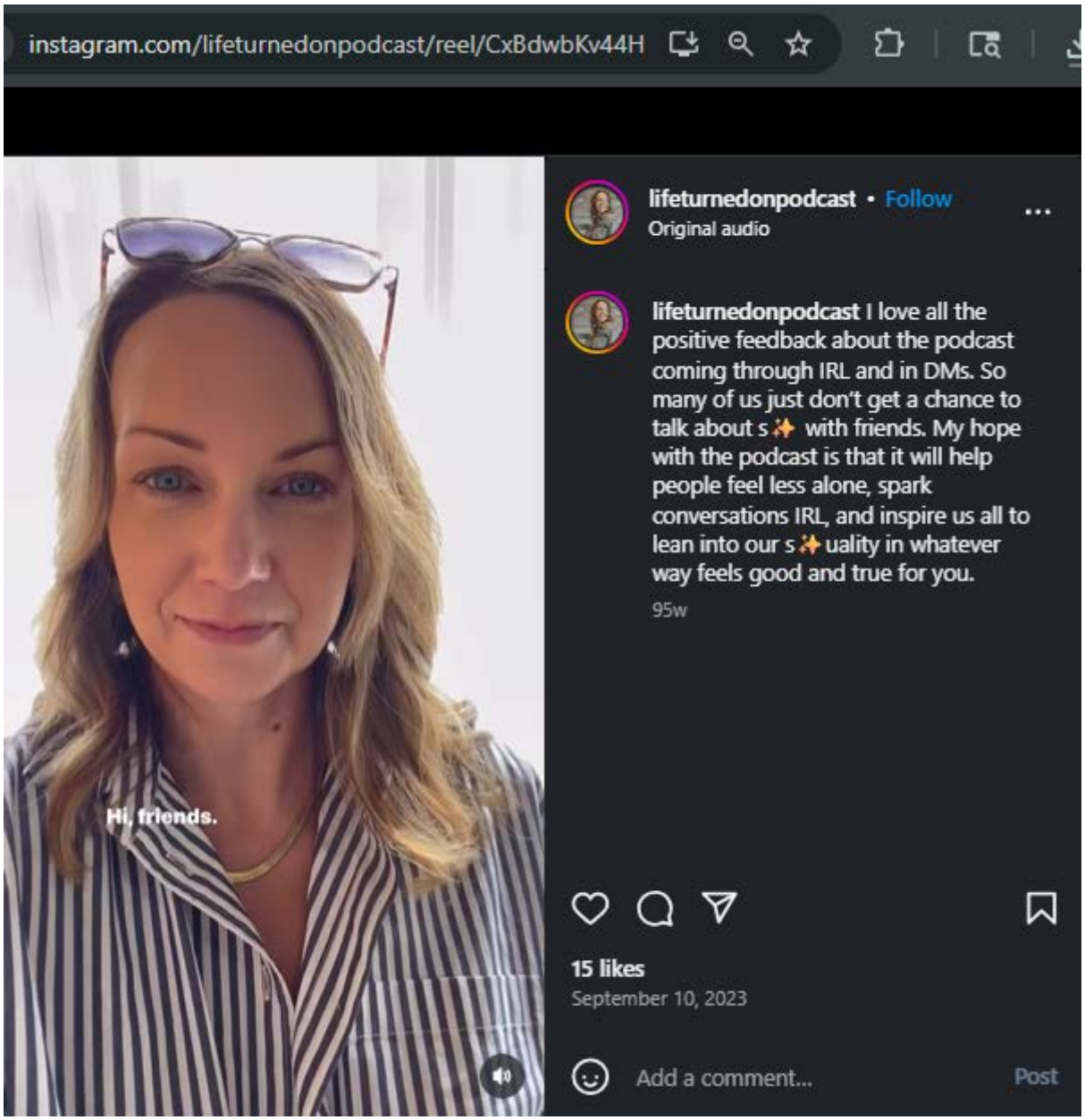
https://www.instagram.com/lifeturnedonpodcast/reel/CxBdwbKv44H

Posted: Sep 10, 2023

Captured: Jul 09, 2025

After DOI

*Seen talking about the feedback she's received on her podcast "I love all the positive feedback about the podcast coming through IRL and in DMs. So many of us just don’t get a chance to talk about s with friends. My hope with the podcast is that it will help people feel less alone, spark conversations IRL, and inspire us all to lean into our s□uality in whatever way feels good and true for you."



Link to download video

Instagram

linger.u

Posted: Sep 11, 2023

System ID: 609816

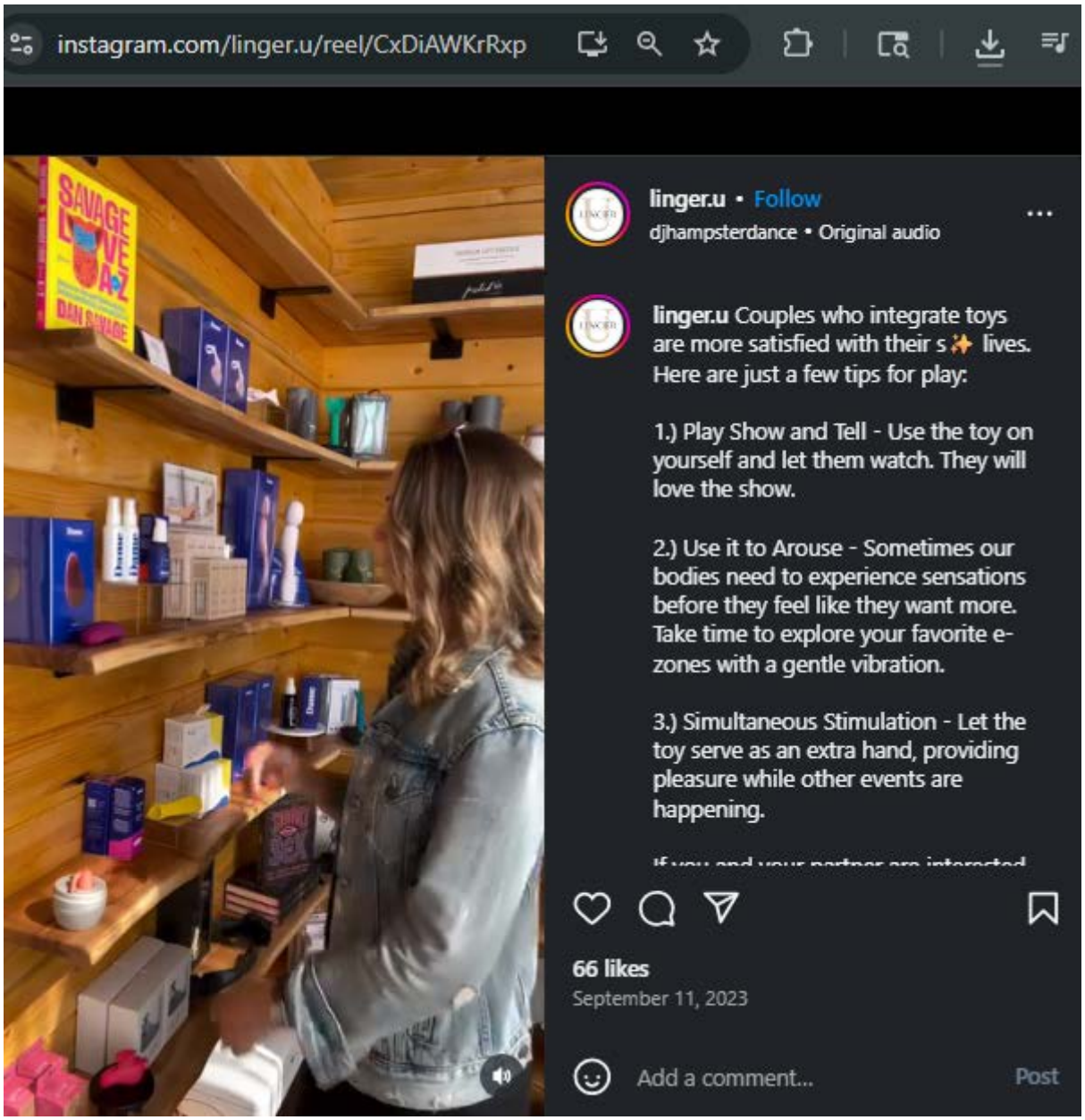
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/CxDiAWKrRxp

After DOI

"Couples who integrate toys are more satisfied with their s□ lives. Here are just a few tips for play: 1.) Play Show and Tell - Use the toy on yourself and let them watch. They will love the show. 2.) Use it to Arouse - Sometimes our bodies need to experience sensations before they feel like they want more. Take time to explore your favorite e-zones with a gentle vibration. 3.) Simultaneous Stimulation - Let the toy serve as an extra hand, providing pleasure while other events are happening. If you and your partner are interested in learning how toys can draw you closer together AND help you have more fun and satisfying s□, we encourage you to join us for our FREE workshop any Wednesday in September. Mind, Body, Pleasure: The Holisitic Benefits of S□ual Toys will not only show you how to live longer and healthier lives, it will also show how to make those years together much more fun and pleasurable! You'll walk away with communication strategies, tips for play, and a reignited sense of excitement for your relationship. Tap link in bio to learn more and rsvp. #welikeitslow #olympiawa #olympiawashington #tumwaterwa #laceywa #loveoly #downtownolympia"



Link to download video

Other

Apple Podcasts

Posted: Sep 13, 2023

System ID: 607815

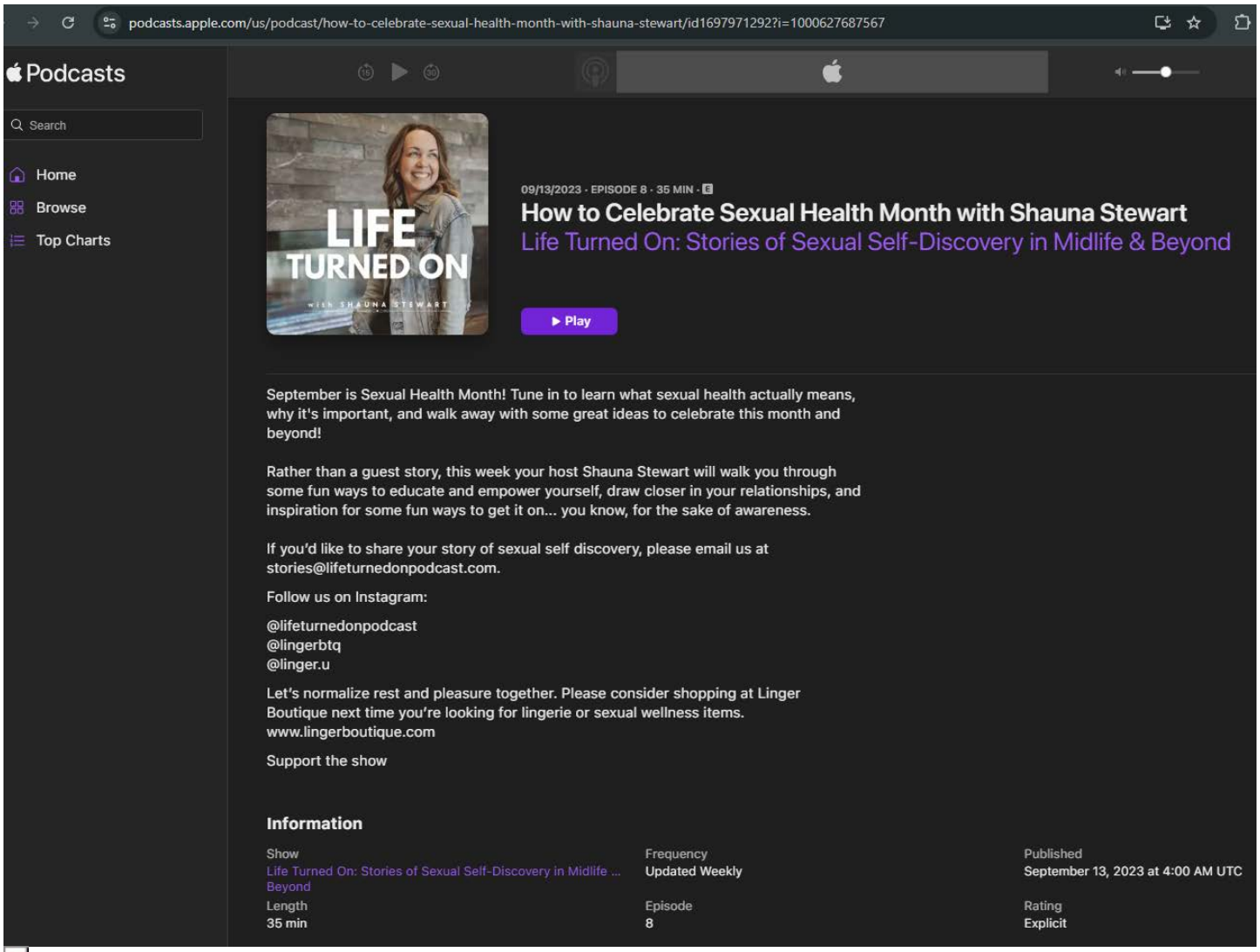
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/how-to-celebrate-sexual-health-month-with-shauna-stewart/id1697971292?i=1000627687567

After DOI

*Solo episode Mentioned that she offered free workshops at Linger Boutique every Wednesday at 6:00 pm, called "Mind, Body, Pleasure: The Holistic Benefits of Sexual Toys" (14:02 - 14:54) "How to Celebrate Sexual Health Month with Shauna Stewart" "September is Sexual Health Month! Tune in to learn what sexual health actually means, why it's important, and walk away with some great ideas to celebrate this month and beyond! Rather than a guest story, this week your host Shauna Stewart will walk you through some fun ways to educate and empower yourself, draw closer in your relationships, and inspiration for some fun ways to get it on... you know, for the sake of awareness. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/how-to-celebrate-sexual-health-month-with-shauna-stewart/id1697971292?i=1000627687567
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LIFE TURNED ON
09/13/2023 · EPISODE 8 · 35 MIN · E
How to Celebrate Sexual Health Month with Shauna Stewart
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
September is Sexual Health Month! Tune in to learn what sexual health actually means, why it's important, and walk away with some great ideas to celebrate this month and beyond!
Rather than a guest story, this week your host Shauna Stewart will walk you through some fun ways to educate and empower yourself, draw closer in your relationships, and inspiration for some fun ways to get it on... you know, for the sake of awareness.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Life Turned On: Stories of Sexual Self-Discovery in Midlife ... Beyond
Frequency
Updated Weekly
Published
September 13, 2023 at 4:00 AM UTC
Length
35 min
Episode
8
Rating
Explicit

Instagram

lifeturnedonpodcast

System ID: 608175

Shauna Marie Stewart

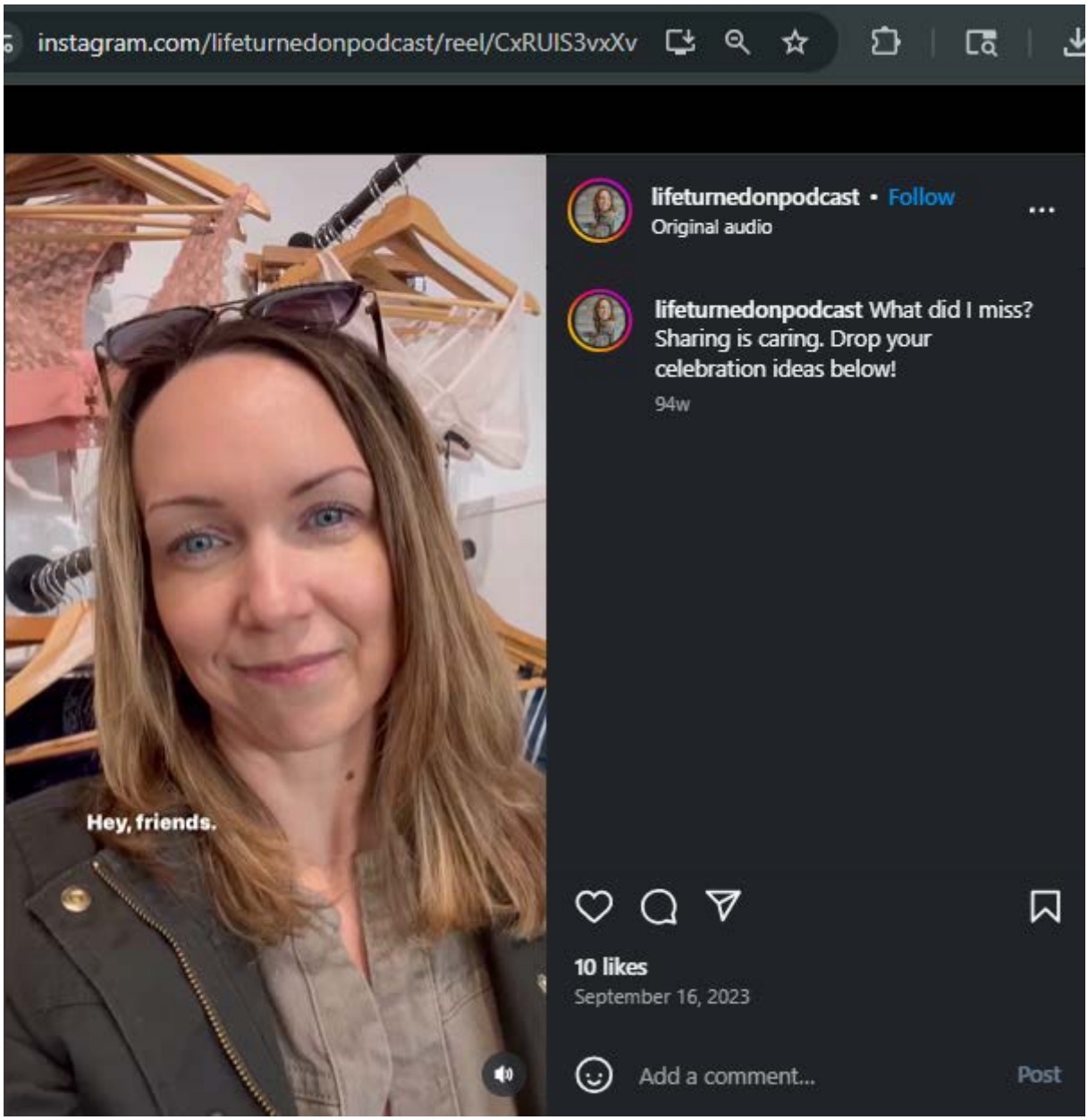
https://www.instagram.com/lifeturnedonpodcast/reel/CxRUlS3vxXv

Posted: Sep 16, 2023

Captured: Jul 09, 2025

After DOI

*Seen talking at her Linger Boutique about her recent podcast episode "What did I miss? Sharing is caring. Drop your celebration ideas below!"



Link to download video

Facebook

profile.php?id=100025625778766 | Posted: Sep 16, 2023

System ID: 606587 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1220805648783616&id=100025625778766

After DOI

Lingerie advertisement and mentioned orgasms "There. We said it. It’s about dang time we all stop telling ourselves that pleasure has to wait until we lose weight, find the right partner, or get younger to do the things that feel good. What a waste of precious time. Your boobs aren’t too saggy for s*xy lingerie. You’re not too old to delight in the way luxurious materials feels against your skin. And exquisitly crafted lace doesn’t exist for the male gaze. As women, we’re told our whole lives to restrict and restrain, to make decisions that serve others well, and to look and speak smaller. BUT…When we make the radical decision to prioritize pleasure, we expand into the yummiest, boldest, and freest version of ourselves. And we want more of that, please! So, eat the chocolate, buy the frivolous lingerie, and have all the toe curling Org□sms you can, because nobody gets a crown at the end for being “practical.” □□ □: Satin Secrets Slip Dress available in store and on our website. *And yes, we know it’s not possible to “get younger”, we also know we don’t have to disappear as we age… but we’ve been taught that we do."

facebook.com/permalink.php?story_fbid=1220805648783616&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
September 16, 2023 ·

There. We said it. It's about dang time we all stop telling ourselves that pleasure has to wait until we lose weight, find the right partner, or get younger* to do the things that feel good. What a waste of precious time.

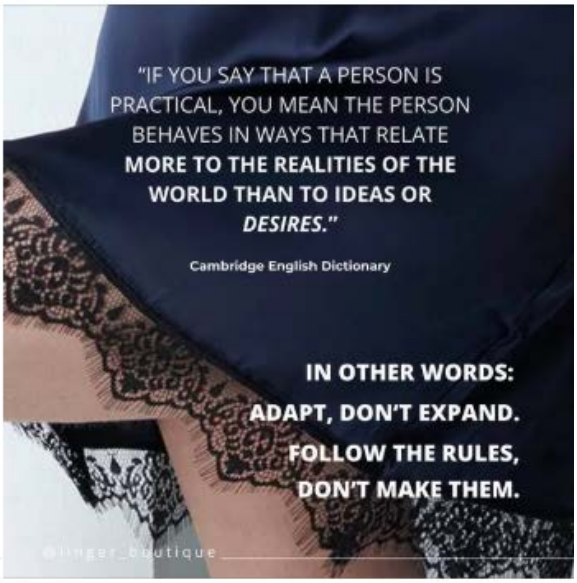
Your boobs aren't too saggy for s*xy lingerie. You're not too old to delight in the way luxurious materials feels against your skin. And exquisitly crafted lace doesn't exist for the male gaze.

As women, we're told our whole lives to restrict and restrain, to make decisions that serve others well, and to look and speak smaller. BUT...When we make the radical decision to prioritize pleasure, we expand into the yummiest, boldest, and freest version of ourselves. And we want more of that, please!

So, eat the chocolate, buy the frivolous lingerie, and have all the toe curling Org✨sms you can, because nobody gets a crown at the end for being "practical." ❌👑

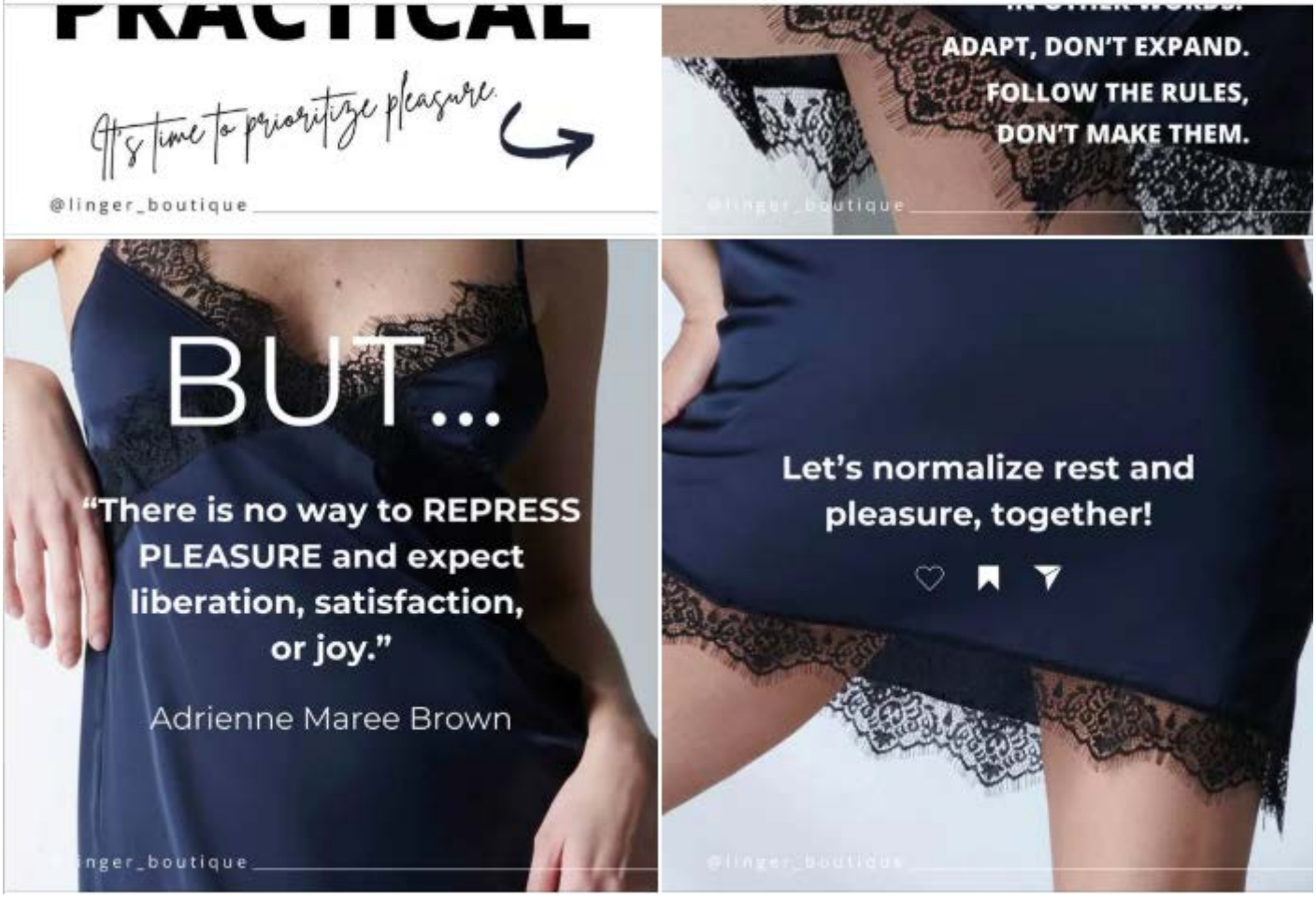
📷: Satin Secrets Slip Dress available in store and on our website.

*And yes, we know it's not possible to "get younger", we also know we don't have to disappear as we age... but we've been taught that we do.



facebook.com/permalink.php?story_fbid=1220805648783616&id=100025625778766

Linger Boutique's post



Facebook

shauna.stewart.64018

System ID: 606159

Shauna Marie Stewart

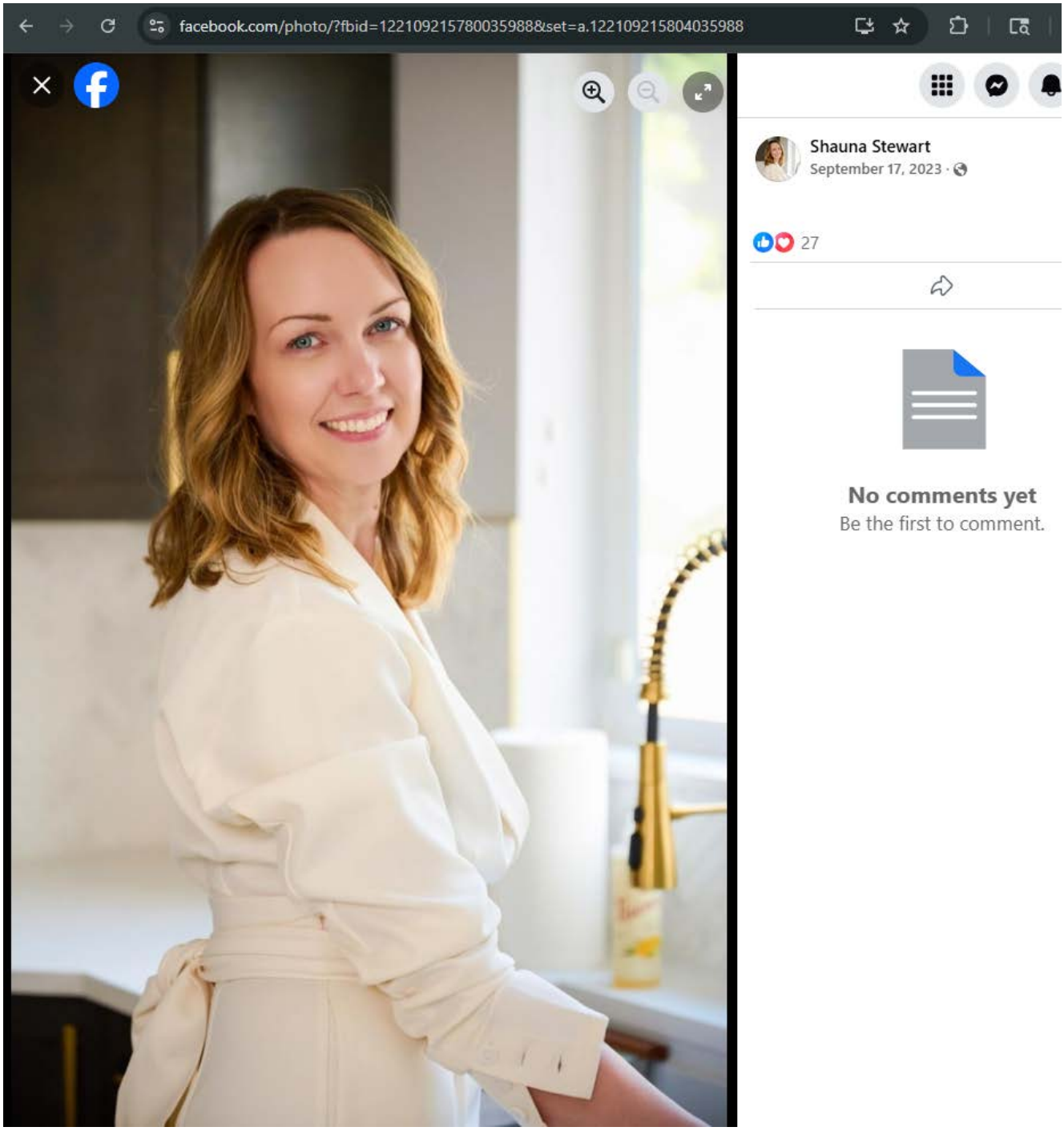
Posted: Sep 17, 2023

Captured: Jul 07, 2025

https://www.facebook.com/photo/?fbid=122109215780035988&set=a.122109215804035988

After DOI

*First activity was an updated profile picture of Subject standing



Facebook

shauna.stewart.64018

System ID: 606161

Shauna Marie Stewart

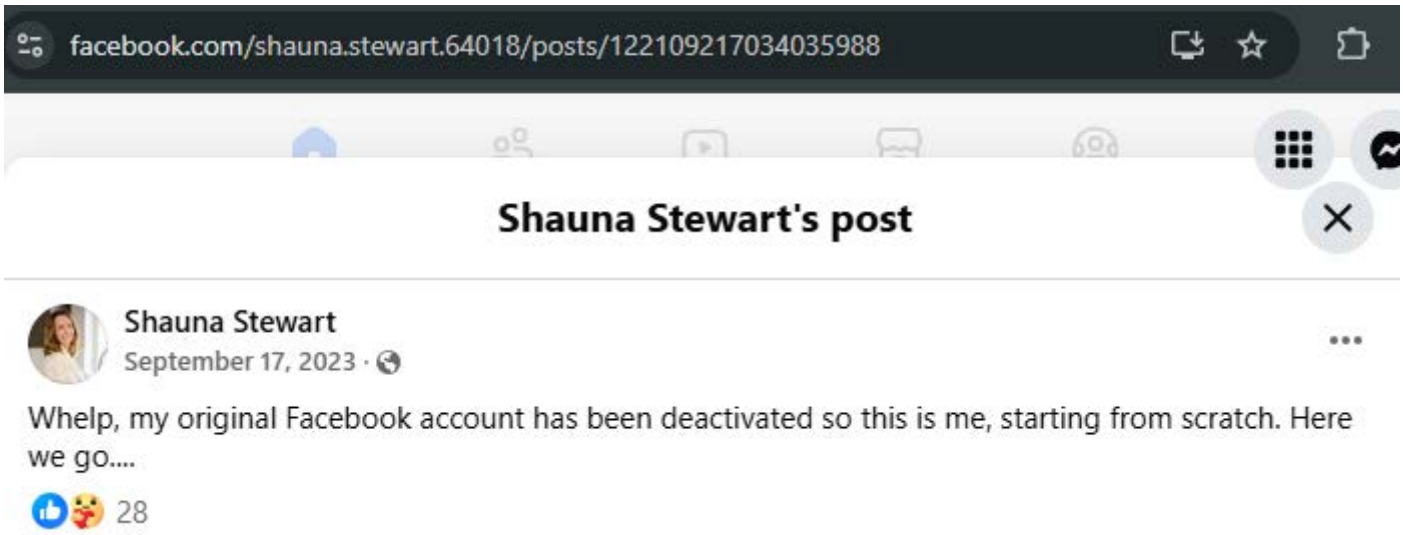
https://www.facebook.com/shauna.stewart.64018/posts/122109217034035988

Posted: Sep 17, 2023

Captured: Jul 07, 2025

After DOI

*Mentioned that her original account was deactivated "Whelp, my original Facebook account has been deactivated so this is me, starting from scratch. Here we go...."


facebook.com/shauna.stewart.64018/posts/122109217034035988
Shauna Stewart's post
Shauna Stewart
September 17, 2023 ·
Whelp, my original Facebook account has been deactivated so this is me, starting from scratch. Here we go....
28

Instagram

linger.u
System ID: 609823
Shauna Marie Stewart
https://www.instagram.com/linger.u/reel/Cxbpjbgv3OT

Posted: Sep 20, 2023
Captured: Jul 10, 2025

After DOI

*Seen eating ice cream while wearing a robe "There are many reasons vanilla is one of the most popular flavors, starting with this: it’s delicious. □ Contrary to the belief that vanilla is boring, this flavor is rich with nuance, depth, and subtle variations. Just think about the difference between slow churned French Vanilla and fresh vanilla bean! And, yet... vanilla gets such a bad rap. People judge it as boring, uninteresting, and basic. Well, we’re here to tell you that THERE IS NO PLACE FOR OTHER PEOPLE’S JUDGEMENT in the ice-cream shop or the bedroom! □□⚖ What matters is what YOU like. So, if you like vanilla, SAVOR THAT VANILLA! Lap up every last morsel. Indulge in its sweet pleasure. There’s no need to feel bad about not craving the most adventurous flavors out there. AND ALSO... If every once in a while, you want to sprinkle in some buttered pecans or strawberry cheesecake - try it! Or, if you want to experiment with a different flavor entirely, you can do that too! Vanilla will always be there for you. And it will always be delicious. □ (Y’all know we’re not talking about actual ice-cream right?) And we’ll be here to help you decide, sans any kind of judgement. Maybe it’s a textured bullet or warming lube, or maybe it’s a relaxing massage oil or spicy set of cuffs... whatever you choose, we got you. □ PS: Devouring all the ice-cream in a plush terry cloth robe, makes it all extra special. □□□□□ This robe is available in store in rose and coastal blue. #welikeitslow #loveoly #olympiawa #olympiawashington #vanilla #relationships #couples #tumwaterwa #laceywa #tillamook"

Link to download video

Other

Apple Podcasts

System ID: 607802

Posted: Sep 20, 2023

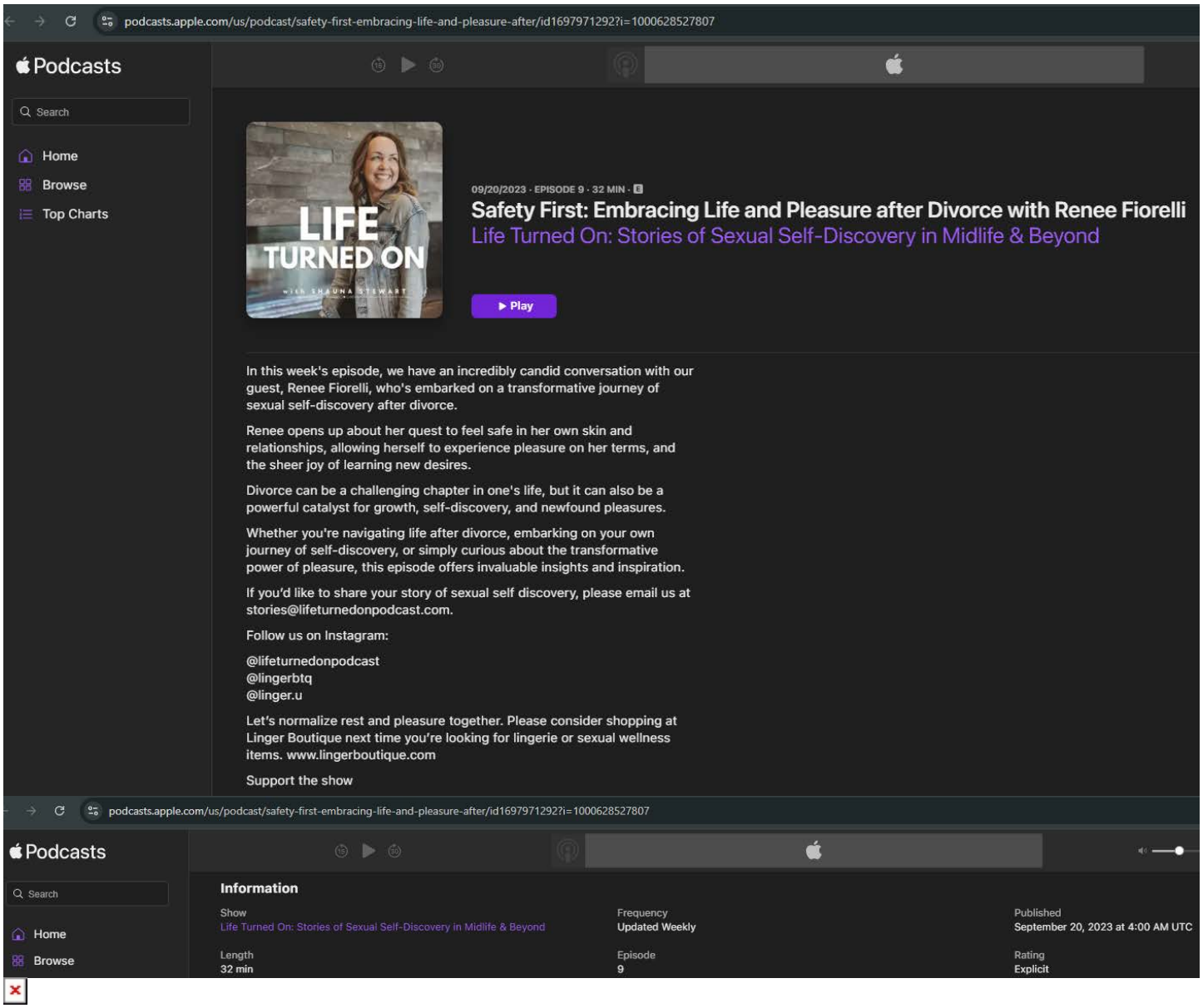
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/safety-first-embracing-life-and-pleasure-after/id1697971292?i=1000628527807

After DOI

"Safety First: Embracing Life and Pleasure after Divorce with Renee Fiorelli" "In this week's episode, we have an incredibly candid conversation with our guest, Renee Fiorelli, who's embarked on a transformative journey of sexual self-discovery after divorce. Renee opens up about her quest to feel safe in her own skin and relationships, allowing herself to experience pleasure on her terms, and the sheer joy of learning new desires. Divorce can be a challenging chapter in one's life, but it can also be a powerful catalyst for growth, self-discovery, and newfound pleasures. Whether you're navigating life after divorce, embarking on your own journey of self-discovery, or simply curious about the transformative power of pleasure, this episode offers invaluable insights and inspiration. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/safety-first-embracing-life-and-pleasure-after/id1697971292?i=1000628527807
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LIFE TURNED ON
WITH SHAUNA STEWART
09/20/2023 · EPISODE 9 · 32 MIN ·
Safety First: Embracing Life and Pleasure after Divorce with Renee Fiorelli
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
In this week's episode, we have an incredibly candid conversation with our guest, Renee Fiorelli, who's embarked on a transformative journey of sexual self-discovery after divorce.
Renee opens up about her quest to feel safe in her own skin and relationships, allowing herself to experience pleasure on her terms, and the sheer joy of learning new desires.
Divorce can be a challenging chapter in one's life, but it can also be a powerful catalyst for growth, self-discovery, and newfound pleasures.
Whether you're navigating life after divorce, embarking on your own journey of self-discovery, or simply curious about the transformative power of pleasure, this episode offers invaluable insights and inspiration.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast
@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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podcasts.apple.com/us/podcast/safety-first-embracing-life-and-pleasure-after/id1697971292?i=1000628527807
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Show
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Frequency
Updated Weekly
Published
September 20, 2023 at 4:00 AM UTC
Length
32 min
Episode
9
Rating
Explicit

Instagram

linger.u

System ID: 609830

Shauna Marie Stewart

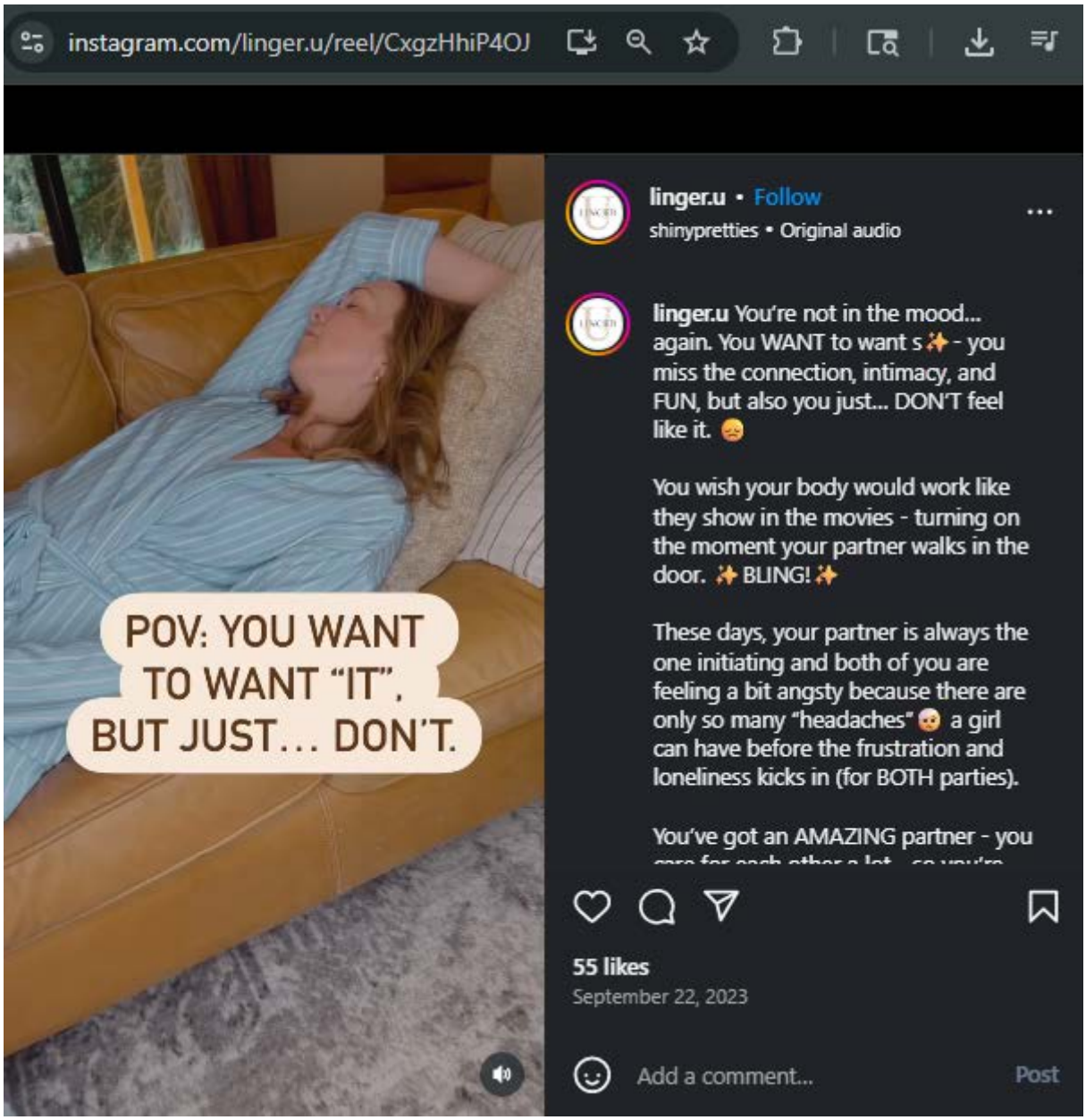
https://www.instagram.com/linger.u/reel/CxgzHhiP4OJ

Posted: Sep 22, 2023

Captured: Jul 10, 2025

After DOI

*Seen lying on a couch while wearing a robe "You’re not in the mood… again. You WANT to want s□- you miss the connection, intimacy, and FUN, but also you just… DON’T feel like it. □ You wish your body would work like they show in the movies - turning on the moment your partner walks in the door. □BLING!□ These days, your partner is always the one initiating and both of you are feeling a bit angsty because there are only so many “headaches”□ a girl can have before the frustration and loneliness kicks in (for BOTH parties). You’ve got an AMAZING partner - you care for each other a lot - so you’re wondering what the problem is… maybe you’re just…broken? First off, no. You’re definitely NOT broken, love. □ Second, you likely have what’s called Responsive Desire. If your mood takes a while to catch up to the moment, you are in good company. 30% of women have Responsive Desire all of the time and many more experience it often! □♀ A few months ago we did an IG poll about this and so many women said that if they could wave their magic wand □ they would wish for Spontaneous Desire (the ability to basically have a s□y thought and be ready to go). But, we’re here to say that Responsive Desire can be oh-so-special and there are so many ways to work - nay, THRIVE - with it and we’re excited to show you how!! □□ We are announcing something special this weekend so stay tuned and keep your eyes out! □ In the meantime, breathe and know that A) You’re not alone, and B) You’re not broken. □□ PS: This nautico striped robe feels like butter and is the PERFECT fall layer. □ #welikeitslow #responsivedesire #coupleproblems #relationships #olympiawa #loveoly #tumwaterwa #laceywa"



[Link to download video]

Instagram

linger.u

System ID: 609843

Shauna Marie Stewart

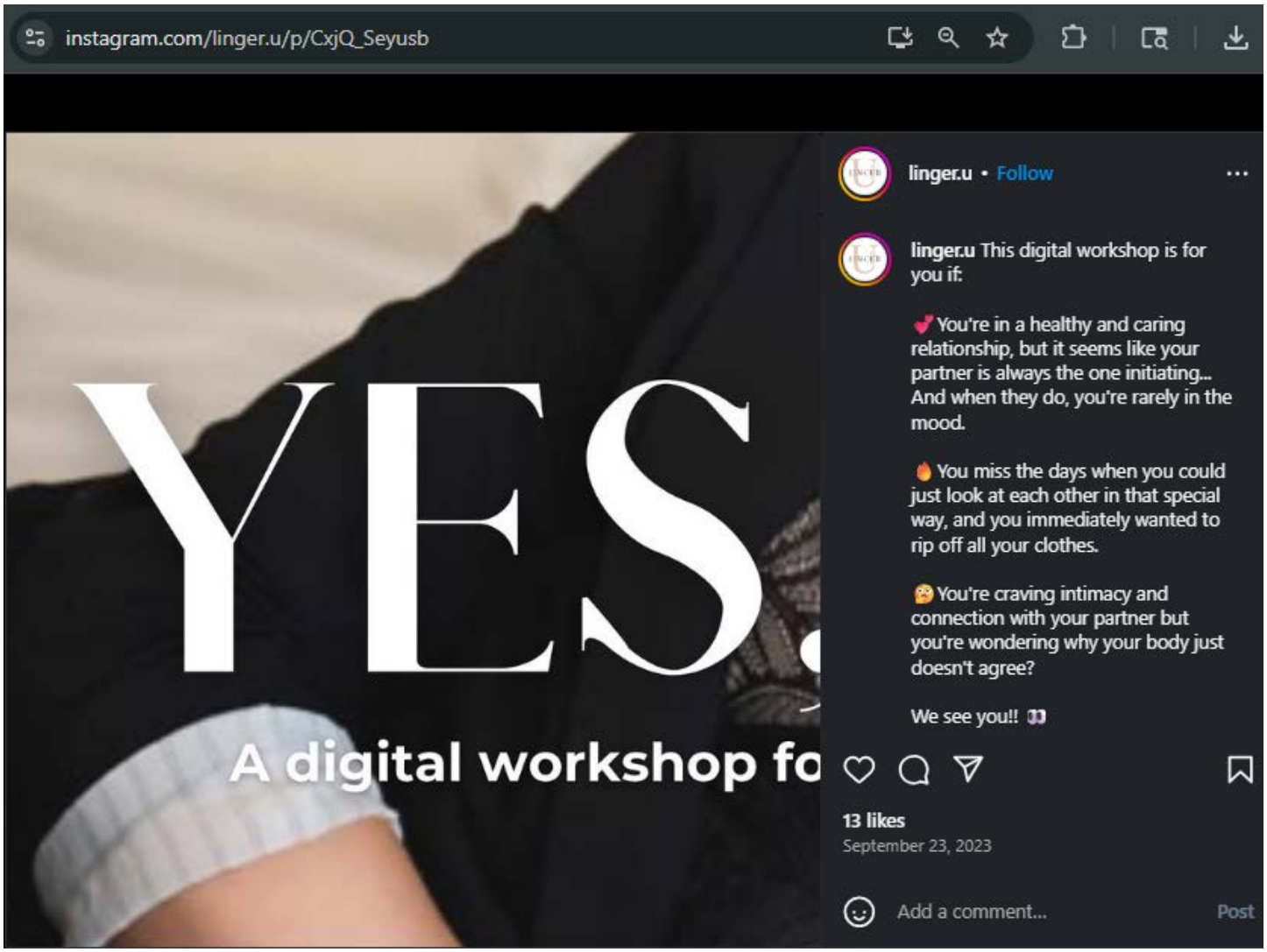
https://www.instagram.com/linger.u/p/CxjQ_Seyusb

Posted: Sep 23, 2023

Captured: Jul 10, 2025

After DOI

*Advertised a digital workshop "This digital workshop is for you if: You're in a healthy and caring relationship, but it seems like your partner is always the one initiating... And when they do, you're rarely in the mood. You miss the days when you could just look at each other in that special way, and you immediately wanted to rip off all your clothes. You're craving intimacy and connection with your partner but you're wondering why your body just doesn't agree? We see you!! For more info and EARLY BIRD pricing see ."


instagram.com/linger.u/p/CxjQ_Seyusb
YES
A digital workshop fo
linger.u • Follow
linger.u This digital workshop is for you if:
💞You're in a healthy and caring relationship, but it seems like your partner is always the one initiating... And when they do, you're rarely in the mood.
🔥You miss the days when you could just look at each other in that special way, and you immediately wanted to rip off all your clothes.
🤔You're craving intimacy and connection with your partner but you're wondering why your body just doesn't agree?
We see you!! 👀
13 likes
September 23, 2023
Add a comment...
Post

Instagram

linger.u

Posted: Sep 26, 2023

System ID: 609856

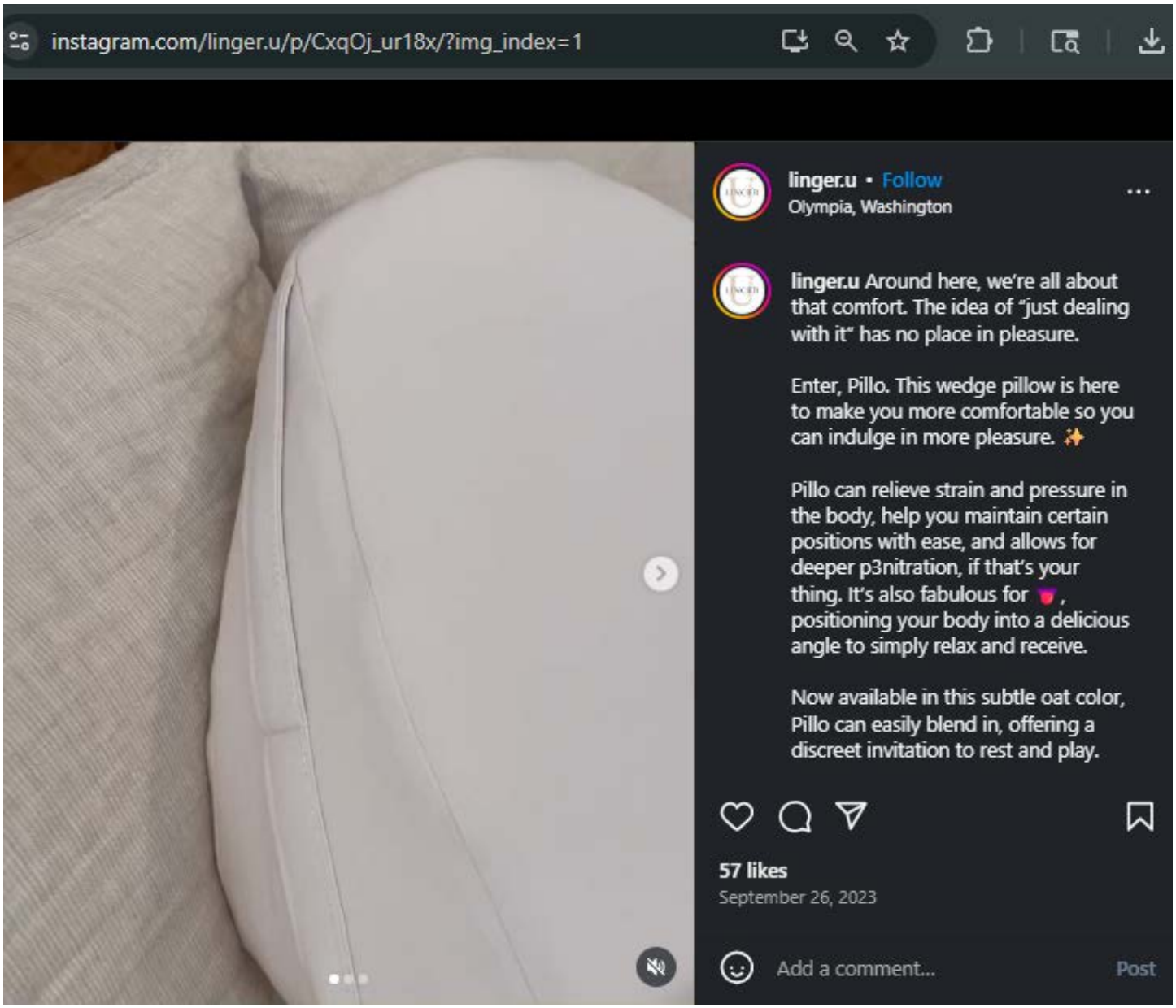
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/CxqOj_ur18x/?img_index=1

After DOI

*Advertised a wedge pillow and described it's benefits when used during sex "Around here, we’re all about that comfort. The idea of “just dealing with it” has no place in pleasure. Enter, Pillo. This wedge pillow is here to make you more comfortable so you can indulge in more pleasure. Pillo can relieve strain and pressure in the body, help you maintain certain positions with ease, and allows for deeper p3nitration, if that’s your thing. It’s also fabulous for , positioning your body into a delicious angle to simply relax and receive. Now available in this subtle oat color, Pillo can easily blend in, offering a discreet invitation to rest and play. You can find Pillo in store so come visit us soon! #welikeitslow #pleasureishealth #loveoly #olympiawa #olymoiawashington #laceywa #tumwaterwa"



Link to download video

Other

Apple Podcasts

System ID: 607735

Posted: Sep 27, 2023

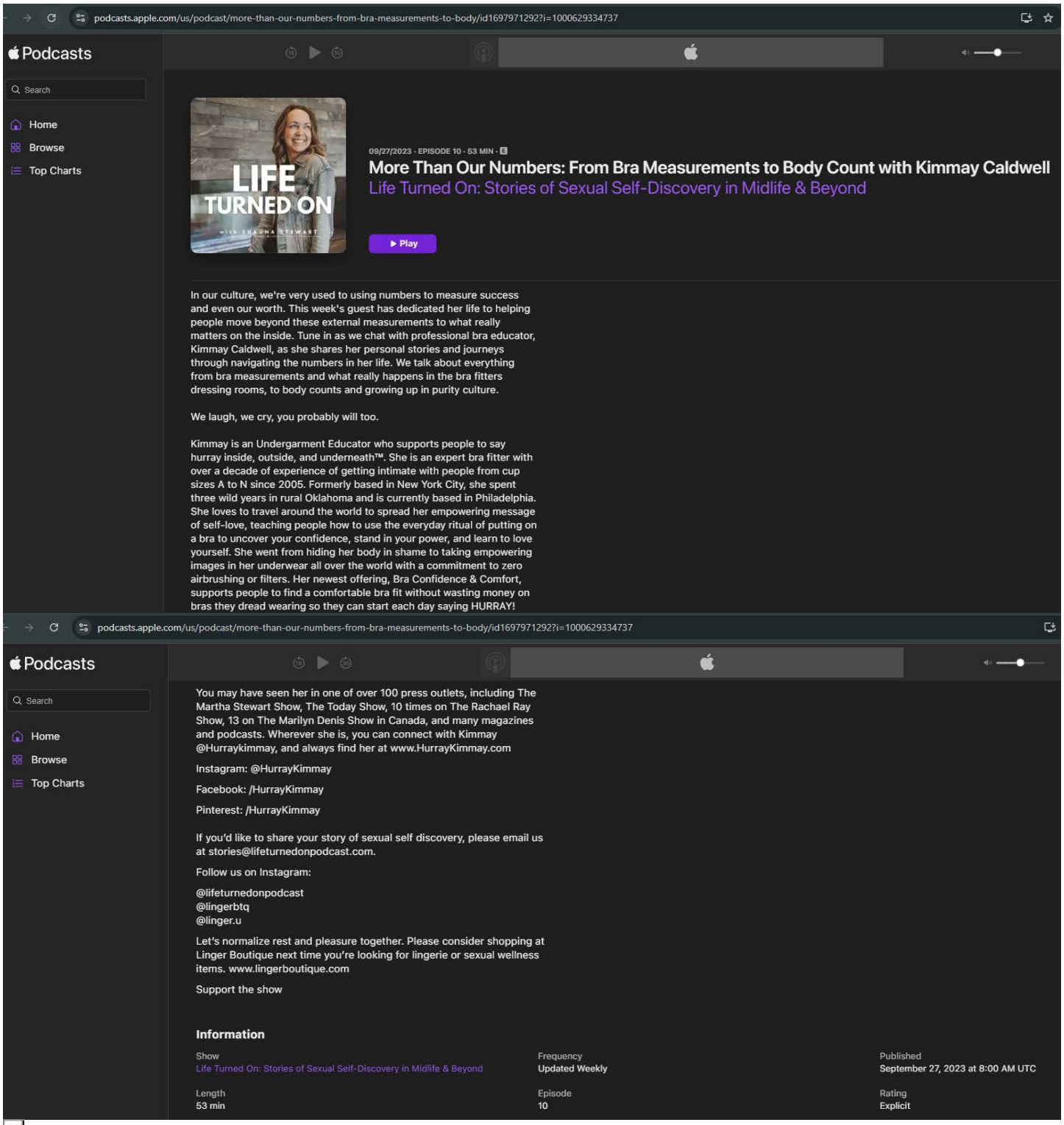
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/more-than-our-numbers-from-bra-measurements-to-body/id1697971292?i=1000629334737

After DOI

"More Than Our Numbers: From Bra Measurements to Body Count with Kimmay Caldwell" "In our culture, we're very used to using numbers to measure success and even our worth. This week's guest has dedicated her life to helping people move beyond these external measurements to what really matters on the inside. Tune in as we chat with professional bra educator, Kimmay Caldwell, as she shares her personal stories and journeys through navigating the numbers in her life. We talk about everything from bra measurements and what really happens in the bra fitters dressing rooms, to body counts and growing up in purity culture. We laugh, we cry, you probably will too. Kimmay is an Undergarment Educator who supports people to say hurray inside, outside, and underneath™. She is an expert bra fitter with over a decade of experience of getting intimate with people from cup sizes A to N since 2005. Formerly based in New York City, she spent three wild years in rural Oklahoma and is currently based in Philadelphia. She loves to travel around the world to spread her empowering message of self-love, teaching people how to use the everyday ritual of putting on a bra to uncover your confidence, stand in your power, and learn to love yourself. She went from hiding her body in shame to taking empowering images in her underwear all over the world with a commitment to zero airbrushing or filters. Her newest offering, Bra Confidence & Comfort, supports people to find a comfortable bra fit without wasting money on bras they dread wearing so they can start each day saying HURRAY! You may have seen her in one of over 100 press outlets, including The Martha Stewart Show, The Today Show, 10 times on The Rachael Ray Show, 13 on The Marilyn Denis Show in Canada, and many magazines and podcasts. Wherever she is, you can connect with Kimmay @Hurraykimmay, and always find her at www.HurrayKimmay.com Instagram: @HurrayKimmay Facebook: /HurrayKimmay Pinterest: /HurrayKimmay If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/more-than-our-numbers-from-bra-measurements-to-body/id1697971292?i=1000629334737
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LIFE TURNED ON
WITH SHAUNA STEWART
09/27/2023 · EPISODE 10 · 53 MIN ·
More Than Our Numbers: From Bra Measurements to Body Count with Kimmay Caldwell
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
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We laugh, we cry, you probably will too.
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podcasts.apple.com/us/podcast/more-than-our-numbers-from-bra-measurements-to-body/id1697971292?i=1000629334737
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You may have seen her in one of over 100 press outlets, including The Martha Stewart Show, The Today Show, 10 times on The Rachael Ray Show, 13 on The Marilyn Denis Show in Canada, and many magazines and podcasts. Wherever she is, you can connect with Kimmay @Hurraykimmay, and always find her at www.HurrayKimmay.com
Instagram: @HurrayKimmay
Facebook: /HurrayKimmay
Pinterest: /HurrayKimmay
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
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Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Frequency
Updated Weekly
Published
September 27, 2023 at 8:00 AM UTC
Length
53 min
Episode
10
Rating
Explicit

Facebook

profile.php?id=100025625778766 | Posted: Sep 28, 2023

System ID: 606630 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1227918551405659&id=100025625778766

After DOI

*Shared the information about a 90-minute digital workshop about Responsive Desire "Responsive Desire is totally normal, and while this isn't how the movies show people getting turned on and getting it on, 30% of women experience this pretty much all of the time and many more experience it some of the time! □♀ YES, PLEASE is all about □thriving□ with Responsive Desire. It's about helping you say YES to more of what you love: deep intimacy, meaningful connections with your partner, and lots of toe-curling pleasure. It's about working with your mind and body, not against them. It's about embracing how you are uniquely wired without feeling guilty, shamed, or broken. Launching October 25th, YES, PLEASE will include: □A 90-minute digital workshop delivered to your inbox so you can watch it from the comfort of your own home and on your own schedule. We're going to help you feel unstuck and totally empowered to embrace your own flavor of s□xuality and desire so you'll want to keep coming back for more. □Downloadable journal prompts to help you integrate and personalize the information into your own life. All things s□ and intimacy are nuanced, these questions will help you process the content and apply that which serves you and your relationship the most. □A downloadable Partner Guide on Responsive Desire to share with your partner. The purpose of the guide is to help guide meaningful conversations around your desire types to deepen mutual understanding and draw closer together. This is what we call intimacy. □A $25 Gift Card to Linger Boutique! We have lots of useful products to help people with Responsive Desire to get in the mood, you can use this gift card to get started! EARLY BIRD pricing is currently available. Get it all for $69 until 10/6, after that the price will increase to $99. We can't wait to help you THRIVE!! #welikeitslow #pleasureishealth #responsivedesire #loveoly #olympiawa #olympiawashington #laceywa #tumwaterwa"

facebook.com/permalink.php?story_fbid=1227918551405659&id=100025625778766

Linger Boutique's post

Linger Boutique
September 28, 2023 ·

Responsive Desire is totally normal, and while this isn't how the movies show people getting turned on and getting it on, 30% of women experience this pretty much all of the time and many more experience it some of the time! 🙋

YES, PLEASE is all about ✨thriving✨ with Responsive Desire. It's about helping you say YES to more of what you love: deep intimacy, meaningful connections with your partner, and lots of toe-curling pleasure. It's about working with your mind and body, not against them. It's about embracing how you are uniquely wired without feeling guilty, shamed, or broken.

Launching October 25th, YES, PLEASE will include:

🤓A 90-minute digital workshop delivered to your inbox so you can watch it from the comfort of your own home and on your own schedule. We're going to help you feel unstuck and totally empowered to embrace your own flavor of s✨xuality and desire so you'll want to keep coming back for more.

🖋Downloadable journal prompts to help you integrate and personalize the information into your own life. All things s✨ and intimacy are nuanced, these questions will help you process the content and apply that which serves you and your relationship the most.

📝A downloadable Partner Guide on Responsive Desire to share with your partner. The purpose of the guide is to help guide meaningful conversations around your desire types to deepen mutual understanding and draw closer together. This is what we call intimacy.

🤑A $25 Gift Card to Linger Boutique! We have lots of useful products to help people with Responsive Desire to get in the mood, you can use this gift card to get started!

EARLY BIRD pricing is currently available. Get it all for $69 until 10/6, after that the price will increase to $99.

We can't wait to help you THRIVE!!

#welikeitslow #pleasureishealth #responsivedesire #loveoly #olympiawa #olympiawashington #laceywa #tumwaterwa

facebook.com/permalink.php?story_fbid=1227918551405659&id=100025625778766

Linger Boutique's post

IT'S YOUR TURN TO

THRIVE

@linger_boutique

intimacy, and pleasure, **but you're rarely in the mood for it,** we hope you'll join us for this very special workshop.

@linger_boutique

>>>

SO MANY PEOPLE experience what's called Responsive Desire.

Responsive Desire happens when physical arousal happens first, and mental desire (wanting) happens second.

@linger_boutique

>>>

People with Responsive Desire can often feel frustrated, concerned, or even broken. **You're NOT.**

The digital workshop, **YES, PLEASE,** will help you work *with* your mind and body, so you can access more of the **delicious pleasure** you deserve - with less stress and more YES!

@linger_boutique

YES, PLEASE >>>

A digital workshop for women who want to want "it", but just... don't.

@linger_boutique

Instagram

lifeturnedonpodcast

System ID: 608169

Shauna Marie Stewart

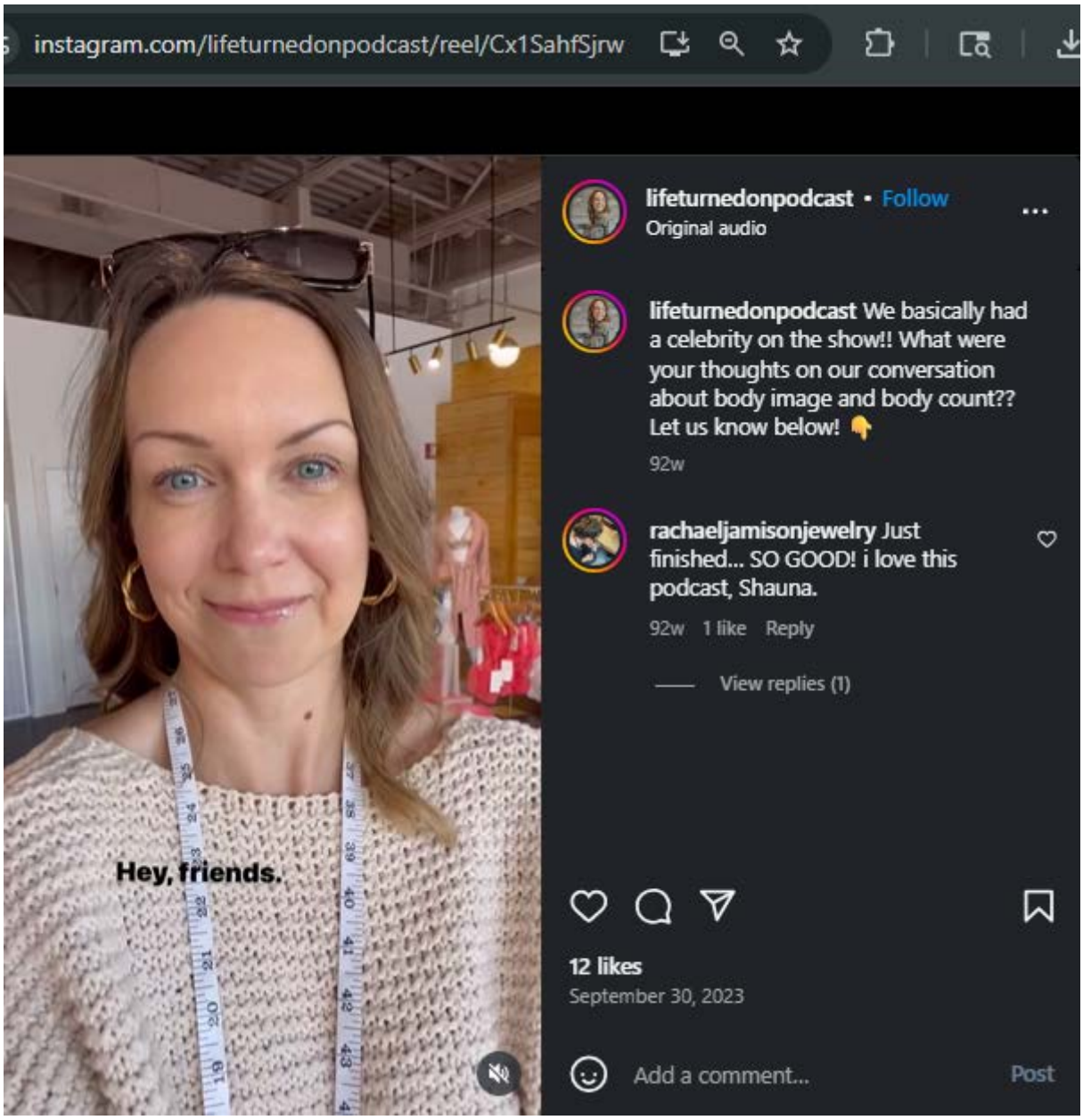
https://www.instagram.com/lifeturnedonpodcast/reel/Cx1SahfSjrw

Posted: Sep 30, 2023

Captured: Jul 09, 2025

After DOI

*Seen talking at her Linger Boutique about her recent podcast episode "We basically had a celebrity on the show!! What were your thoughts on our conversation about body image and body count?? Let us know below! "



[Link to download video]

Other

Apple Podcasts

Posted: Oct 05, 2023

System ID: 607731

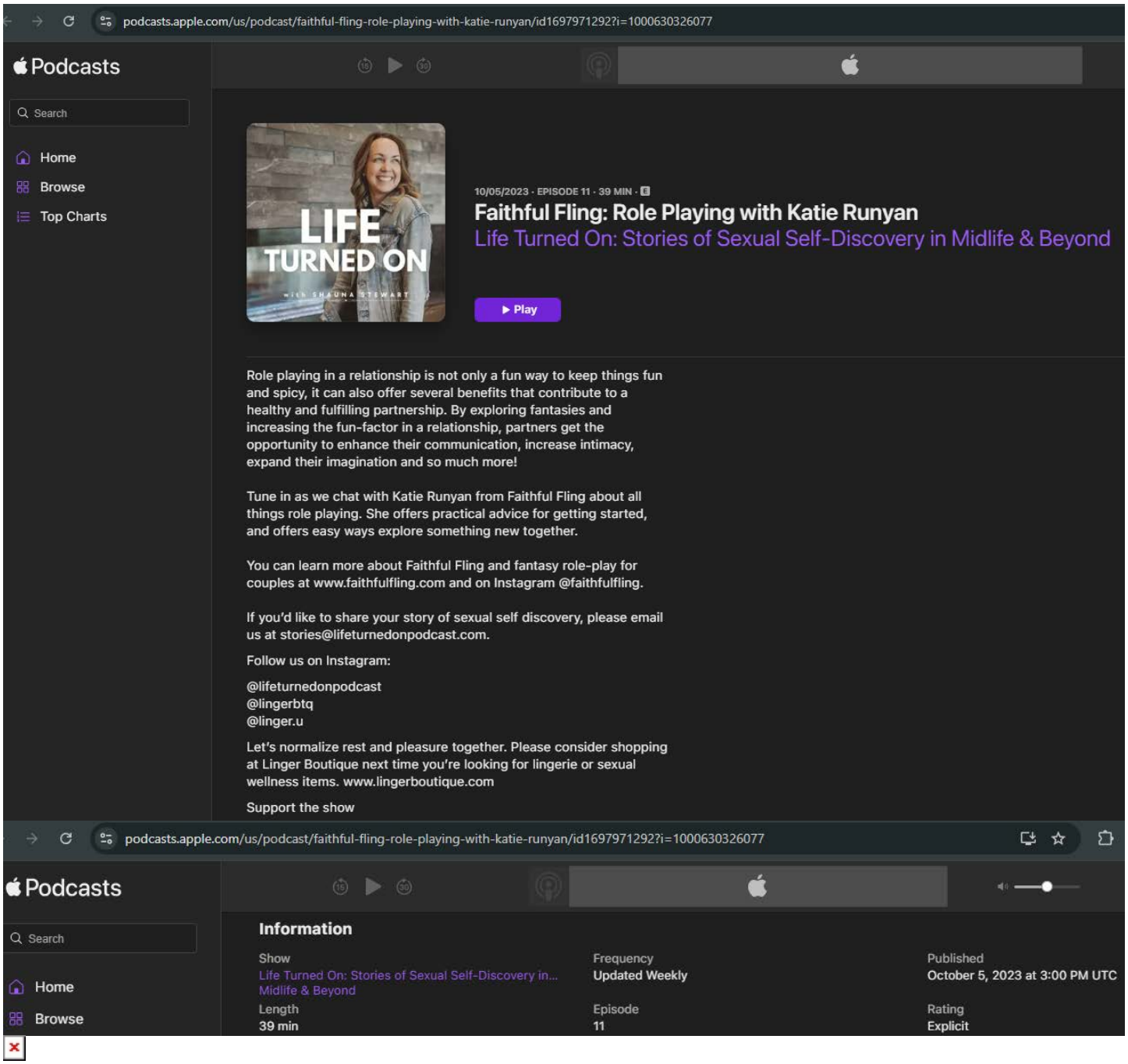
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/faithful-fling-role-playing-with-katie-runyan/id1697971292?i=1000630326077

After DOI

"Faithful Fling: Role Playing with Katie Runyan" "Role playing in a relationship is not only a fun way to keep things fun and spicy, it can also offer several benefits that contribute to a healthy and fulfilling partnership. By exploring fantasies and increasing the fun-factor in a relationship, partners get the opportunity to enhance their communication, increase intimacy, expand their imagination and so much more! Tune in as we chat with Katie Runyan from Faithful Fling about all things role playing. She offers practical advice for getting started, and offers easy ways explore something new together. You can learn more about Faithful Fling and fantasy role-play for couples at www.faithfulfling.com and on Instagram @faithfulfling. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/faithful-fling-role-playing-with-katie-runyan/id1697971292?i=1000630326077
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LIFE TURNED ON
10/05/2023 · EPISODE 11 · 39 MIN · E
Faithful Fling: Role Playing with Katie Runyan
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Role playing in a relationship is not only a fun way to keep things fun and spicy, it can also offer several benefits that contribute to a healthy and fulfilling partnership. By exploring fantasies and increasing the fun-factor in a relationship, partners get the opportunity to enhance their communication, increase intimacy, expand their imagination and so much more!
Tune in as we chat with Katie Runyan from Faithful Fling about all things role playing. She offers practical advice for getting started, and offers easy ways explore something new together.
You can learn more about Faithful Fling and fantasy role-play for couples at www.faithfulfling.com and on Instagram @faithfulfling.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast
@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in... Midlife & Beyond
Frequency
Updated Weekly
Published
October 5, 2023 at 3:00 PM UTC
Length
39 min
Episode
11
Rating
Explicit

Instagram

lifeturnedonpodcast

System ID: 608155

Shauna Marie Stewart

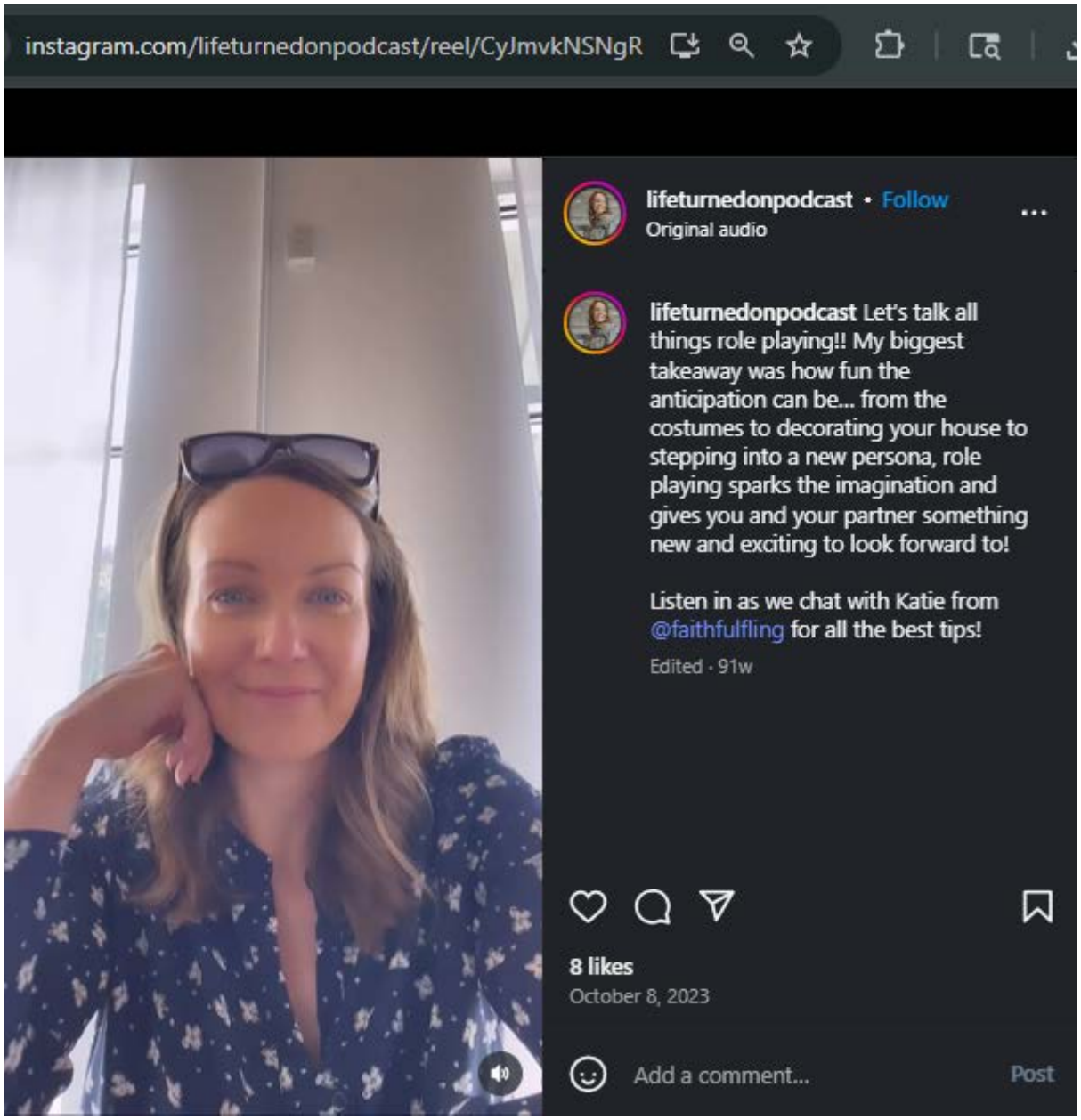
https://www.instagram.com/lifeturnedonpodcast/reel/CyJmvkNSNgR

Posted: Oct 08, 2023

Captured: Jul 09, 2025

After DOI

*Seen sitting and talked about role playing. Mentioned that she is not very good at pretending "Let’s talk all things role playing!! My biggest takeaway was how fun the anticipation can be… from the costumes to decorating your house to stepping into a new persona, role playing sparks the imagination and gives you and your partner something new and exciting to look forward to! Listen in as we chat with Katie from @faithfulfling for all the best tips!"



[Link to download video]

Other

Apple Podcasts | Posted: Oct 11, 2023

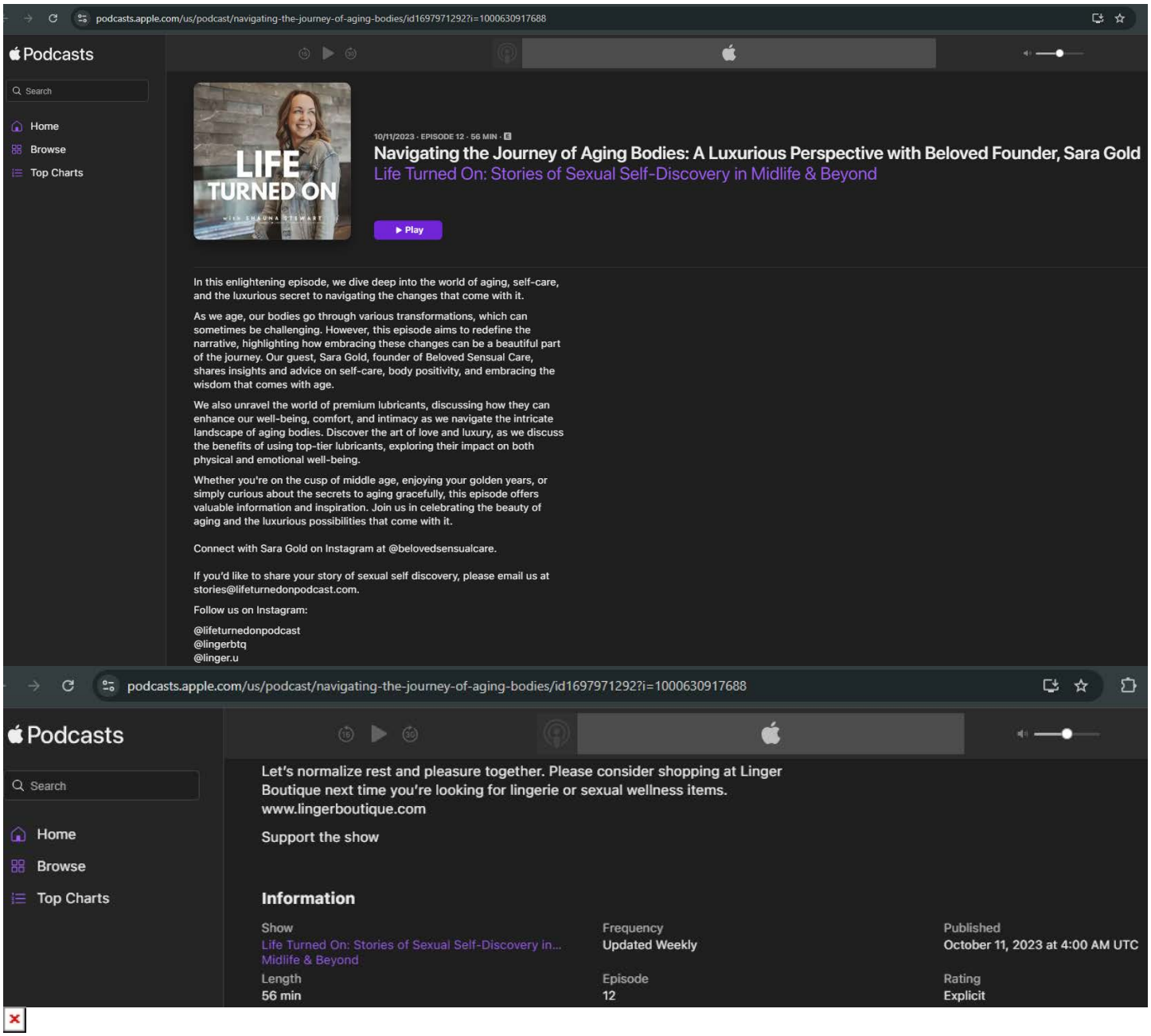
System ID: 607698 | Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/navigating-the-journey-of-aging-bodies/id1697971292?i=1000630917688

After DOI

*Mentioned doctor appointments (13:13 - 13:44) and that a few years prior she was sick and had to have her clothes changed multiple times a night (29:14 - 29:26) "Navigating the Journey of Aging Bodies: A Luxurious Perspective with Beloved Founder, Sara Gold" "In this enlightening episode, we dive deep into the world of aging, self-care, and the luxurious secret to navigating the changes that come with it. As we age, our bodies go through various transformations, which can sometimes be challenging. However, this episode aims to redefine the narrative, highlighting how embracing these changes can be a beautiful part of the journey. Our guest, Sara Gold, founder of Beloved Sensual Care, shares insights and advice on self-care, body positivity, and embracing the wisdom that comes with age. We also unravel the world of premium lubricants, discussing how they can enhance our well-being, comfort, and intimacy as we navigate the intricate landscape of aging bodies. Discover the art of love and luxury, as we discuss the benefits of using top-tier lubricants, exploring their impact on both physical and emotional well-being. Whether you're on the cusp of middle age, enjoying your golden years, or simply curious about the secrets to aging gracefully, this episode offers valuable information and inspiration. Join us in celebrating the beauty of aging and the luxurious possibilities that come with it. Connect with Sara Gold on Instagram at @belovedsensualcare. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/navigating-the-journey-of-aging-bodies/id1697971292?i=1000630917688
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LIFE TURNED ON
10/11/2023 · EPISODE 12 · 56 MIN · E
Navigating the Journey of Aging Bodies: A Luxurious Perspective with Beloved Founder, Sara Gold
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
In this enlightening episode, we dive deep into the world of aging, self-care, and the luxurious secret to navigating the changes that come with it.
As we age, our bodies go through various transformations, which can sometimes be challenging. However, this episode aims to redefine the narrative, highlighting how embracing these changes can be a beautiful part of the journey. Our guest, Sara Gold, founder of Beloved Sensual Care, shares insights and advice on self-care, body positivity, and embracing the wisdom that comes with age.
We also unravel the world of premium lubricants, discussing how they can enhance our well-being, comfort, and intimacy as we navigate the intricate landscape of aging bodies. Discover the art of love and luxury, as we discuss the benefits of using top-tier lubricants, exploring their impact on both physical and emotional well-being.
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Connect with Sara Gold on Instagram at @belovedsensualcare.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Life Turned On: Stories of Sexual Self-Discovery in... Midlife & Beyond
Frequency
Updated Weekly
Published
October 11, 2023 at 4:00 AM UTC
Length
56 min
Episode
12
Rating
Explicit

Instagram

lifeturnedonpodcast

System ID: 608134

Shauna Marie Stewart

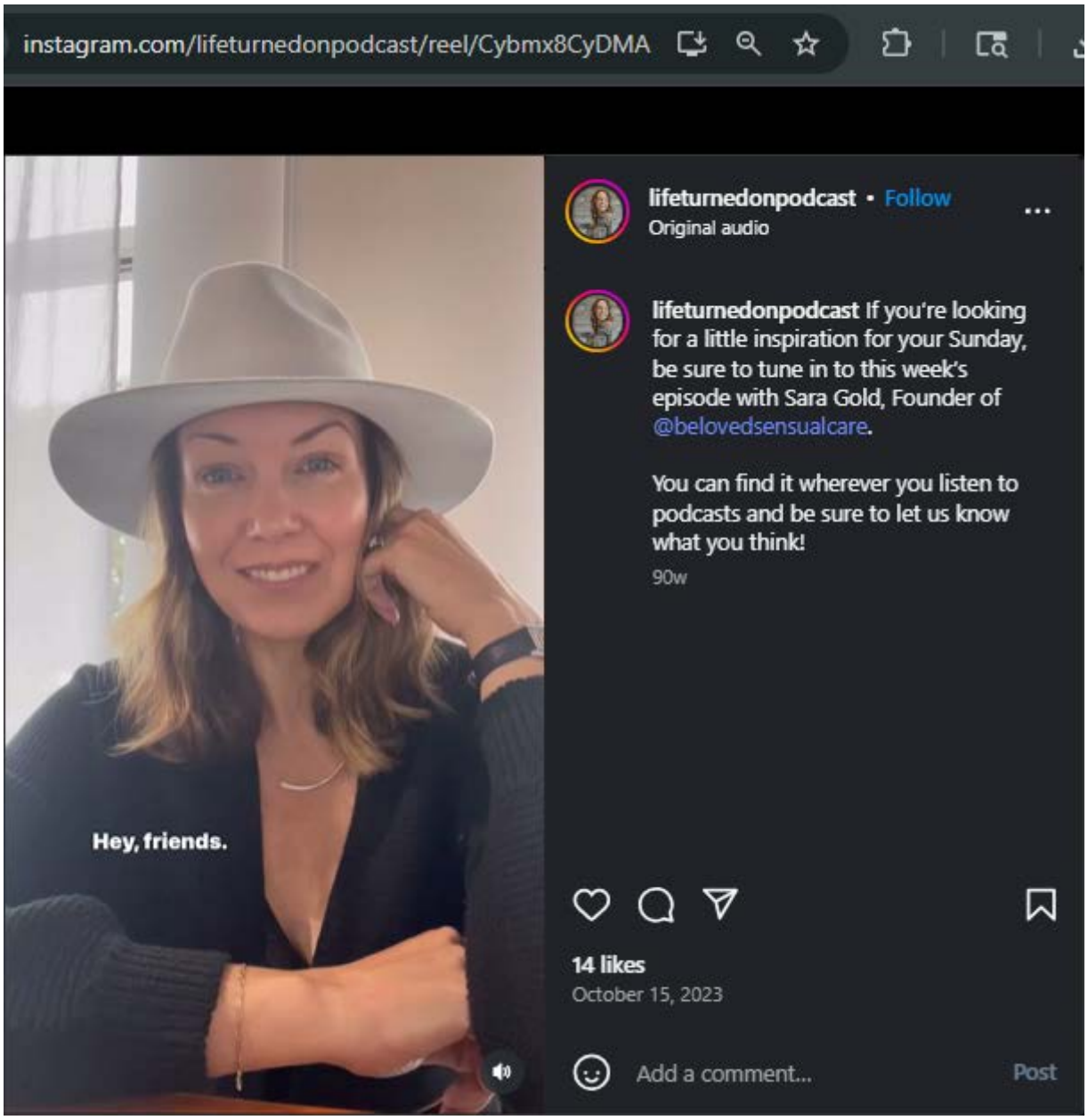
https://www.instagram.com/lifeturnedonpodcast/reel/Cybmx8CyDMA

Posted: Oct 15, 2023

Captured: Jul 09, 2025

After DOI

*Seen sitting while she encouraged people to listen to her podcast "If you’re looking for a little inspiration for your Sunday, be sure to tune in to this week’s episode with Sara Gold, Founder of @belovedsensualcare. You can find it wherever you listen to podcasts and be sure to let us know what you think!"



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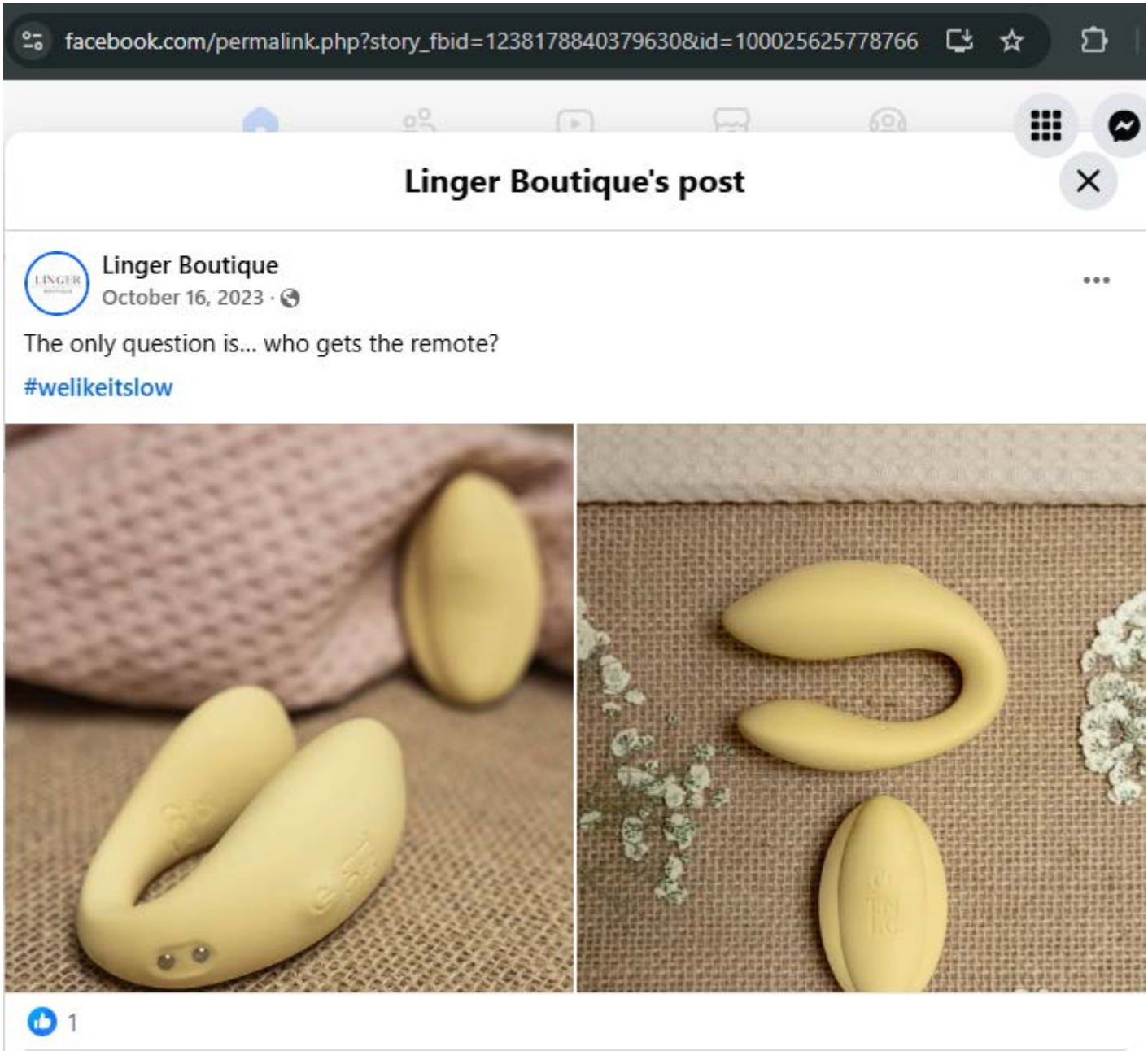
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1238178840379630&id=100025625778766

Posted: Oct 16, 2023
Captured: Jul 07, 2025

After DOI
*Pictures of a sex-toy/Vibrator "The only question is... who gets the remote? #welikeitslow"



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Shauna Marie Stewart
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Posted: Oct 17, 2023
Captured: Jul 07, 2025

After DOI

*Reflected on the two year anniversary of Linger Boutique. She mentioned that she had a dark three weeks of depression after the website launched. She said that she had been consumed with heaviness and shame "Two years ago, Linger Boutique was launched into the world as an online store with the audacious dream for more. Our OGs will remember a virtual launch party and perhaps my excited nervousness as Linger was digitally brought to life. An anniversary post could talk about a lot of things: gratitude, accomplishments, stories of how far we've come and where we can go from here. I kinda want this post to be all those things, but mostly I want it to be about the rhythm of EXPANSION and REST, because this phenomenon doesn't gets talked about enough. After the emotional high of launching Linger's website and our first pop-up event (gosh, that was so fun!!), I went into a very dark three-week depression. Heavyness and shame consumed me like 17 weighted blankets. *I'd always been the Good Girl… what had I done?* Over the past two years I've noticed this pattern: every bold move of expansion and risk is always followed by what I now see as a Victory Hangover - feelings of shame, unease and even despair. Turns out, I'm not alone. Our nervous systems are designed to keep us safe and they only register change as change. In other words, my nervous system doesn't know I'm trying to make a dream come true, it only sees audacity as a lion . Every time I expand, a new set point is created, but after each expansion, I need to honor my body's need for recovery with rest. The big feelings that come with the accomplishment/crash/hangover are an invitation for integration and growth. As I continue shedding the Good Girl identity to become a truer version of myself and grow in my role as entrepreneur, the invitations to expand are abundant. Pushing boundaries, stepping out of comfort zones, and challenging old ideas are important… and so are naps and compassion and a good cry. The rhythm of Expansion and Rest goes so much deeper than the myth of work/life balance because it's about our inside life, not the outside. Recognizing this rhythm has been super helpful in planning my business and life. I know that I can continue to make big moves, AND I need to plan for and honor the Great Rest. Maybe you do, too? Let me know below. : @ellestudiosllc #welikeitslow"

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Linger Boutique's post

Linger Boutique
October 17, 2023 ·

Two years ago, Linger Boutique was launched into the world as an online store with the audacious dream for more. Our OGs will remember a virtual launch party and perhaps my excited nervousness as Linger was digitally brought to life.

An anniversary post could talk about a lot of things: gratitude, accomplishments, stories of how far we've come and where we can go from here. I kinda want this post to be all those things, but mostly I want it to be about the rhythm of ✨EXPANSION and REST✨, because this phenomenon doesn't gets talked about enough.

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Every time I expand, a new set point is created, but after each expansion, I need to honor my body's need for recovery with rest. The big feelings that come with the accomplishment/crash/hangover are an invitation for integration and growth.

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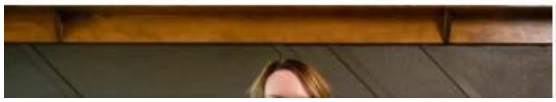
The rhythm of Expansion and Rest goes so much deeper than the myth of work/life balance because it's about our inside life, not the outside. Recognizing this rhythm has been super helpful in planning my business and life. I know that I can continue to make big moves, AND I need to plan for and honor the Great Rest.

Maybe you do, too? Let me know below. 👇

📷: @ellestudiosllc

#welikeitslow



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Linger Boutique's post

44 8 comments

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All comments

Sarah Wilemon Reynierse
I love this so much
1y Like Reply

Audrey Wilson
I miss you and I love all this. Proud of you and here for the journey.
1y Like Reply

Shauna Stewart
Audrey Wilson Miss you, my friend!
1y Like Reply

Rachael Harris
Wait!!! Was it two years ago...TODAY?!?!

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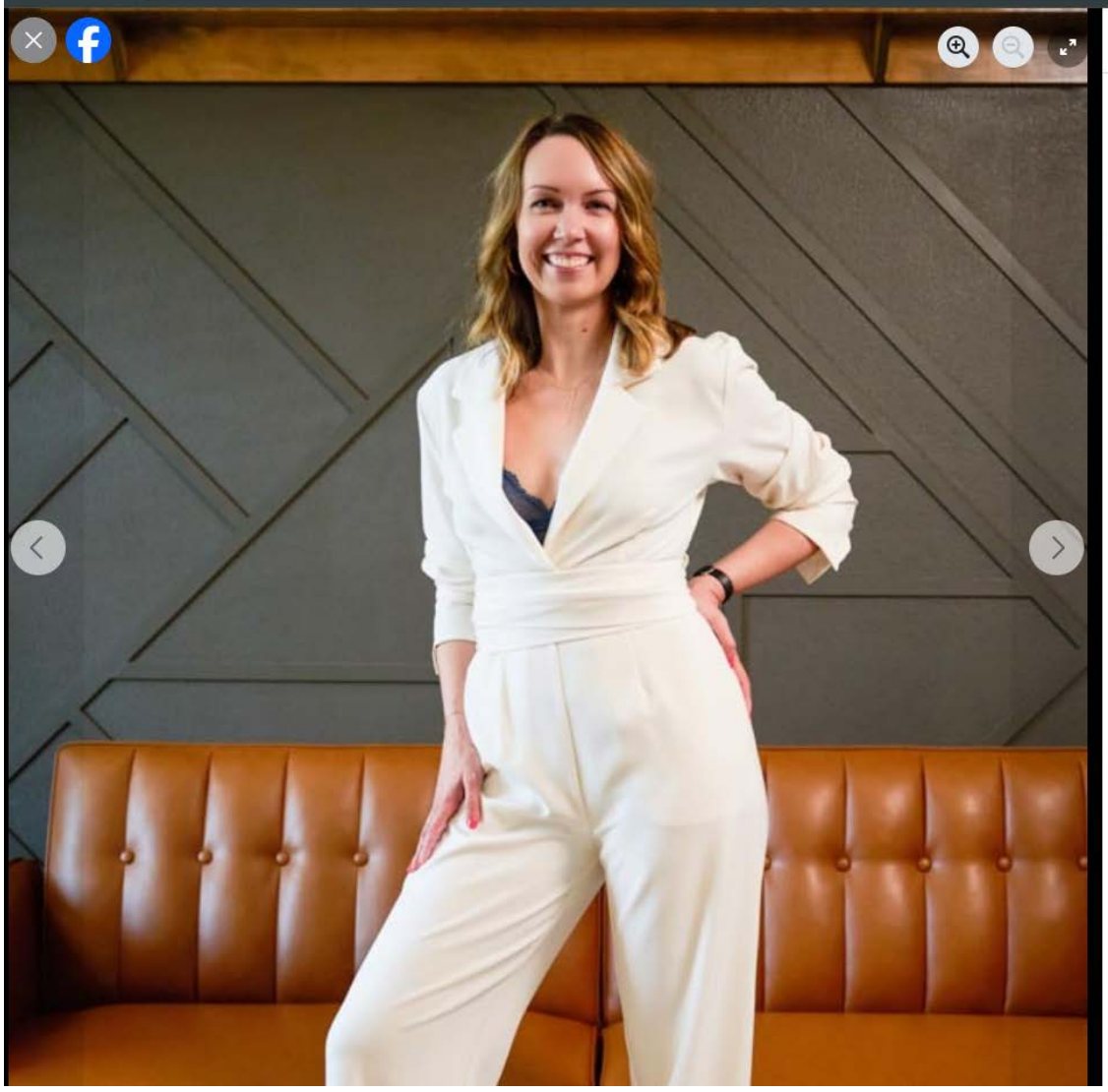

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Linger Boutique
October 17, 2023 ·

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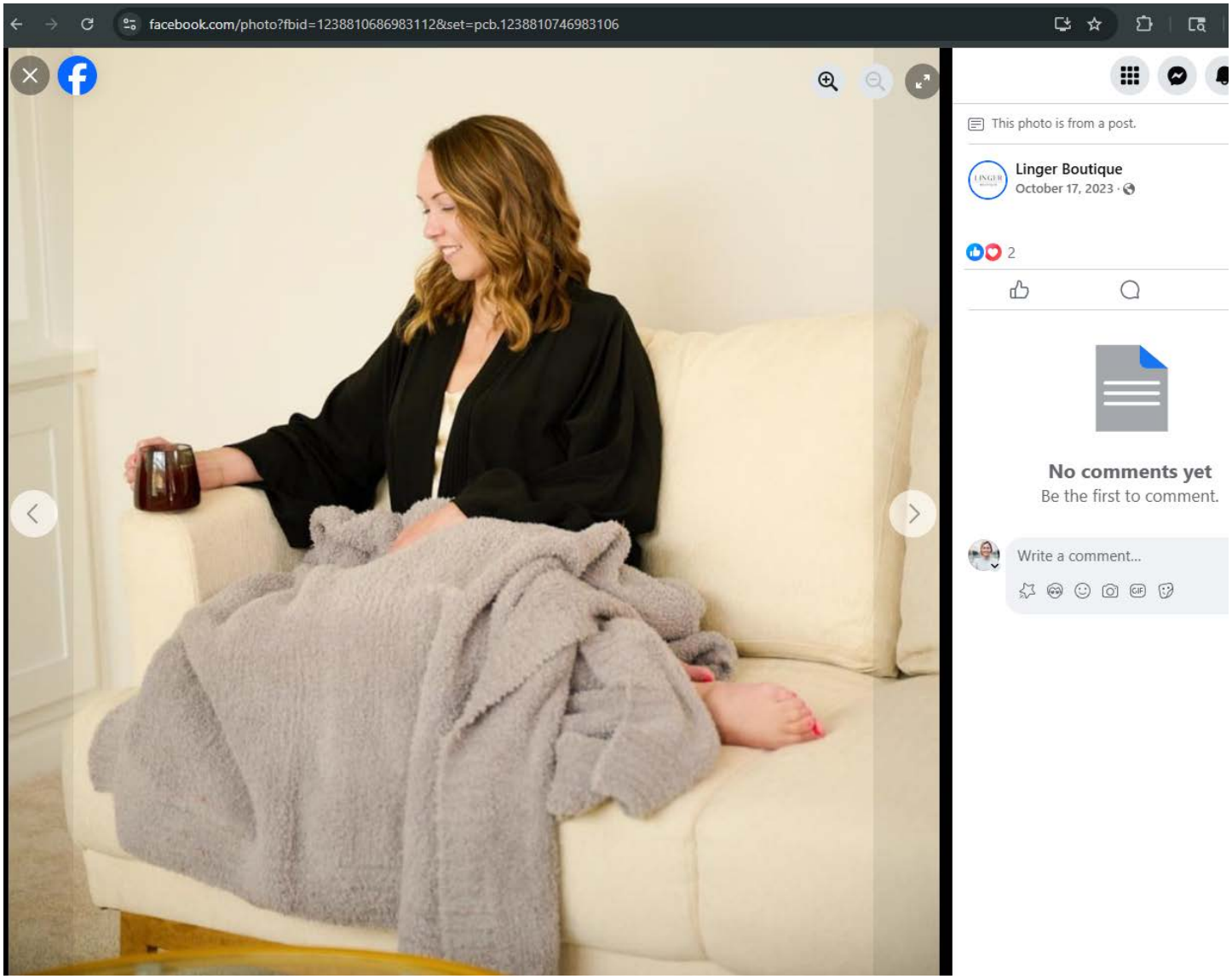
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Linger Boutique
October 17, 2023 ·
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Other

Apple Podcasts

System ID: 607690

Posted: Oct 18, 2023

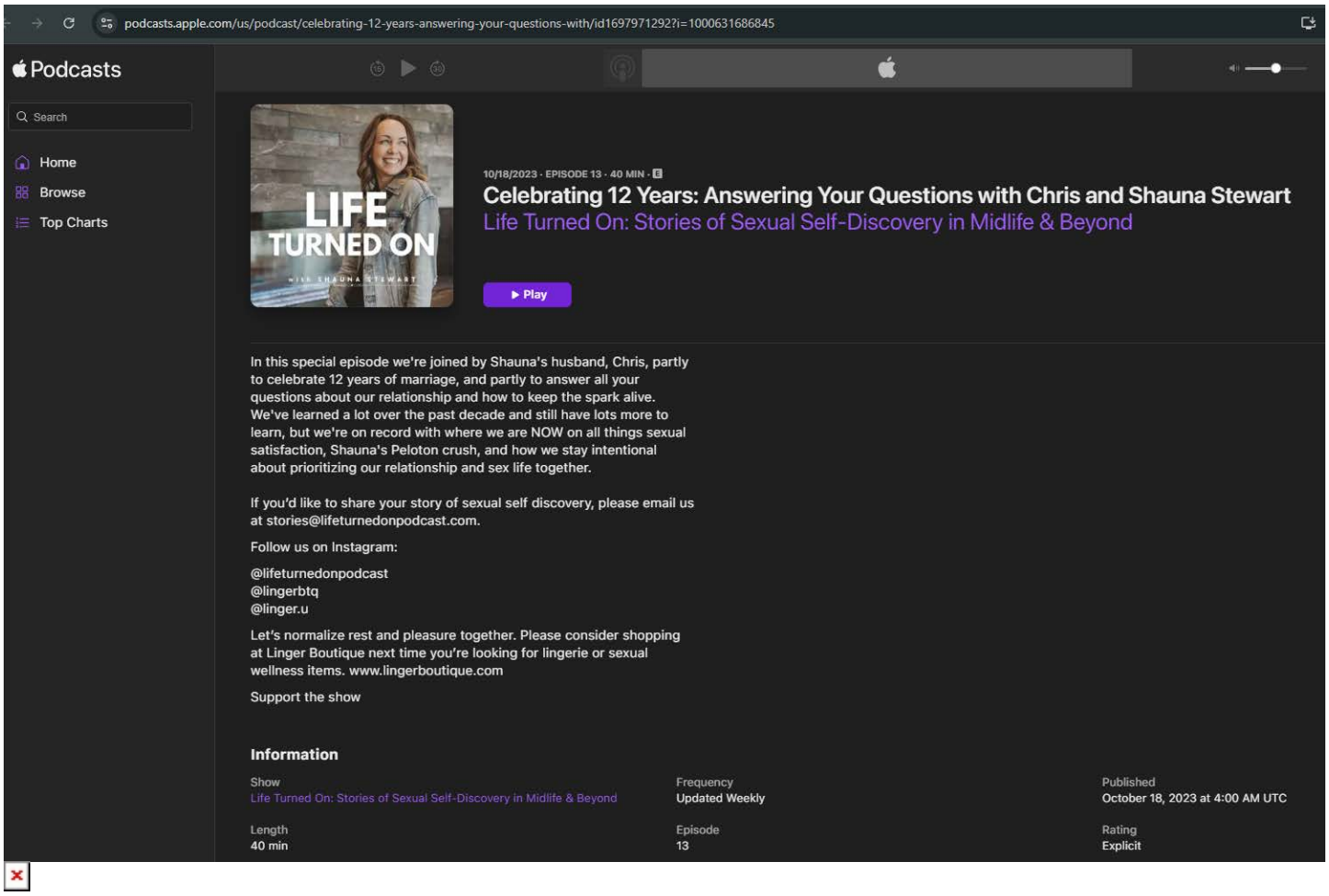
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/celebrating-12-years-answering-your-questions-with/id1697971292?i=1000631686845

After DOI

*Discussion with her husband Mentioned that a couple years prior her he was changing her clothes helping her because she was in pain and having night sweats (10:33 - 11:04) "Celebrating 12 Years: Answering Your Questions with Chris and Shauna Stewart" "In this special episode we're joined by Shauna's husband, Chris, partly to celebrate 12 years of marriage, and partly to answer all your questions about our relationship and how to keep the spark alive. We've learned a lot over the past decade and still have lots more to learn, but we're on record with where we are NOW on all things sexual satisfaction, Shauna's Peloton crush, and how we stay intentional about prioritizing our relationship and sex life together. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/celebrating-12-years-answering-your-questions-with/id1697971292?i=1000631686845
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LIFE TURNED ON
WITH SHAUNA STEWART
10/18/2023 · EPISODE 13 · 40 MIN · E
Celebrating 12 Years: Answering Your Questions with Chris and Shauna Stewart
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
In this special episode we're joined by Shauna's husband, Chris, partly to celebrate 12 years of marriage, and partly to answer all your questions about our relationship and how to keep the spark alive. We've learned a lot over the past decade and still have lots more to learn, but we're on record with where we are NOW on all things sexual satisfaction, Shauna's Peloton crush, and how we stay intentional about prioritizing our relationship and sex life together.
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Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Frequency
Updated Weekly
Published
October 18, 2023 at 4:00 AM UTC
Length
40 min
Episode
13
Rating
Explicit

Instagram

lifeturnedonpodcast

System ID: 608130

Shauna Marie Stewart

https://www.instagram.com/lifeturnedonpodcast/p/CyjzgYZv7PE

Posted: Oct 18, 2023

Captured: Jul 09, 2025

After DOI

*Pictured standing with her husband while holding a drink "Here we go... this week my husband and I are celebrating 12 years of marriage and adventure together. We’re in such a good place now but it wasn’t always so easy. In this episode we get personal and answer YOUR questions about OUR s*x life and relationship. You’ll find out what hubs really thinks about my crush on @bradley_rose23, what we’ve learned over the years, how we prioritize our relationship, and what makes me feel the MOST murdery. Tune in wherever you listen to podcasts!"

instagram.com/lifeturnedonpodcast/p/CyjzgYZv7PE

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lifeturnedonpodcast Here we go... this week my husband and I are celebrating 12 years of marriage and adventure together. We're in such a good place now but it wasn't always so easy. In this episode we get personal and answer YOUR questions about OUR s*x life and relationship.

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🎧 Tune in wherever you listen to podcasts!

89w

19 likes

October 18, 2023

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Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1239671643563683&id=100025625778766

Posted: Oct 18, 2023
Captured: Jul 07, 2025

After DOI

*Talked about sex and menopause and advertised her podcast "Today is World Menopause Day! Contrary to popular belief, you can still have an active and thriving s*x life in menopause and beyond. Swipe for tips and remember: ALL BODIES DESERVE PLEASURE! If you don’t have a partner, we still encourage you to invest in a pleasure practice with yourself. It’s good for your mind, body and spirit! Looking for more? Listen to Episode 12 of @lifeturnedonpodcast called “Navigating the Journey of Aging Bodies: A Luxurious Perspective with @belovedsensualcare Founder Sarah Gold.” #welikeitslow #menopause #worldmenopauseday #loveoly #pleasureishealth"

facebook.com/permalink.php?story_fbid=1239671643563683&id=100025625778766

Linger Boutique's post

Linger Boutique
October 18, 2023 ·

Today is World Menopause Day! Contrary to popular belief, you can still have an active and thriving s*x life in menopause and beyond. Swipe for tips and remember: ALL BODIES DESERVE PLEASURE!

If you don't have a partner, we still encourage you to invest in a pleasure practice with yourself. It's good for your mind, body and spirit!

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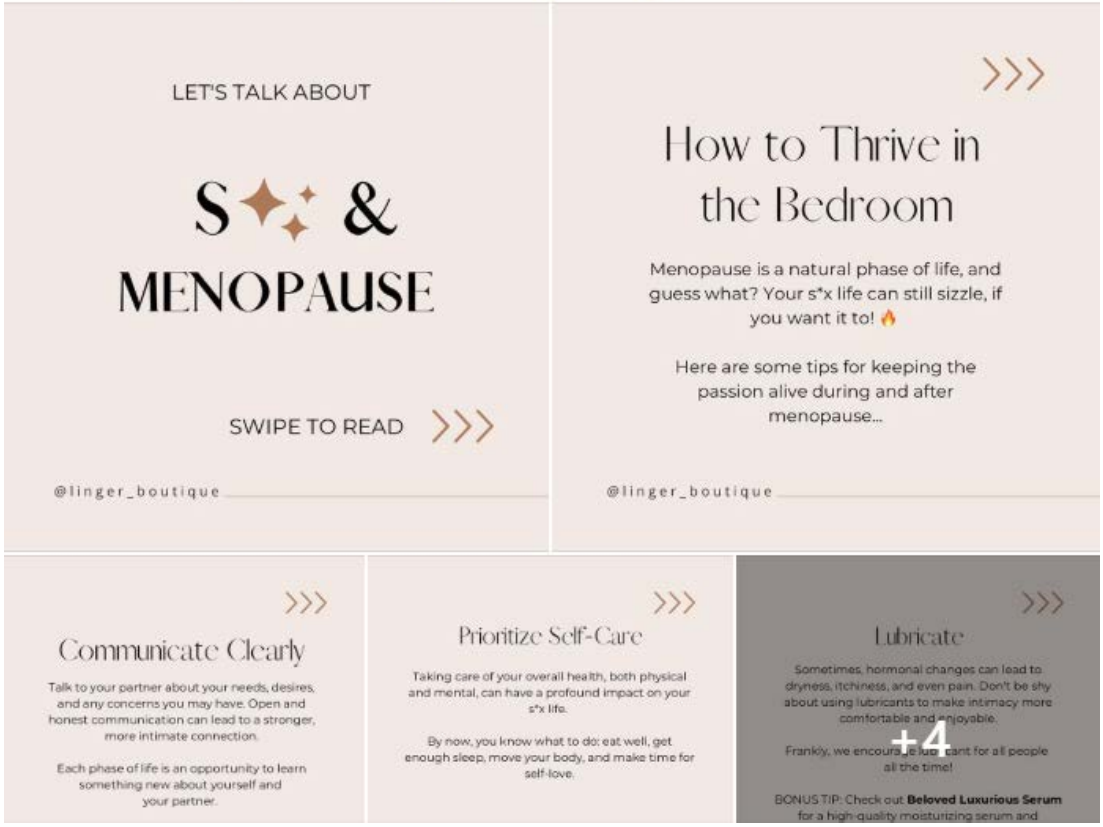
#welikeitslow #menopause #worldmenopauseday #loveoly #pleasureishealth



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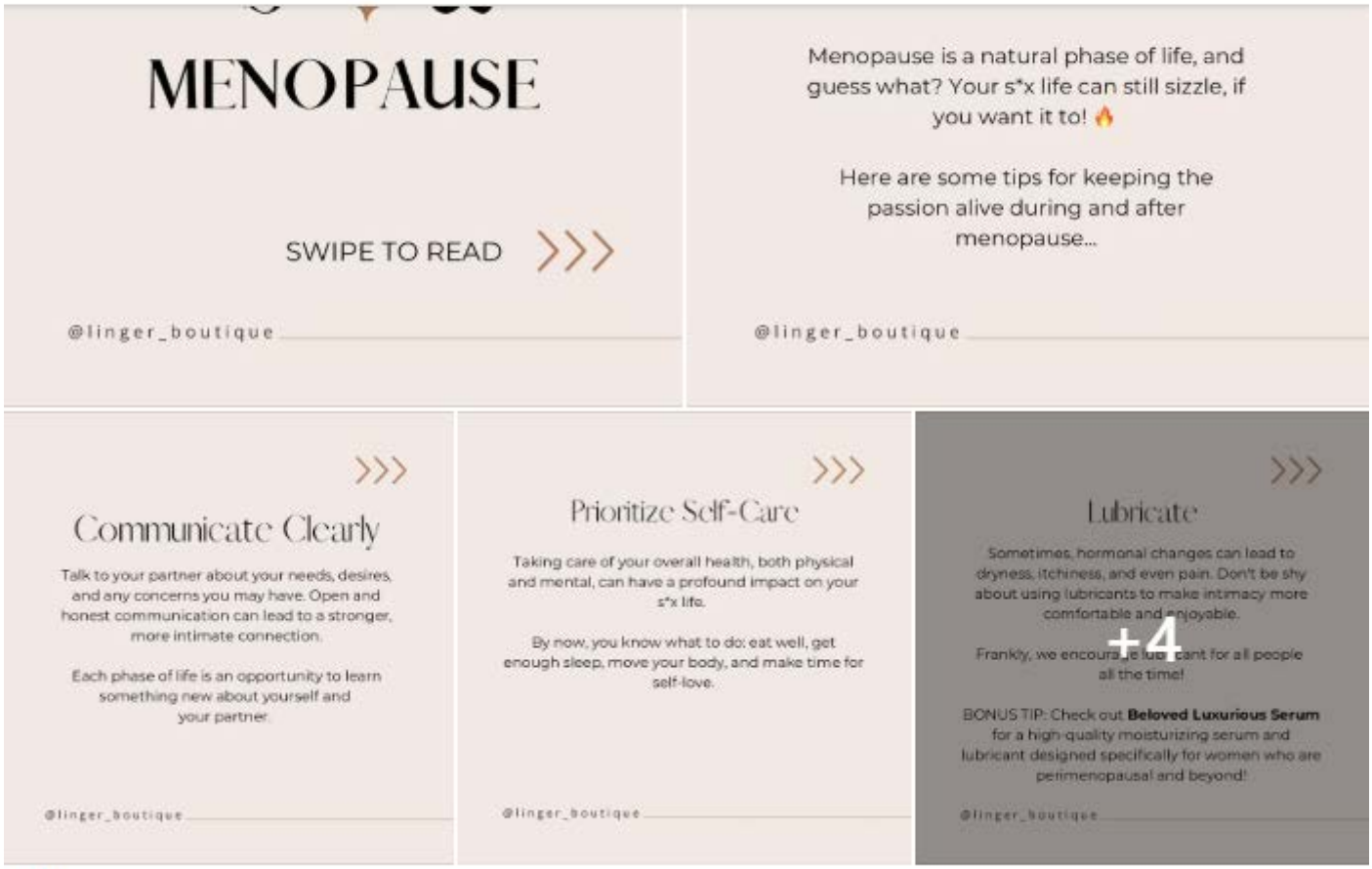
Linger Boutique's post



2

Instagram

linger.u

Posted: Oct 23, 2023

System ID: 609874

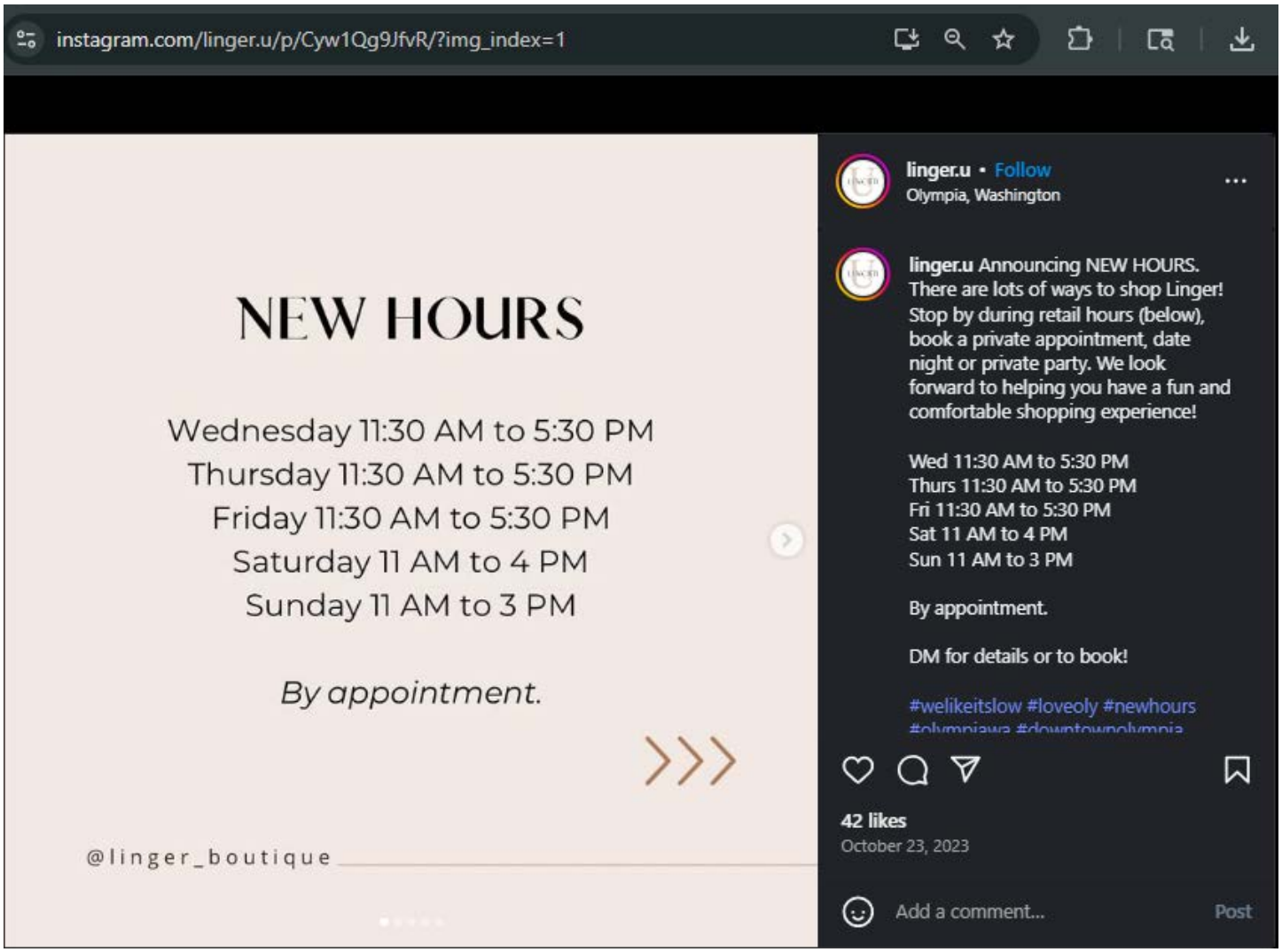
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/Cyw1Qg9JfvR/?img_index=1

After DOI

*Shared her new business hours and information for private appointments, "date nights," and private parties "Announcing NEW HOURS. There are lots of ways to shop Linger! Stop by during retail hours (below), book a private appointment, date night or private party. We look forward to helping you have a fun and comfortable shopping experience! Wed 11:30 AM to 5:30 PM Thurs 11:30 AM to 5:30 PM Fri 11:30 AM to 5:30 PM Sat 11 AM to 4 PM Sun 11 AM to 3 PM By appointment. DM for details or to book! #welikeitslow #loveoly #newhours #olympiawa #downtownolympia #shoplocal #womanownedbusiness"


instagram.com/linger.u/p/Cyw1Qg9JfvR/?img_index=1
NEW HOURS
Wednesday 11:30 AM to 5:30 PM
Thursday 11:30 AM to 5:30 PM
Friday 11:30 AM to 5:30 PM
Saturday 11 AM to 4 PM
Sunday 11 AM to 3 PM
By appointment.
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Sat 11 AM to 4 PM
Sun 11 AM to 3 PM
By appointment.
DM for details or to book!
#welikeitslow #loveoly #newhours
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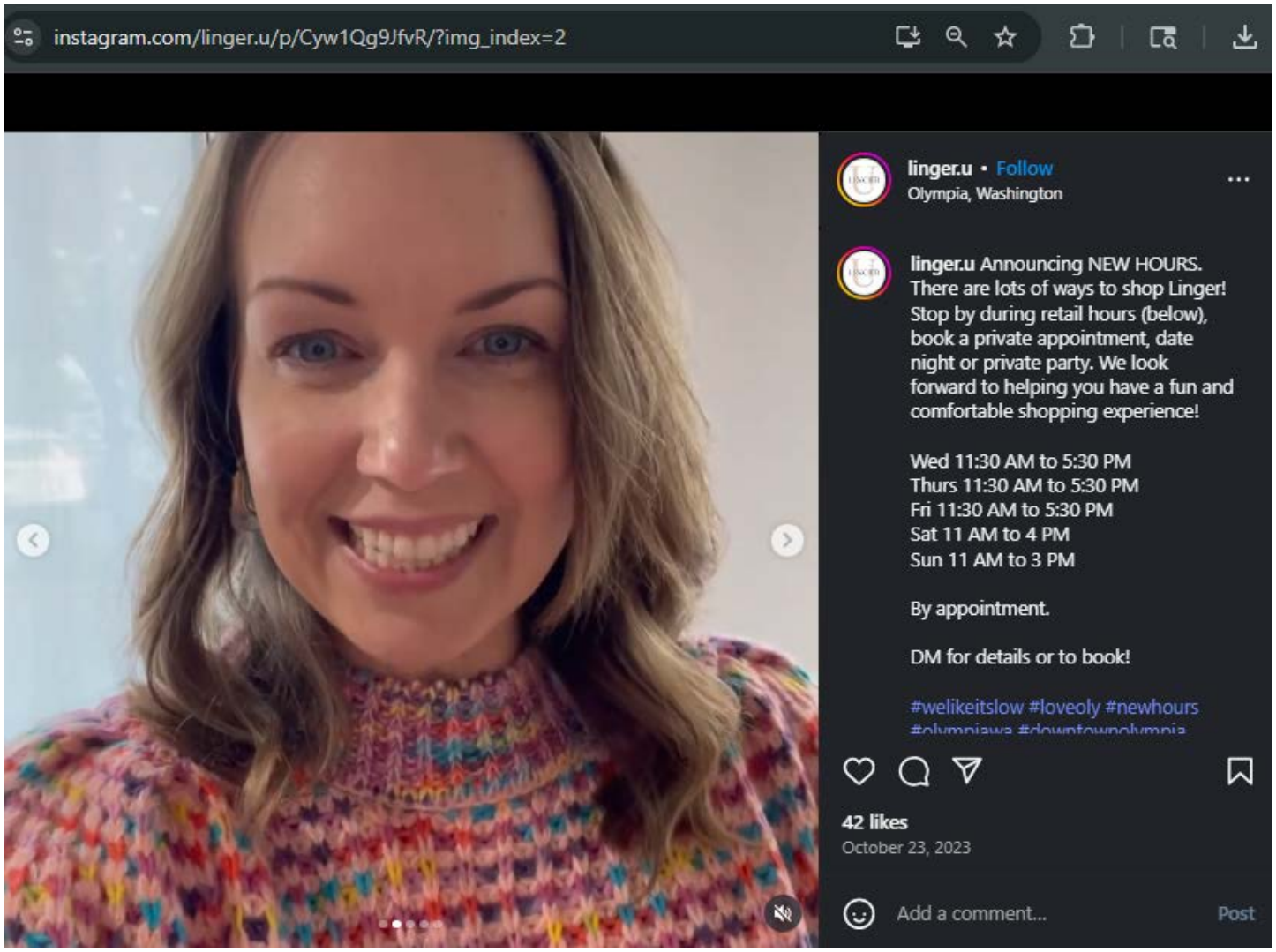

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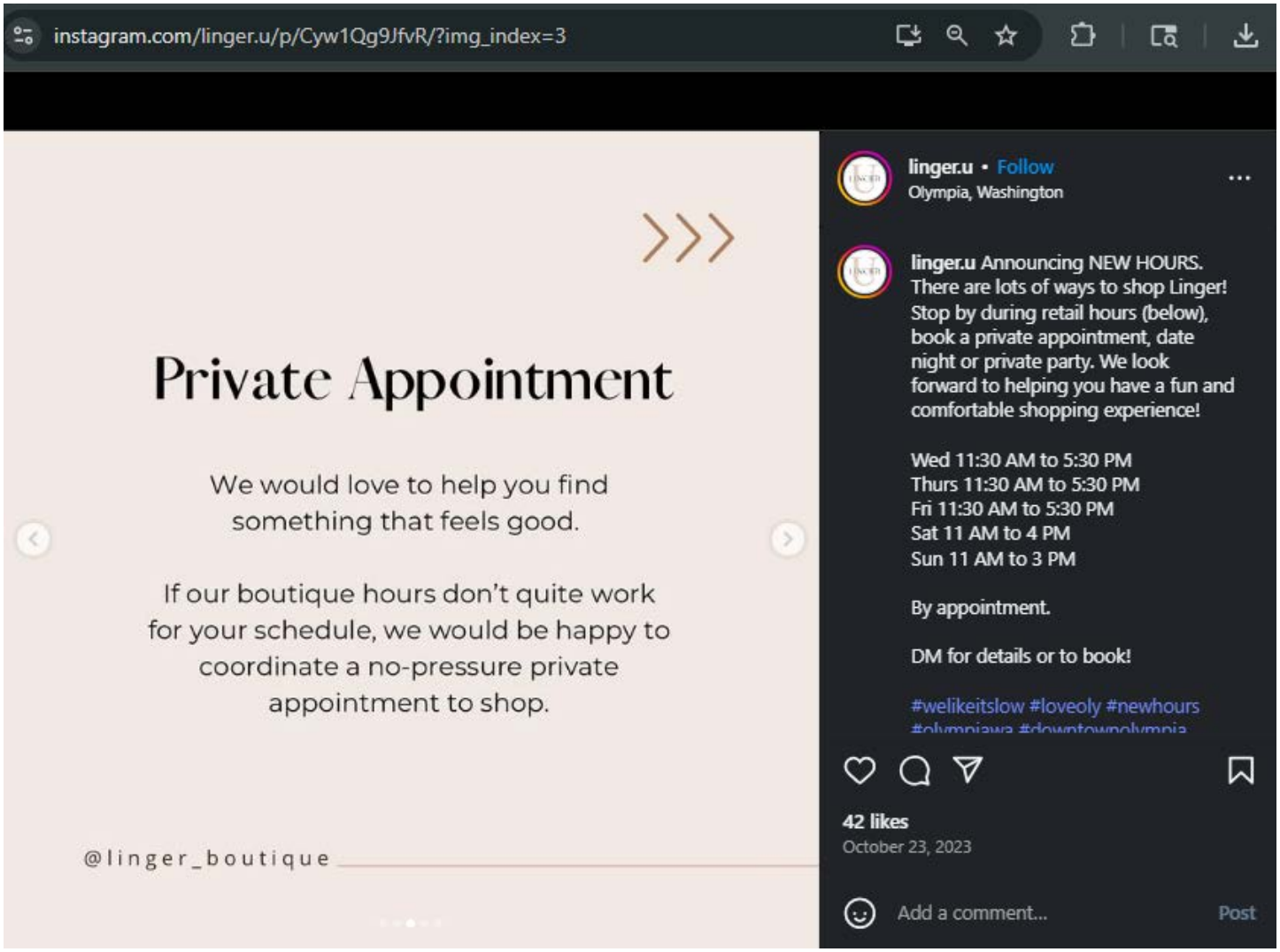
instagram.com/linger.u/p/Cyw1Qg9JfvR/?img_index=3
Private Appointment
We would love to help you find something that feels good.
If our boutique hours don't quite work for your schedule, we would be happy to coordinate a no-pressure private appointment to shop.
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Olympia, Washington
linger.u Announcing NEW HOURS. There are lots of ways to shop Linger! Stop by during retail hours (below), book a private appointment, date night or private party. We look forward to helping you have a fun and comfortable shopping experience!
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DM for details or to book!
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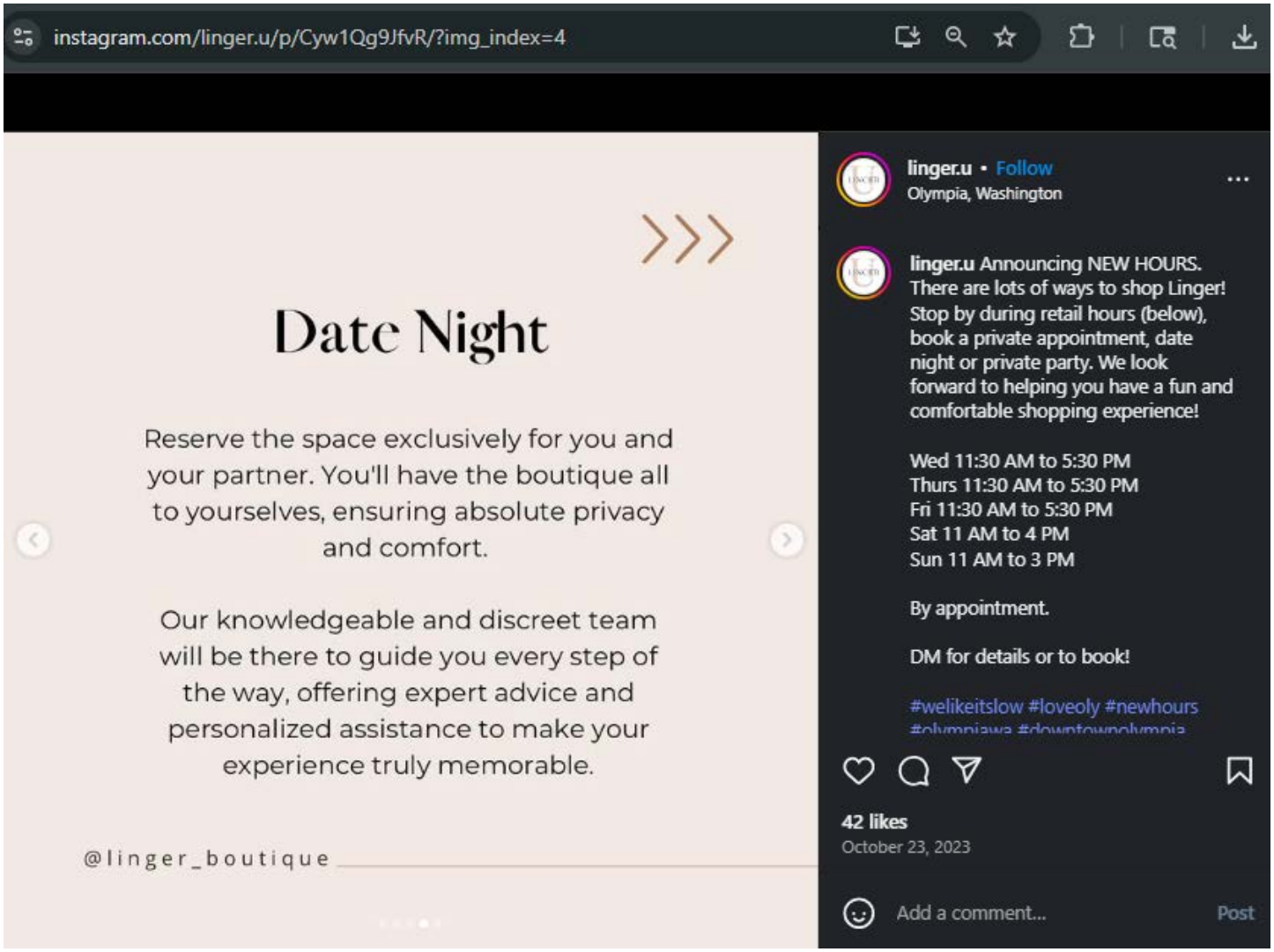
instagram.com/linger.u/p/Cyw1Qg9JfvR/?img_index=4
Date Night
Reserve the space exclusively for you and your partner. You'll have the boutique all to yourselves, ensuring absolute privacy and comfort.
Our knowledgeable and discreet team will be there to guide you every step of the way, offering expert advice and personalized assistance to make your experience truly memorable.
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Olympia, Washington
linger.u Announcing NEW HOURS. There are lots of ways to shop Linger! Stop by during retail hours (below), book a private appointment, date night or private party. We look forward to helping you have a fun and comfortable shopping experience!
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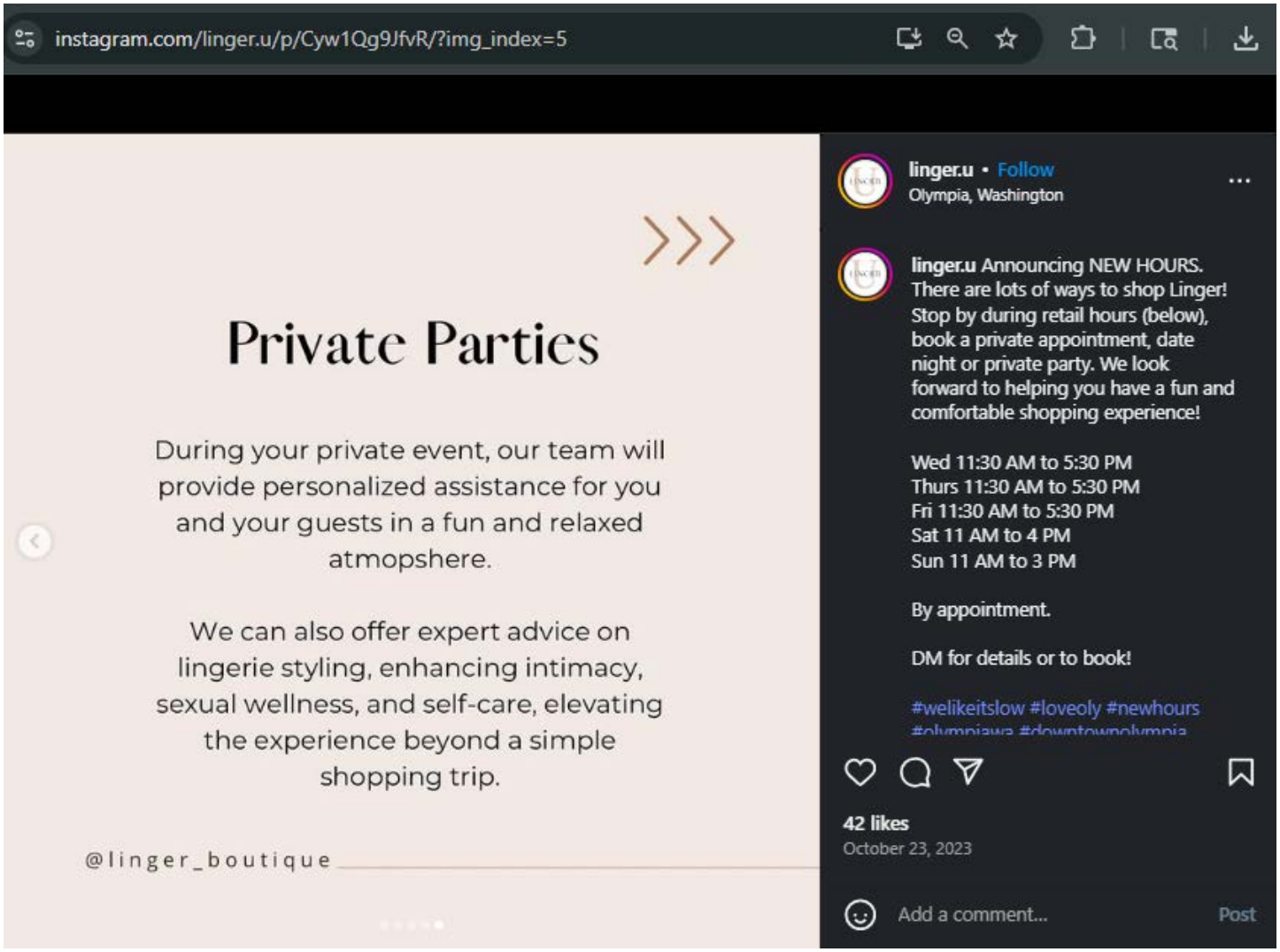
instagram.com/linger.u/p/Cyw1Qg9JfvR/?img_index=5
Private Parties
During your private event, our team will provide personalized assistance for you and your guests in a fun and relaxed atmopshere.
We can also offer expert advice on lingerie styling, enhancing intimacy, sexual wellness, and self-care, elevating the experience beyond a simple shopping trip.
@linger_boutique
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Olympia, Washington
linger.u Announcing NEW HOURS. There are lots of ways to shop Linger! Stop by during retail hours (below), book a private appointment, date night or private party. We look forward to helping you have a fun and comfortable shopping experience!
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By appointment.
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October 23, 2023
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Instagram

lifeturnedonpodcast

System ID: 608127

Shauna Marie Stewart

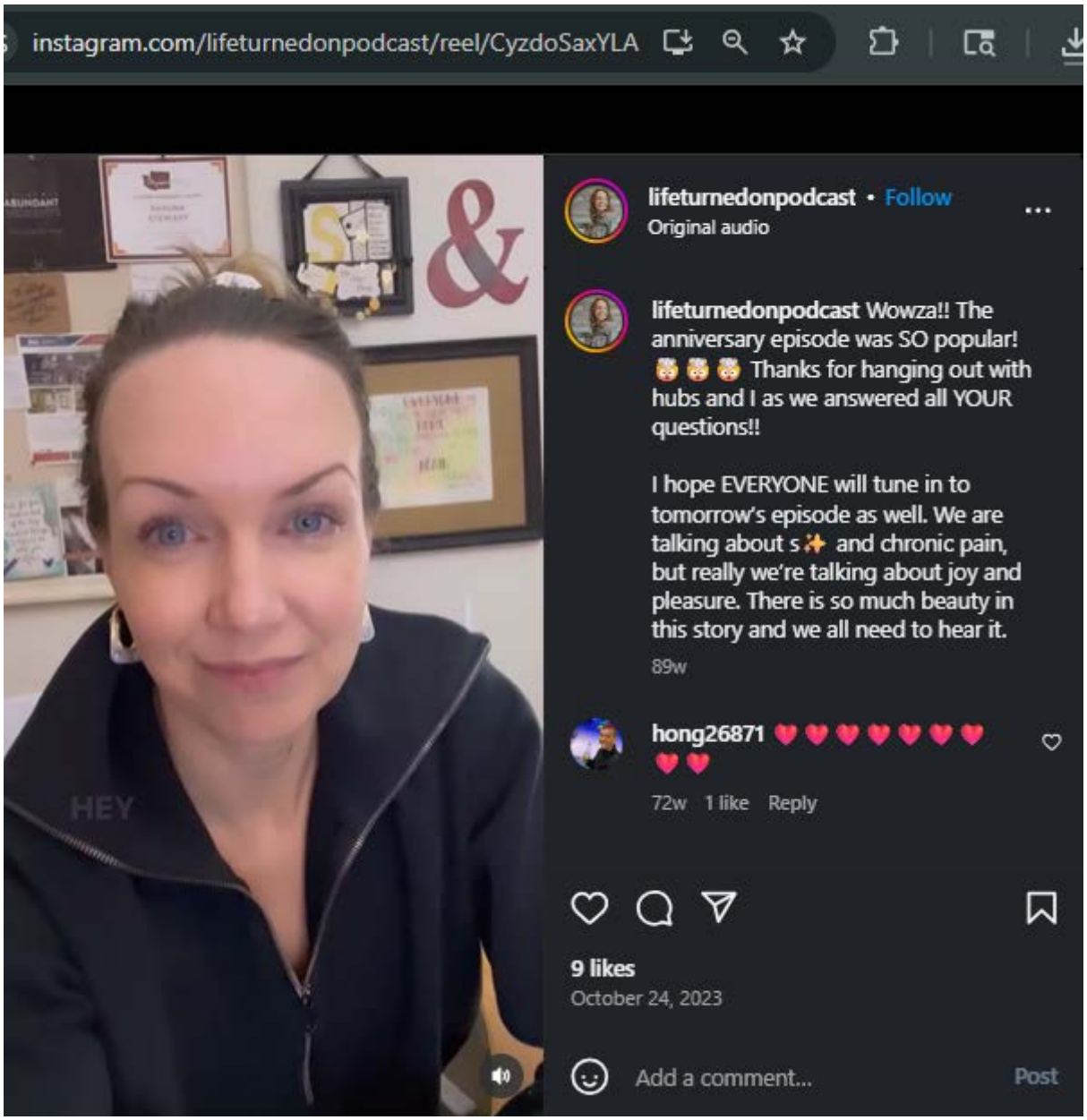
https://www.instagram.com/lifeturnedonpodcast/reel/CyzdoSaxYLA

Posted: Oct 24, 2023

Captured: Jul 09, 2025

After DOI

*Talked about her anniversary episode being popular "Wowza!! The anniversary episode was SO popular! □□□ Thanks for hanging out with hubs and I as we answered all YOUR questions!! I hope EVERYONE will tune in to tomorrow’s episode as well. We are talking about s□ and chronic pain, but really we’re talking about joy and pleasure. There is so much beauty in this story and we all need to hear it."



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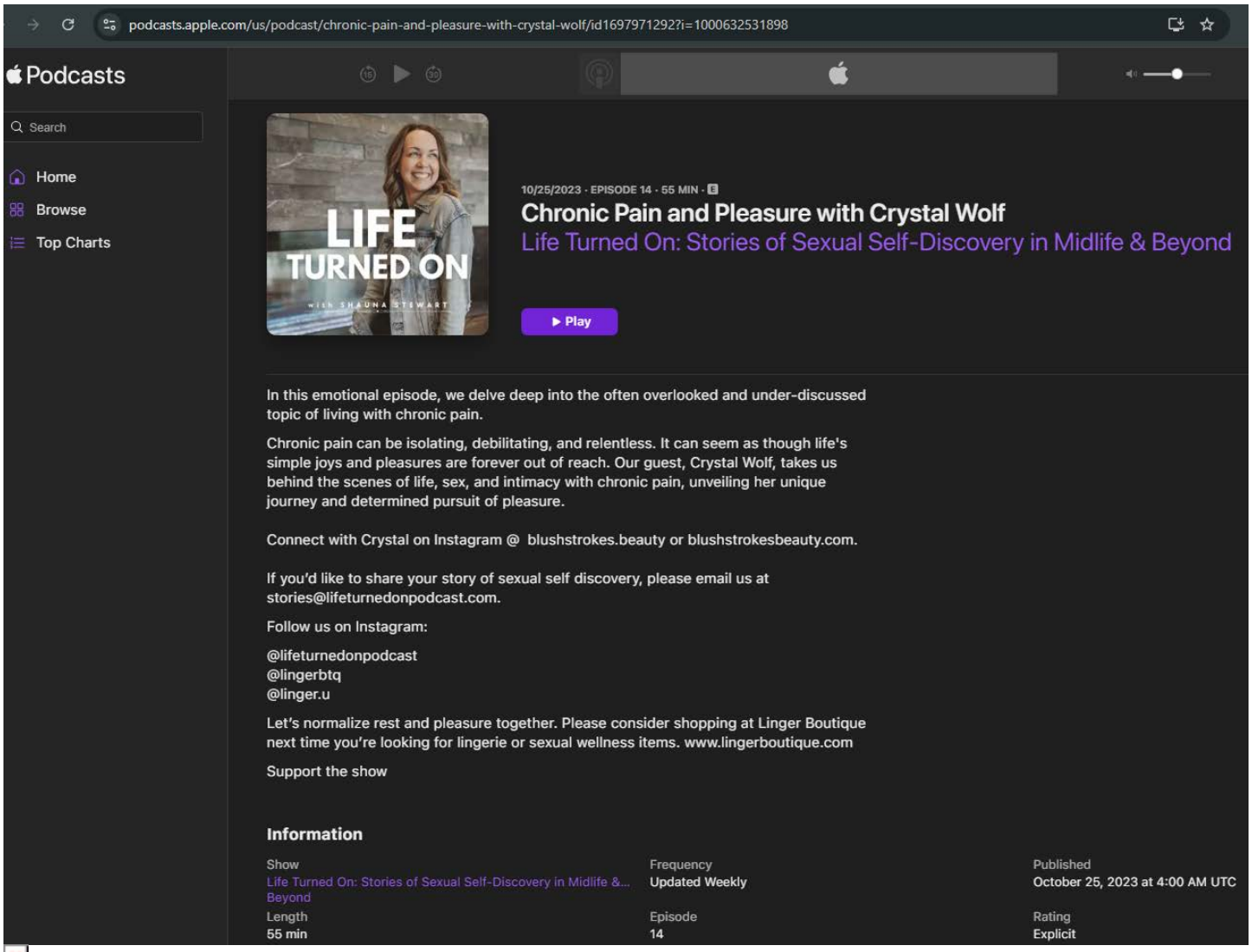
Posted: Oct 25, 2023
System ID: 607657
Captured: Jul 08, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/chronic-pain-and-pleasure-with-crystal-wolf/id1697971292?i=1000632531898

After DOI

*Mentioned that before staring Linger she was in pain and discovered pleasure as an antidote (29:17 - 30:33) "Chronic Pain and Pleasure with Crystal Wolf" "In this emotional episode, we delve deep into the often overlooked and under-discussed topic of living with chronic pain. Chronic pain can be isolating, debilitating, and relentless. It can seem as though life's simple joys and pleasures are forever out of reach. Our guest, Crystal Wolf, takes us behind the scenes of life, sex, and intimacy with chronic pain, unveiling her unique journey and determined pursuit of pleasure. Connect with Crystal on Instagram @ blushstrokes.beauty or blushstrokesbeauty.com. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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LIFE TURNED ON
10/25/2023 · EPISODE 14 · 55 MIN · E
Chronic Pain and Pleasure with Crystal Wolf
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
In this emotional episode, we delve deep into the often overlooked and under-discussed topic of living with chronic pain.
Chronic pain can be isolating, debilitating, and relentless. It can seem as though life's simple joys and pleasures are forever out of reach. Our guest, Crystal Wolf, takes us behind the scenes of life, sex, and intimacy with chronic pain, unveiling her unique journey and determined pursuit of pleasure.
Connect with Crystal on Instagram @ blushstrokes.beauty or blushstrokesbeauty.com.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
October 25, 2023 at 4:00 AM UTC
Length
55 min
Episode
14
Rating
Explicit

Instagram

linger.u

System ID: 609883

Shauna Marie Stewart

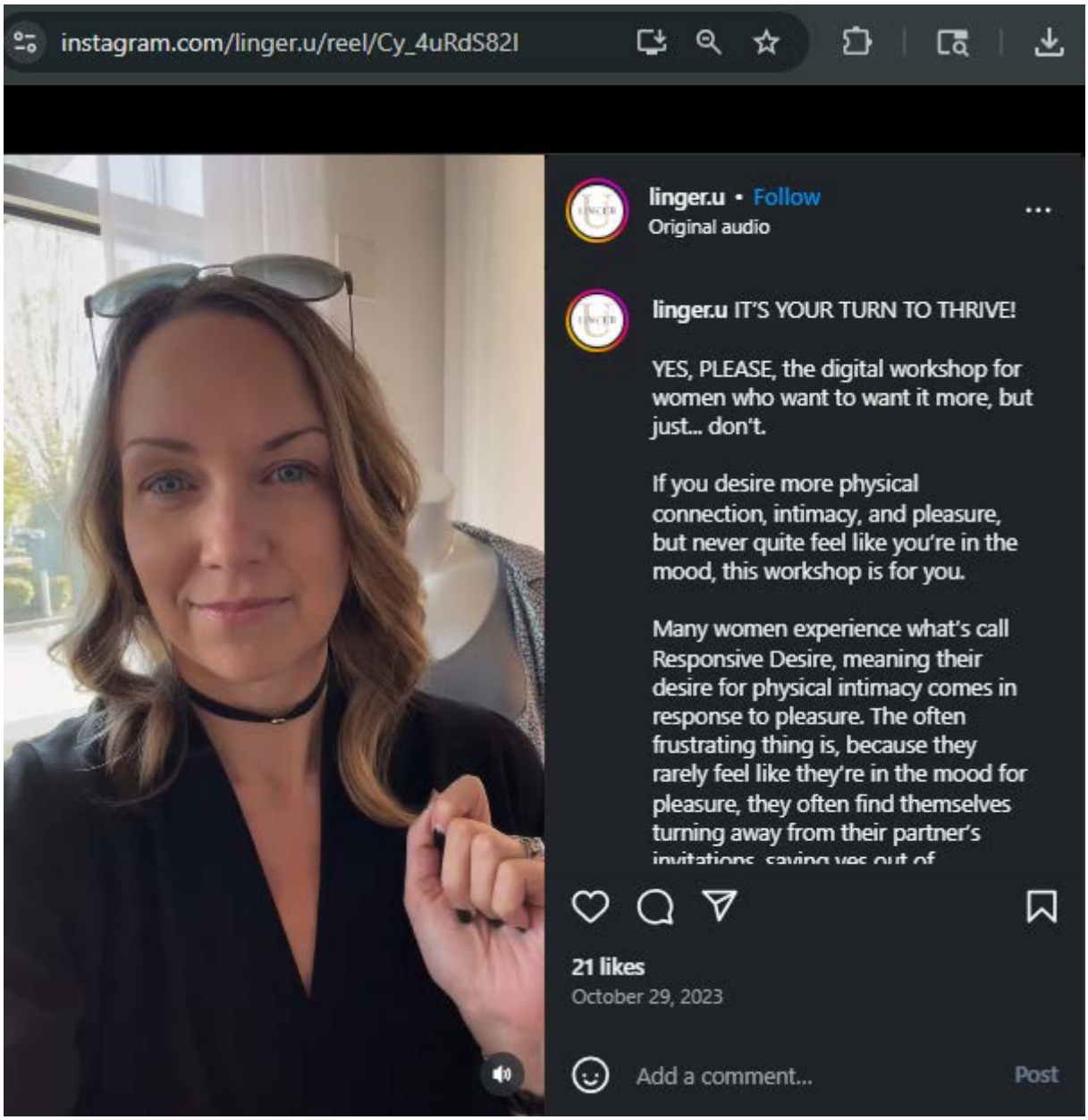
https://www.instagram.com/linger.u/reel/Cy_4uRdS82I

Posted: Oct 29, 2023

Captured: Jul 10, 2025

After DOI

*Seen talking about her course, "YES, PLEASE" "IT’S YOUR TURN TO THRIVE! YES, PLEASE, the digital workshop for women who want to want it more, but just... don’t. If you desire more physical connection, intimacy, and pleasure, but never quite feel like you’re in the mood, this workshop is for you. Many women experience what’s call Responsive Desire, meaning their desire for physical intimacy comes in response to pleasure. The often frustrating thing is, because they rarely feel like they’re in the mood for pleasure, they often find themselves turning away from their partner’s invitations, saying yes out of obligation, or avoiding sex and all together, meaning they miss out on so many opportunities to feel good, draw closer to the one they love, and invest in their wellness. But, what if we told you Responsive Desire could be your ticket and pathway - rather than the barrier - to a richer s life, free from anxiety, pressure, and stress? What if by leaning into how your mind and body work you could tap into your unique power of desire, so you and your partner can create and cultivate the delicious intimate experiences you both deserve. YES, PLEASE is all about thriving with Responsive Desire. It’s about helping you say YES to more of what you love: deep intimacy, meaningful connections with your partner, and lots of toe-curling pleasure. It’s about working with your mind and body, not against it. It’s about embracing how you are uniquely wired without feeling guilty, shamed, or broken. In this workshop you’ll gain confidence and understanding by: Gaining awareness of the key differences between Spontaneous and Responsive Desire, and how this might be showing up in your relationship. Identifying and honoring what you want AND what you really don’t want. Ways to work with your mind and body from a place of love and gentleness. Connecting with yourself and your partner on a deeper level. Tap to learn more!!"



[Link to download video]

Other

Apple Podcasts | Posted: Nov 01, 2023

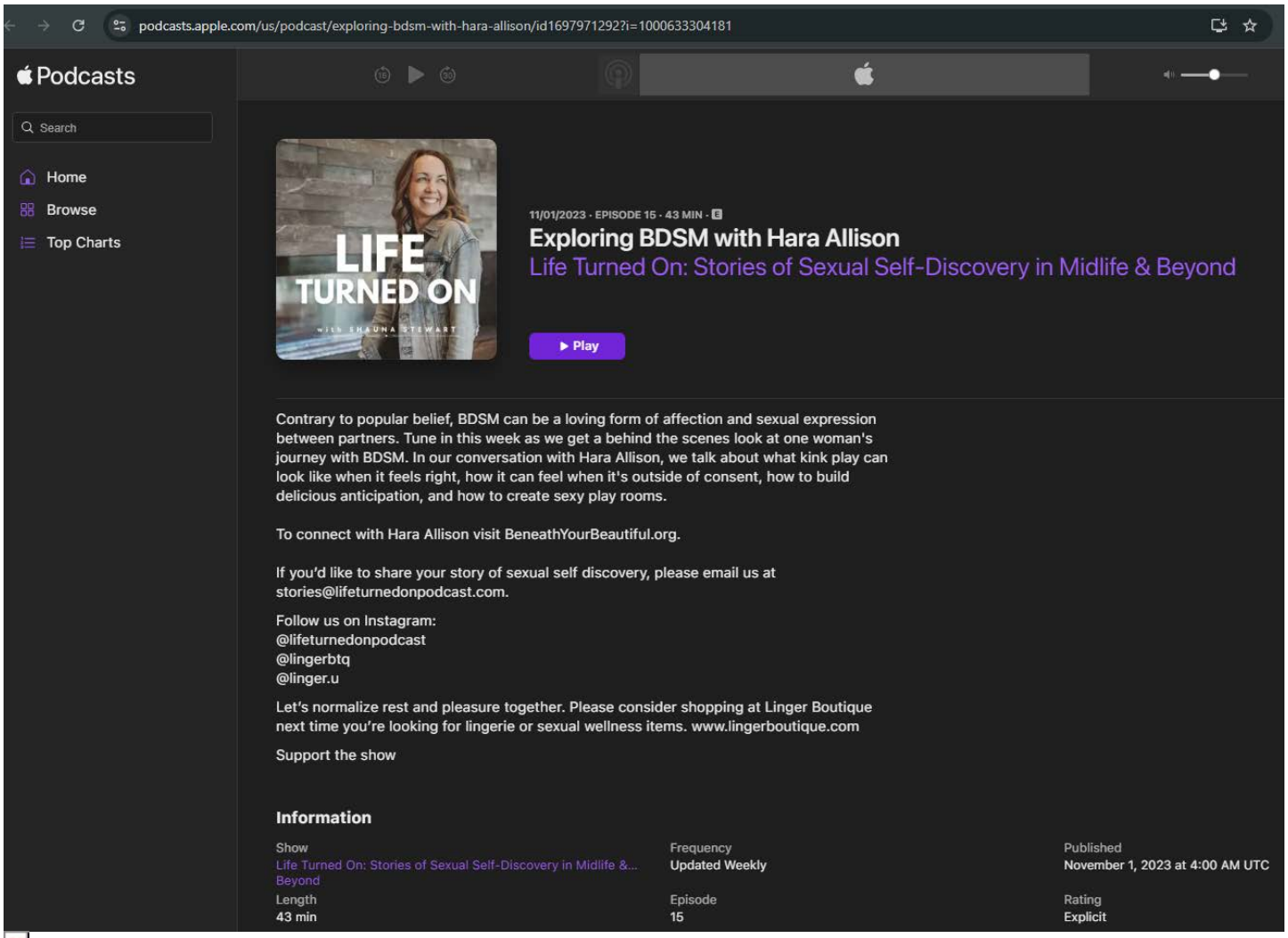
System ID: 607653 | Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/exploring-bdsm-with-hara-allison/id1697971292?i=1000633304181

After DOI

"Exploring BDSM with Hara Allison" "Contrary to popular belief, BDSM can be a loving form of affection and sexual expression between partners. Tune in this week as we get a behind the scenes look at one woman's journey with BDSM. In our conversation with Hara Allison, we talk about what kink play can look like when it feels right, how it can feel when it's outside of consent, how to build delicious anticipation, and how to create sexy play rooms. To connect with Hara Allison visit BeneathYourBeautiful.org. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/exploring-bdsm-with-hara-allison/id1697971292?i=1000633304181
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LIFE TURNED ON
11/01/2023 · EPISODE 15 · 43 MIN · E
Exploring BDSM with Hara Allison
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Contrary to popular belief, BDSM can be a loving form of affection and sexual expression between partners. Tune in this week as we get a behind the scenes look at one woman's journey with BDSM. In our conversation with Hara Allison, we talk about what kink play can look like when it feels right, how it can feel when it's outside of consent, how to build delicious anticipation, and how to create sexy play rooms.
To connect with Hara Allison visit BeneathYourBeautiful.org.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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November 1, 2023 at 4:00 AM UTC
Length
43 min
Episode
15
Rating
Explicit

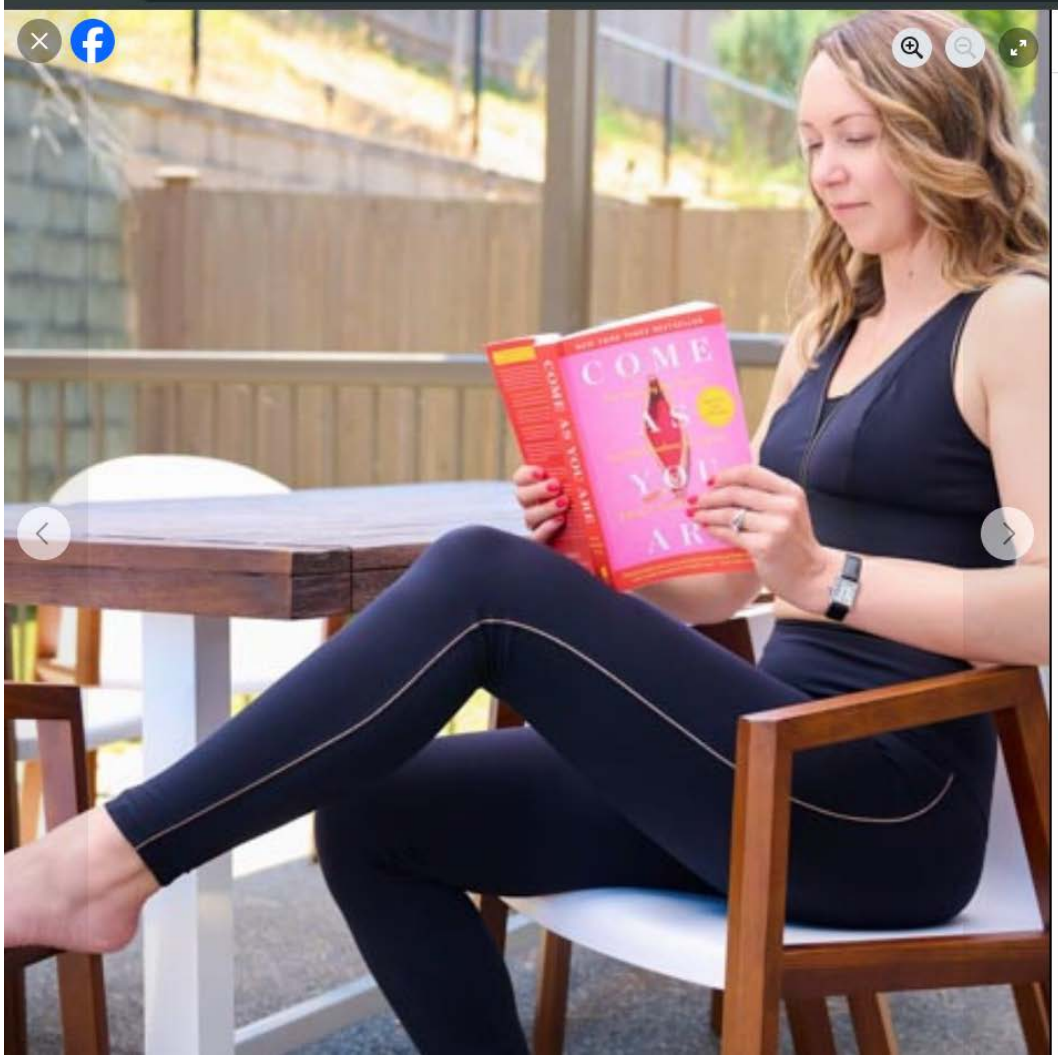
Facebook

profile.php?id=100025625778766
Posted: Nov 06, 2023
System ID: 606657
Captured: Jul 07, 2025
Shauna Marie Stewart
https://www.facebook.com/photo/?fbid=1250302315833949&set=a.982969869233863

After DOI

*Pictured sitting while reading ""“Come As You Are was a beautiful book I didn’t think I needed.” -Hara Allison If you’ve tuned into @lifeturnedonpodcast or had a conversation with me in the past two years, you’ve probably heard me talk about the power of this book. I’ve had so many people thank me in tears for recommending this book. Everyone takes away something different and all these transformations are beautiful. I don’t love the word “should”, but I’ll make an exception here… This book should be required reading for all. It’s that good. □ And, we now have the workbook in stock! □□So, if you want to go deeper, this is your invitation to do so! □: @ellemarienco @ellestudiosllc #welikeitslow pleasureishealth #comeasyouare #loveoly"

facebook.com/photo/?fbid=1250302315833949&set=a.982969869233863



Linger Boutique
November 6, 2023 ·

"Come As You Are was a beautiful book I didn't think I needed." -Hara Allison

If you've tuned into @lifeturnedonpodcast or had a conversation with me in the past two years, you've probably heard me talk about the power of this book.

I've had so many people thank me in tears for recommending this book. Everyone takes away something different and all these transformations are beautiful.

I don't love the word "should", but I'll make an exception here... This book should be required reading for all. It's that good.

And, we now have the workbook in stock!
So, if you want to go deeper, this is your invitation to do so!

📷: @ellemarienco @ellestudiosllc

#welikeitslow pleasureishealth #comeasyouare #loveoly See less

16 1

Most relevant

Sarah Wilemon Reynierse
I bought this book! Need a chance to read it

1y Like Reply

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Instagram

linger.u

Posted: Nov 07, 2023

System ID: 609721

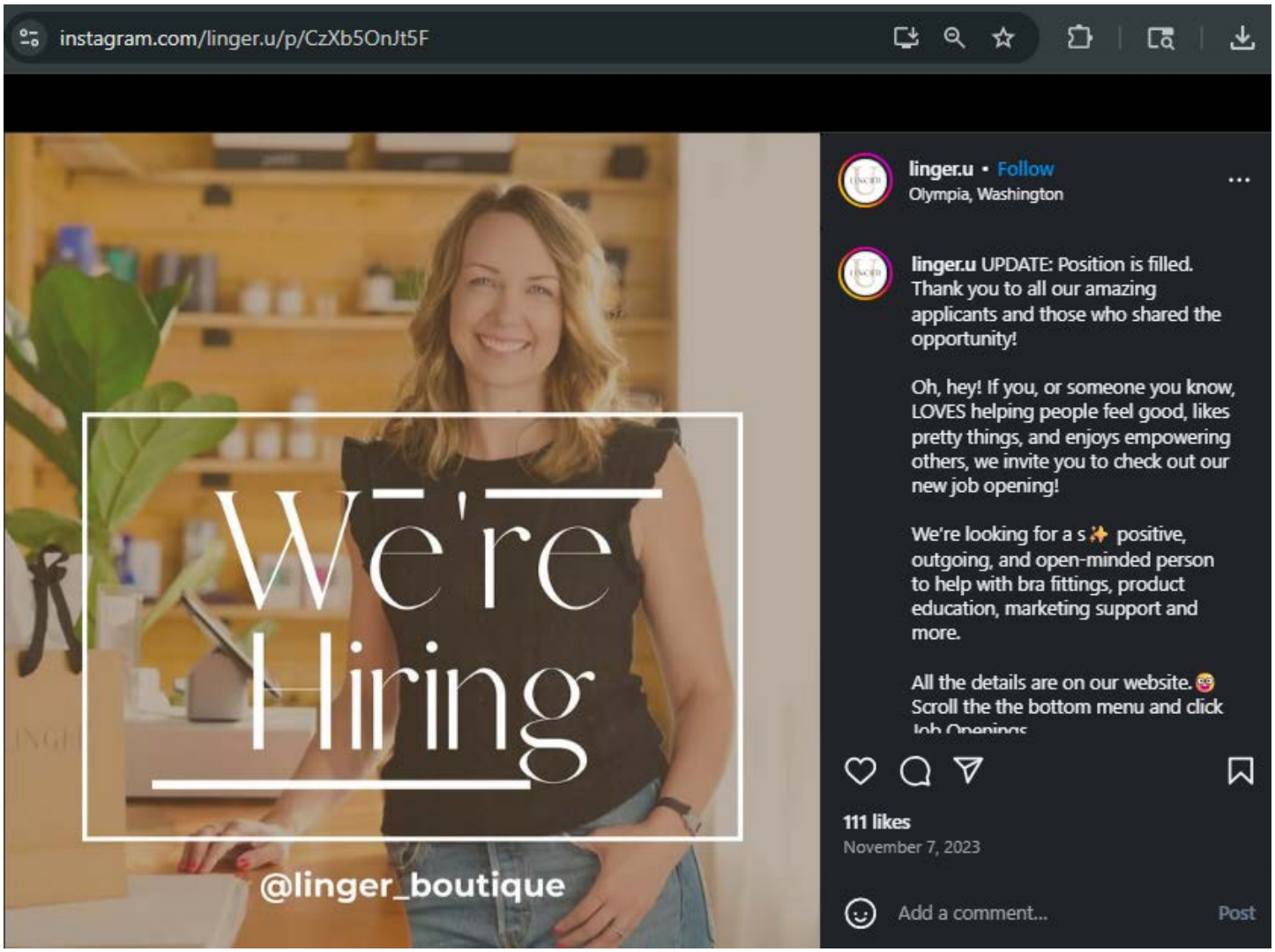
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/CzXb5OnJt5F

After DOI

*Announced that she was hiring a person to help with bra fittings, product education, marketing support, and more Post was updated to say that the position was filled "UPDATE: Position is filled. Thank you to all our amazing applicants and those who shared the opportunity! Oh, hey! If you, or someone you know, LOVES helping people feel good, likes pretty things, and enjoys empowering others, we invite you to check out our new job opening! We’re looking for a s positive, outgoing, and open-minded person to help with bra fittings, product education, marketing support and more. All the details are on our website.Scroll the the bottom menu and click Job Openings. We can’t wait to learn more about you! #welikeitslow #loveoly #womanowned #olympiawa #olympiawashington #downtownolympia"


instagram.com/linger.u/p/CzXb5OnJt5F
We're Hiring
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Olympia, Washington
linger.u UPDATE: Position is filled. Thank you to all our amazing applicants and those who shared the opportunity!
Oh, hey! If you, or someone you know, LOVES helping people feel good, likes pretty things, and enjoys empowering others, we invite you to check out our new job opening!
We're looking for a s✨ positive, outgoing, and open-minded person to help with bra fittings, product education, marketing support and more.
All the details are on our website.
Scroll the the bottom menu and click
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November 7, 2023
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Olympia, Washington

Job Openings.

We can't wait to learn more about you!

#welikeitslow #loveoly
#womanowned #olympiawa
#olympiawashington
#downtownolympia

Edited · 85w

belovedsensualcare 🙌🙌🙌
86w 1 like Reply

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honeyluxhoney This would be SO FUN!! 😍
87w 1 like Reply

111 likes
November 7, 2023

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Apple Podcasts

System ID: 607639

Posted: Nov 08, 2023

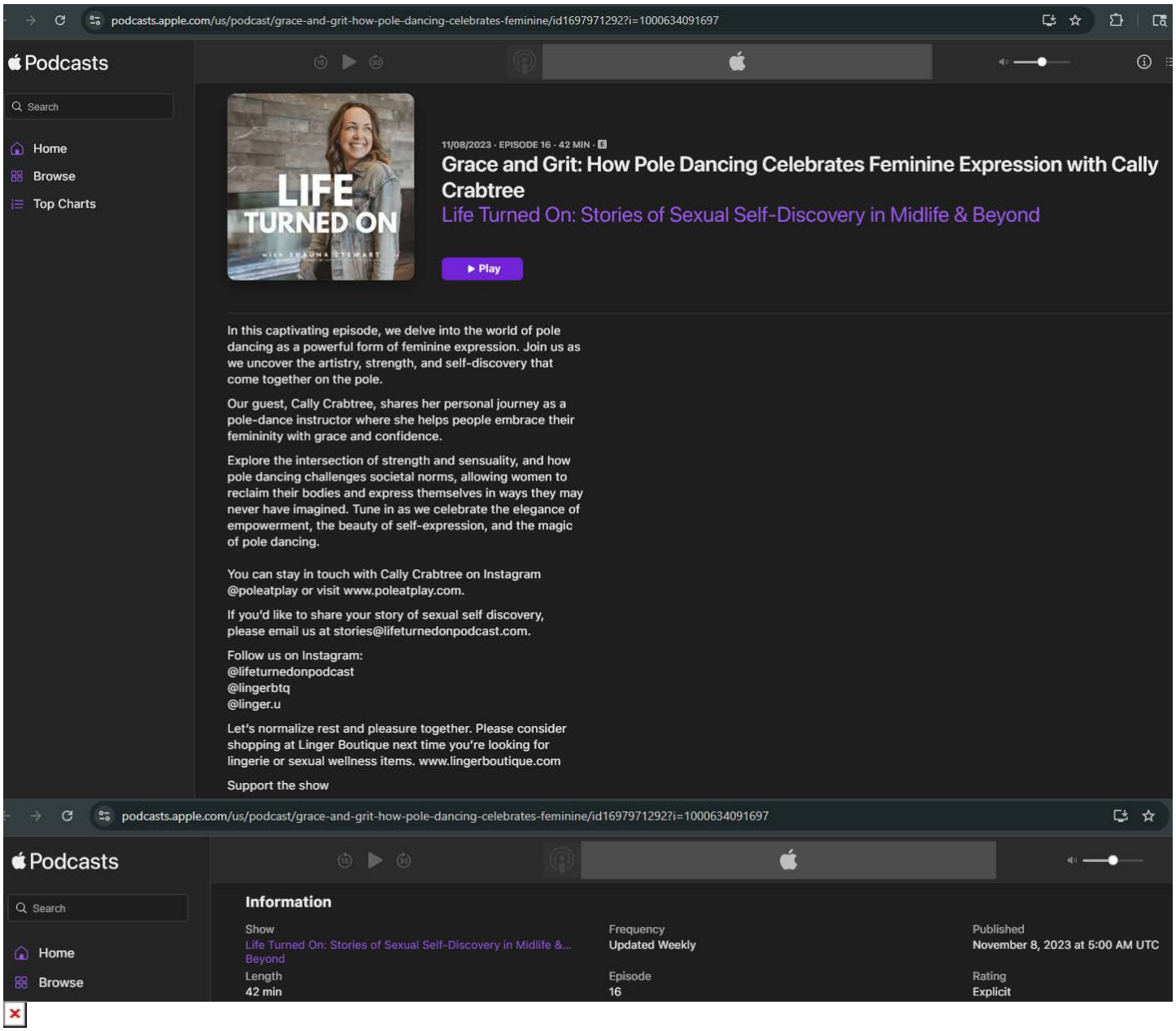
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/grace-and-grit-how-pole-dancing-celebrates-feminine/id1697971292?i=1000634091697

After DOI

"Grace and Grit: How Pole Dancing Celebrates Feminine Expression with Cally Crabtree" "In this captivating episode, we delve into the world of pole dancing as a powerful form of feminine expression. Join us as we uncover the artistry, strength, and self-discovery that come together on the pole. Our guest, Cally Crabtree, shares her personal journey as a pole-dance instructor where she helps people embrace their femininity with grace and confidence. Explore the intersection of strength and sensuality, and how pole dancing challenges societal norms, allowing women to reclaim their bodies and express themselves in ways they may never have imagined. Tune in as we celebrate the elegance of empowerment, the beauty of self-expression, and the magic of pole dancing. You can stay in touch with Cally Crabtree on Instagram @poleatplay or visit www.poleatplay.com. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/grace-and-grit-how-pole-dancing-celebrates-feminine/id1697971292?i=1000634091697
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LIFE TURNED ON
WITH SHAUNA STEWART
11/08/2023 · EPISODE 16 · 42 MIN ·
Grace and Grit: How Pole Dancing Celebrates Feminine Expression with Cally Crabtree
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
In this captivating episode, we delve into the world of pole dancing as a powerful form of feminine expression. Join us as we uncover the artistry, strength, and self-discovery that come together on the pole.
Our guest, Cally Crabtree, shares her personal journey as a pole-dance instructor where she helps people embrace their femininity with grace and confidence.
Explore the intersection of strength and sensuality, and how pole dancing challenges societal norms, allowing women to reclaim their bodies and express themselves in ways they may never have imagined. Tune in as we celebrate the elegance of empowerment, the beauty of self-expression, and the magic of pole dancing.
You can stay in touch with Cally Crabtree on Instagram @poleatplay or visit www.poleatplay.com.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
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Updated Weekly
Published
November 8, 2023 at 5:00 AM UTC
Length
42 min
Episode
16
Rating
Explicit

Instagram

linger.u

Posted: Nov 10, 2023

System ID: 609731

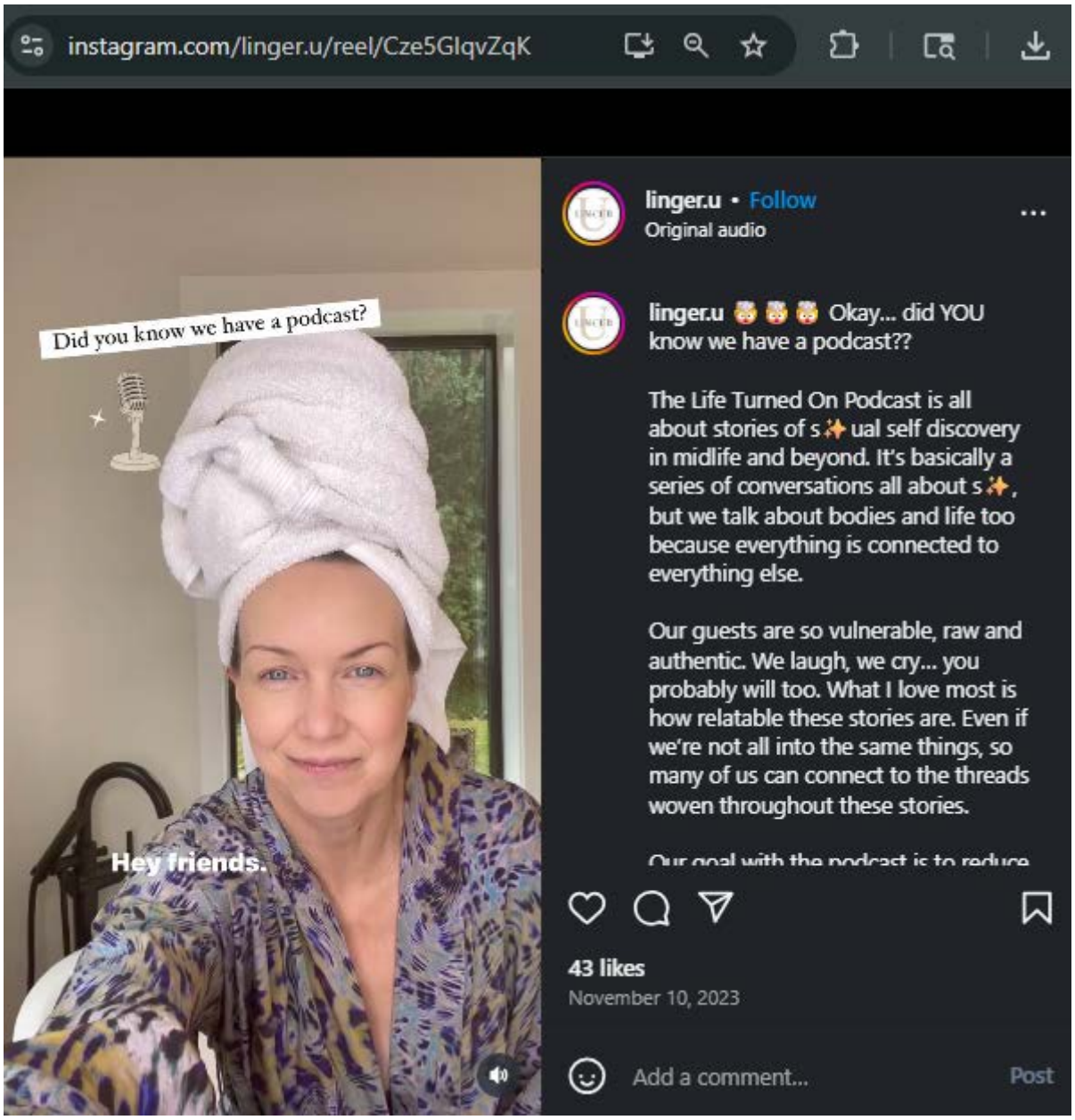
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/Cze5GIqvZqK

After DOI

*Seen wearing a robe, with her hair in a towel, and sitting on the edge of a tub "□□□ Okay… did YOU know we have a podcast?? The Life Turned On Podcast is all about stories of s□ual self discovery in midlife and beyond. It's basically a series of conversations all about s□, but we talk about bodies and life too because everything is connected to everything else. Our guests are so vulnerable, raw and authentic. We laugh, we cry… you probably will too. What I love most is how relatable these stories are. Even if we're not all into the same things, so many of us can connect to the threads woven throughout these stories. Our goal with the podcast is to reduce the shame and stigma that comes with talking about s□, because we MUST talk about it!! We hope you'll tune in and keep the conversations going in your own lives and keep us posted on what you find interesting. You can follow along @lifeturnedonpodcast and find Life Turned On on Apple, Spotify and pretty much wherever you listen to podcasts. □ And tell us… did YOU know we had a podcast?? Let us know □. ….. PS: Stepping out of the □ and into a luxurious silk robe just makes gloomy days better. This robe is currently 45% off!! □ DM for the link. #welikeitslow #podcast #podcaster #loveoly #olympiawa #laceywashington #tumwaterwa #teninowa #tacomawa"



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Apple Podcasts

Posted: Nov 15, 2023

System ID: 607635

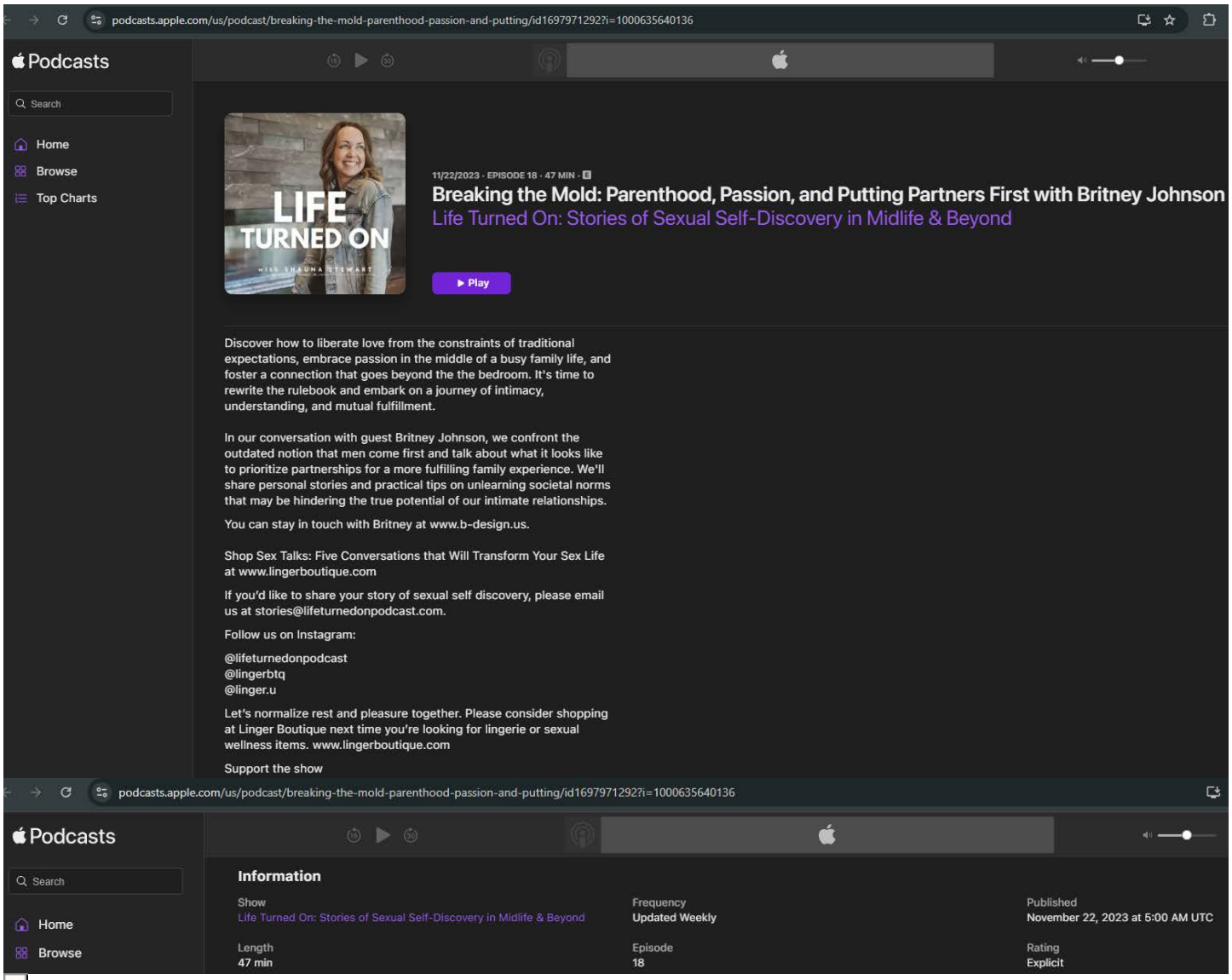
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/the-naked-truth-navigating-body-image-worthiness-in/id1697971292?i=1000634862280

After DOI

*Mentioned that she enjoyed cocktails with friends (23:16) "The Naked Truth: Navigating Body Image & Worthiness in Intimacy with Lauren Leinani" "Body image is one of the top barriers to experiencing pleasure - especially for women. This week, we're chatting with transformation coach, Lauren Leinani about body image and intimacy. We talk worthiness wounds, balancing self-improvement with self-love, and more. Lauren combines personal experience with practical expert advice to show us how we can enjoy greater intimacy by letting go of the ideas and beliefs that no longer serve us. You can stay in touch with Lauren on Instagram at @lauren.leinani and tune into Her Revival Podcast. BLACK FRIDAY SPECIAL Save 25% on the YES, PLEASE digital workshop to start thriving with responsive desire. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/breaking-the-mold-parenthood-passion-and-putting/id1697971292?i=1000635640136
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LIFE TURNED ON
11/22/2023 · EPISODE 18 · 47 MIN ·
Breaking the Mold: Parenthood, Passion, and Putting Partners First with Britney Johnson
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Discover how to liberate love from the constraints of traditional expectations, embrace passion in the middle of a busy family life, and foster a connection that goes beyond the the bedroom. It's time to rewrite the rulebook and embark on a journey of intimacy, understanding, and mutual fulfillment.
In our conversation with guest Britney Johnson, we confront the outdated notion that men come first and talk about what it looks like to prioritize partnerships for a more fulfilling family experience. We'll share personal stories and practical tips on unlearning societal norms that may be hindering the true potential of our intimate relationships.
You can stay in touch with Britney at www.b-design.us.
Shop Sex Talks: Five Conversations that Will Transform Your Sex Life at www.lingerboutique.com
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Updated Weekly
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November 22, 2023 at 5:00 AM UTC
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47 min
Episode
18
Rating
Explicit

Facebook

shauna.stewart.64018

System ID: 606154

Shauna Marie Stewart

https://www.facebook.com/shauna.stewart.64018/posts/122132641460035988

Posted: Nov 17, 2023

Captured: Jul 07, 2025

After DOI

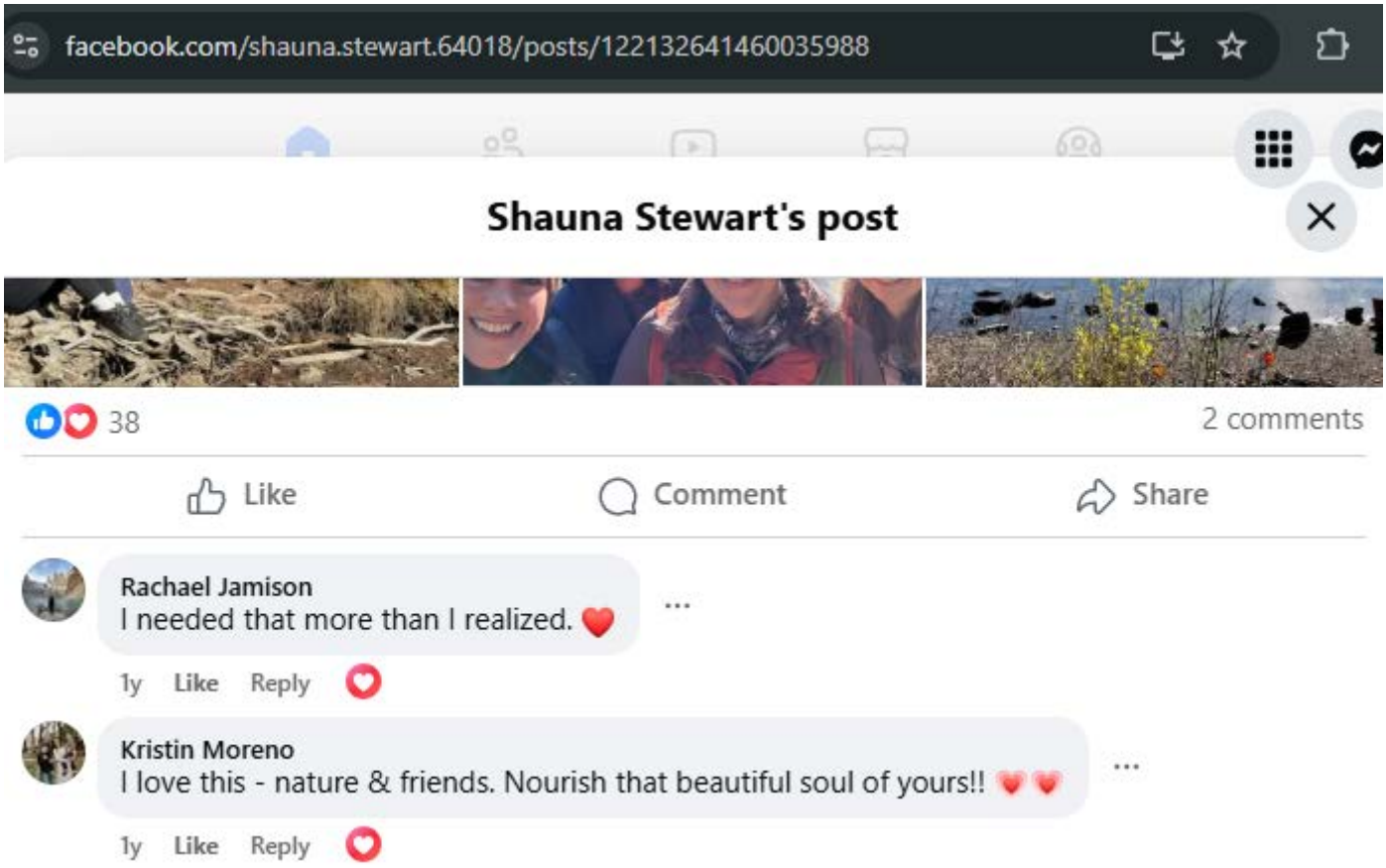
*Hiked the Packwood Lake Trail Head in Randle, Washington, with associates "I’ve been craving a hike for a while. This one hit the spot. Talking about business and life with these entrepreneurs made it extra special."

facebook.com/shauna.stewart.64018/posts/122132641460035988

Shauna Stewart's post

Shauna Stewart is at **Packwood Lake Trail Head**.
November 17, 2023 · Randle, WA ·

I've been craving a hike for a while. This one hit the spot. Talking about business and life with these entrepreneurs made it extra special.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Shauna Stewart's post
38
2 comments
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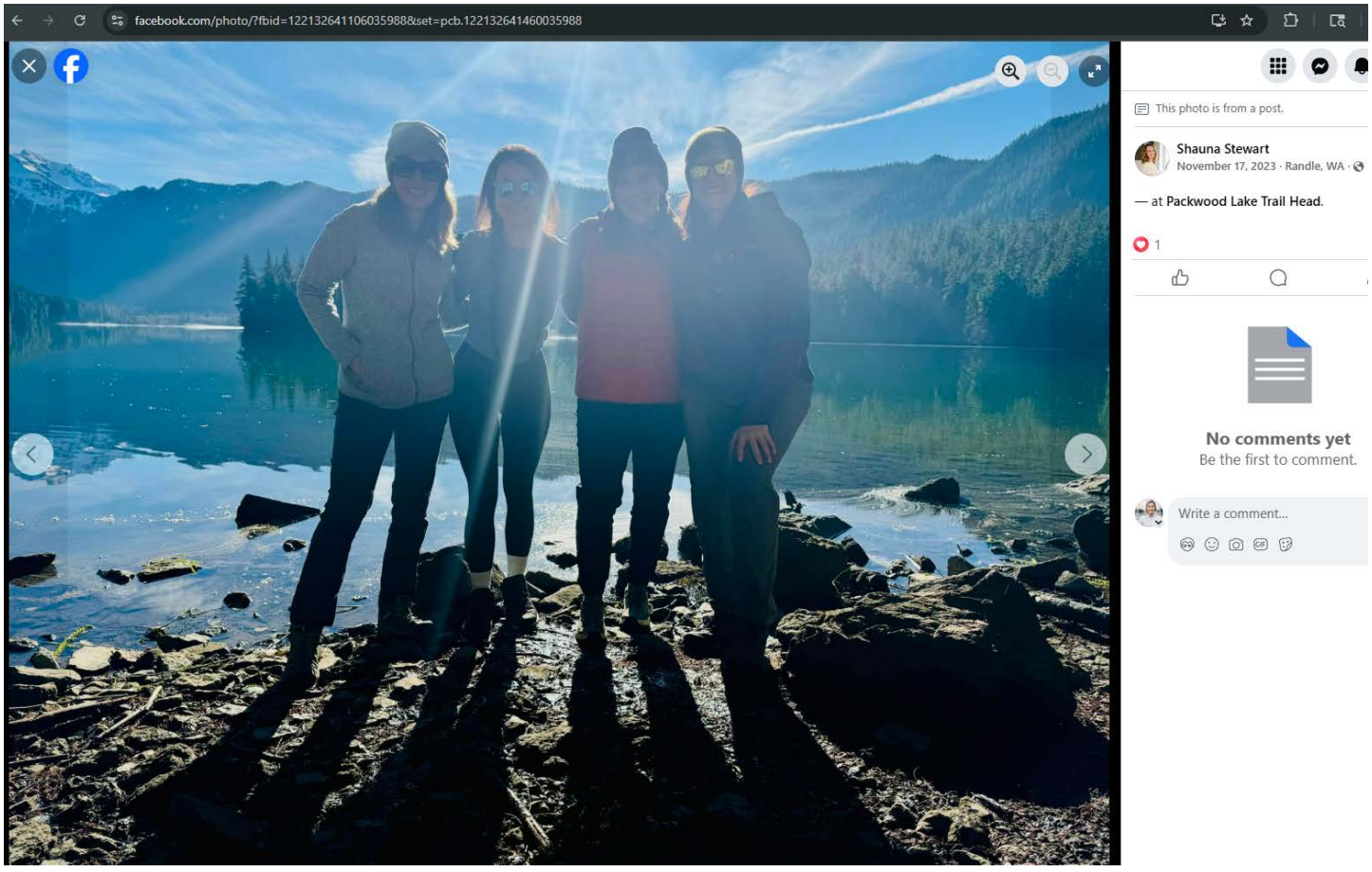
Comment
Share
Rachael Jamison
I needed that more than I realized.
1y Like Reply
Kristin Moreno
I love this - nature & friends. Nourish that beautiful soul of yours!!
1y Like Reply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Shauna Stewart
November 17, 2023 · Randle, WA ·
— at Packwood Lake Trail Head.
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This photo is from a post.

Shauna Stewart
November 17, 2023 · Randle, WA ·

— at Packwood Lake Trail Head.

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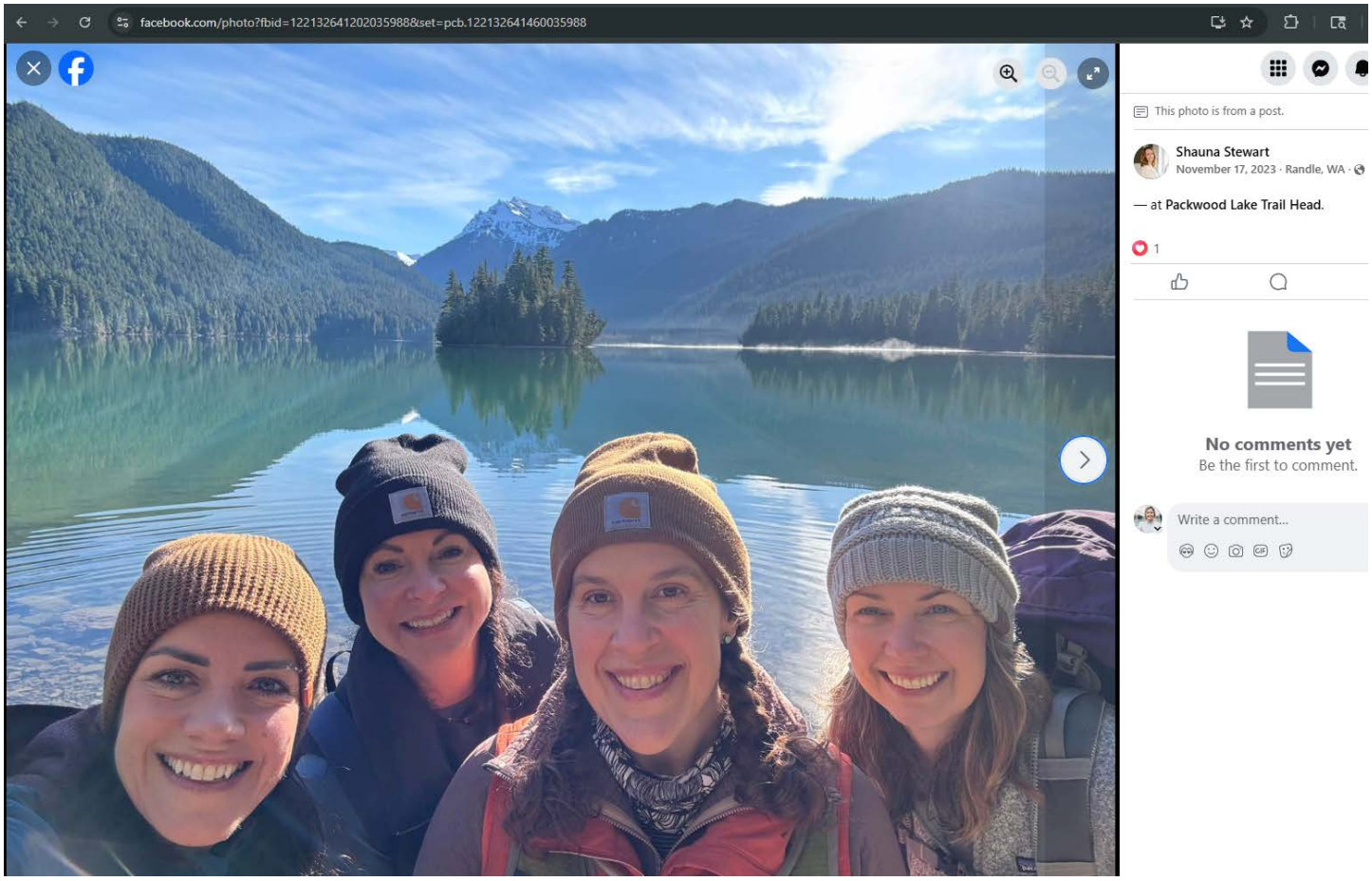
facebook.com/photo?fbid=122132641202035988&set=pcb.122132641460035988
This photo is from a post.
Shauna Stewart
November 17, 2023 · Randle, WA ·
— at Packwood Lake Trail Head.
1
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Instagram

linger.u

Posted: Nov 17, 2023

System ID: 609735

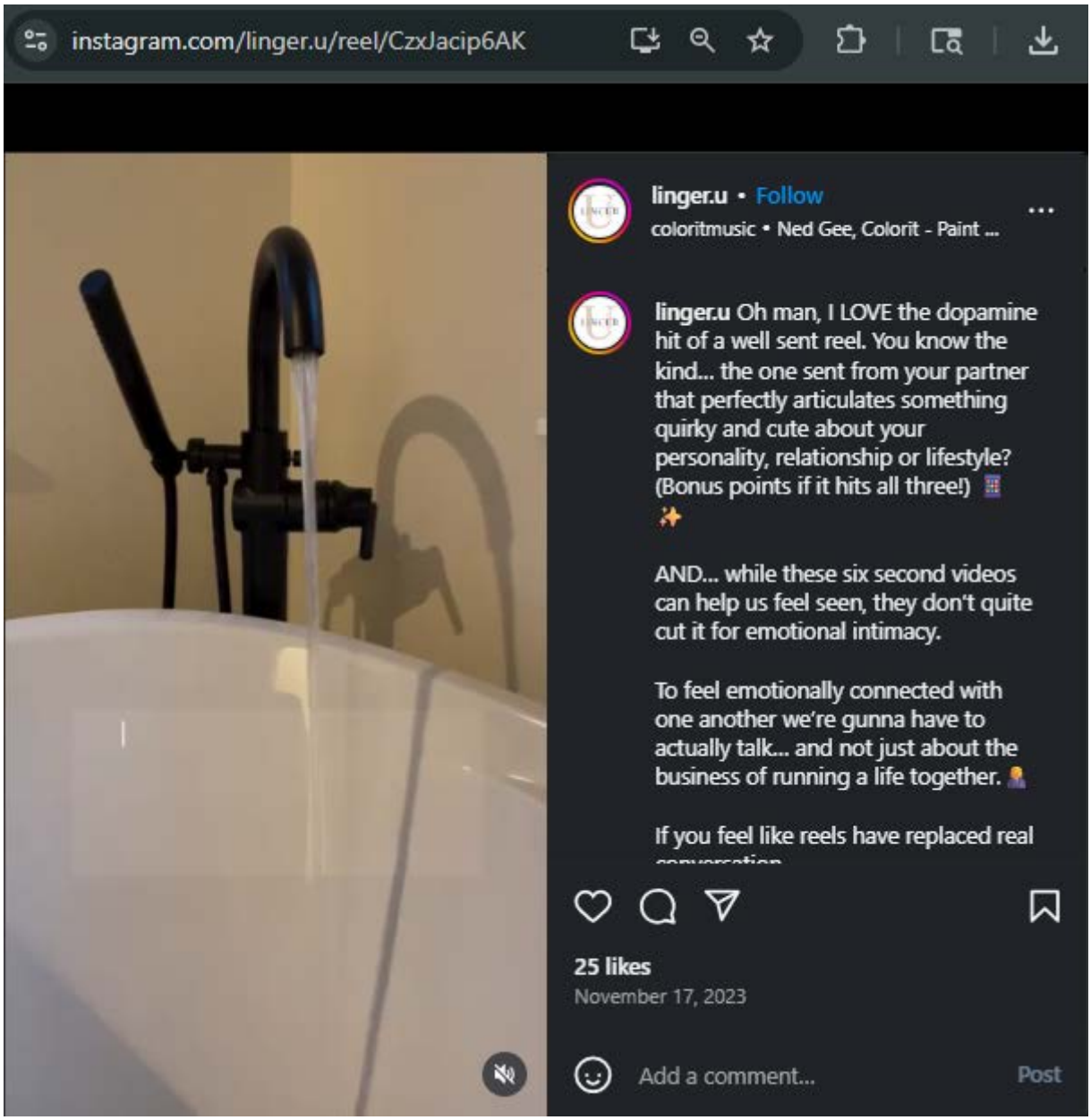
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/CzxJacip6AK

After DOI

"Oh man, I LOVE the dopamine hit of a well sent reel. You know the kind… the one sent from your partner that perfectly articulates something quirky and cute about your personality, relationship or lifestyle? (Bonus points if it hits all three!) □□ AND… while these six second videos can help us feel seen, they don't quite cut it for emotional intimacy. To feel emotionally connected with one another we're gunna have to actually talk… and not just about the business of running a life together.□□ If you feel like reels have replaced real conversation, here are three of our favorite ways to build emotional intimacy into our days: ☕ Coffee Chats - We love starting our days sipping coffee side by side. Sometimes we do our own thing, but when we turn towards each other to talk about our days or that wacky dream I had last night or today's world events, we get to start our day feeling a little closer. □♀Walk and Talk - Sometimes our minds work better when our bodies are in motion. Stepping outside for a brief walk around the neighborhood or a long walk in the beach, can stimulate some interesting dialogue. Holding hands can also make us feel more bonded and in step with one another. □ Sunday Soaks - It can be any day really, but we like the alliteration. Filling the tub, looking at each other naked, and touching (but not in a s□ual way) can help us feel relaxed and focused on one another. Whatever happens out of that tub is fair game. □ How do YOU intentionally cultivate emotional intimacy in your relationship? Let us know □ PS: If you need some bath salts for your next soak together, come see us! Ours are locally made and smell delicious! #welikeitslow #intimacy #relationships #reels #emotionalintimacy #loveoly #olympiawa #olympiawashington #couples #laceywa"



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Instagram

lifeturnedonpodcast

System ID: 608125

Shauna Marie Stewart

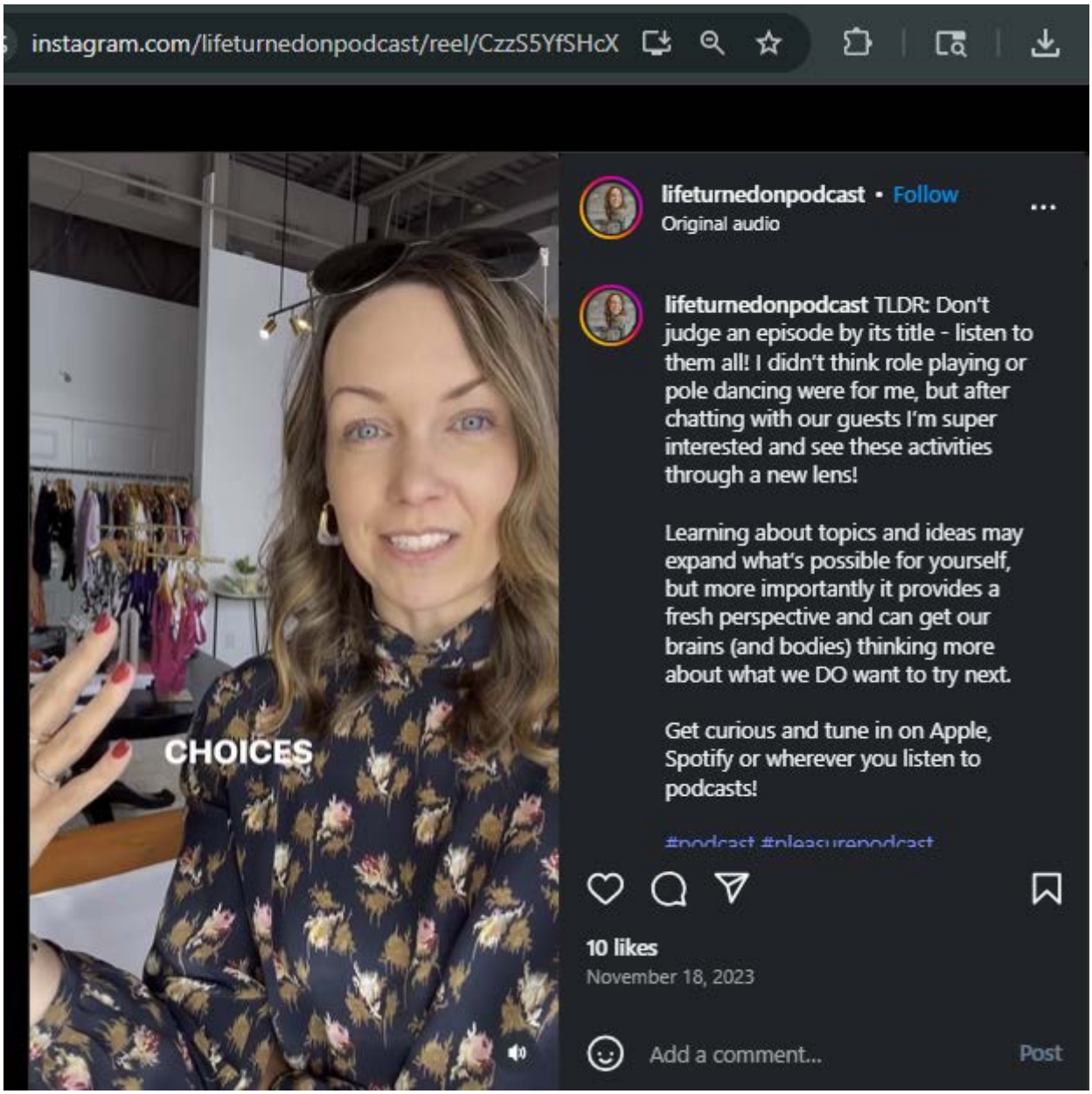
https://www.instagram.com/lifeturnedonpodcast/reel/CzzS5YfSHcX

Posted: Nov 18, 2023

Captured: Jul 09, 2025

After DOI

*Seen standing while talking at Linger Boutique "TLDR: Don’t judge an episode by its title - listen to them all! I didn’t think role playing or pole dancing were for me, but after chatting with our guests I’m super interested and see these activities through a new lens! Learning about topics and ideas may expand what’s possible for yourself, but more importantly it provides a fresh perspective and can get our brains (and bodies) thinking more about what we DO want to try next. Get curious and tune in on Apple, Spotify or wherever you listen to podcasts! #podcast #pleasurepodcast"



[Link to download video]

Instagram

linger.u

System ID: 609747

Shauna Marie Stewart

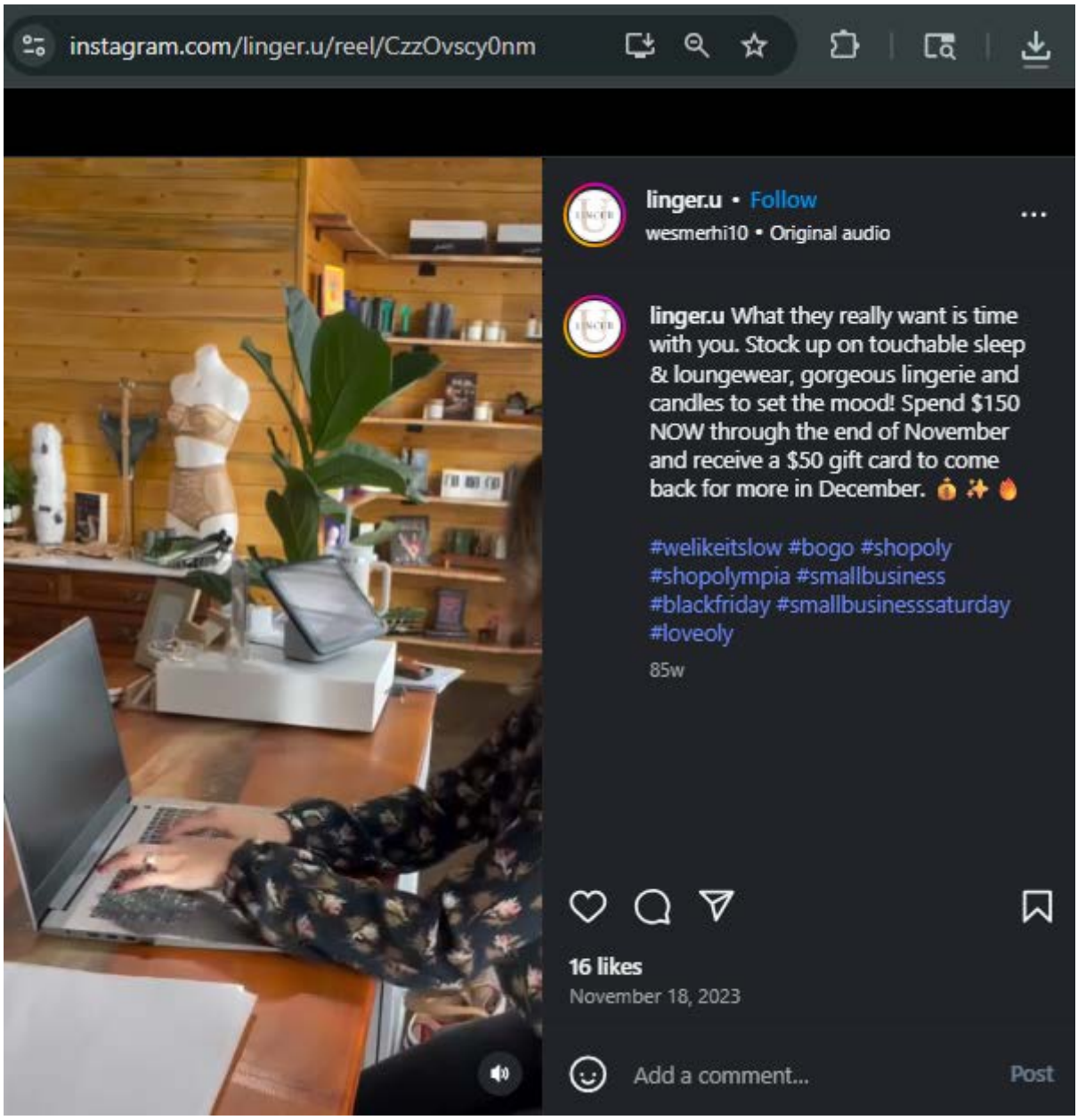
https://www.instagram.com/linger.u/reel/CzzOvscy0nm

Posted: Nov 18, 2023

Captured: Jul 10, 2025

After DOI

*Seen typing on a laptop at Linger Boutique "What they really want is time with you. Stock up on touchable sleep & loungewear, gorgeous lingerie and candles to set the mood! Spend $150 NOW through the end of November and receive a $50 gift card to come back for more in December. □□□ #welikeitslow #bogo #shopoly #shopolympia #smallbusiness #blackfriday #smallbusinesssaturday #loveoly"



Link to download video

Facebook

profile.php?id=100025625778766 | Posted: Nov 19, 2023

System ID: 606662 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1257299161800931&id=100025625778766

After DOI

*Holiday deals "Shop small and local this Holiday Season! Swipe for deals! #loveoly #welikeitslow #loveoly #smallbusinesssaturday #womanowned #olympiawa #tacomawashington"

facebook.com/permalink.php?story_fbid=1257299161800931&id=100025625778766

Linger Boutique's post

Linger Boutique
November 19, 2023 ·

Shop small and local this Holiday Season! Swipe for deals!

#loveoly #welikeitslow #loveoly #smallbusinesssaturday #womanowned #olympiawa #tacomawashington

Instagram

linger.u

Posted: Nov 20, 2023

System ID: 609750

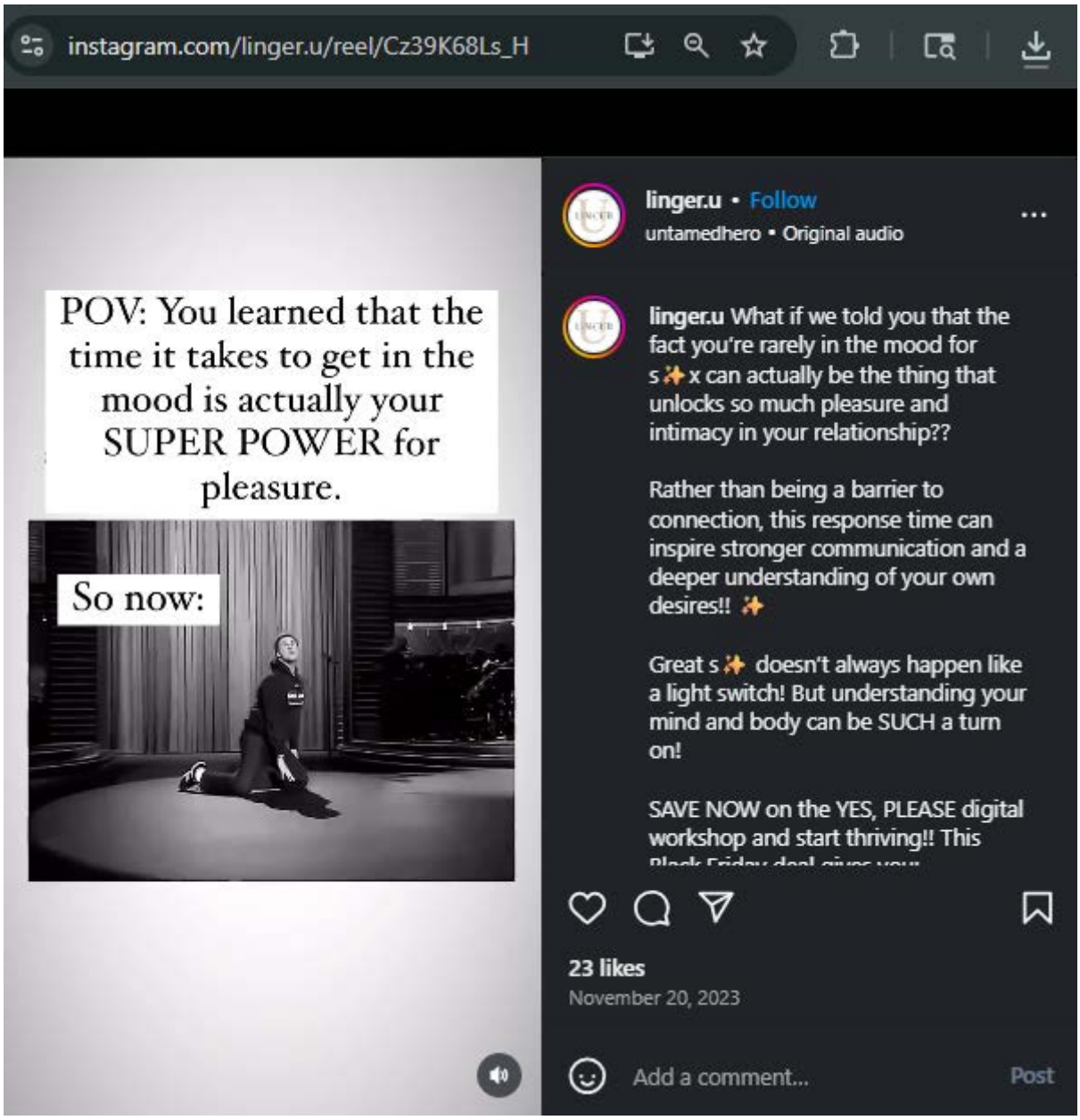
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/Cz39K68Ls_H

After DOI

"What if we told you that the fact you’re rarely in the mood for s□x can actually be the thing that unlocks so much pleasure and intimacy in your relationship?? Rather than being a barrier to connection, this response time can inspire stronger communication and a deeper understanding of your own desires!! □ Great s□ doesn’t always happen like a light switch! But understanding your mind and body can be SUCH a turn on! SAVE NOW on the YES, PLEASE digital workshop and start thriving!! This Black Friday deal gives you: □ 90 MIN DIGITAL WORKSHOP all about thriving with responsive desire ✏ JOURNAL PROMPTS to integrate and personalize what you learn □ PARTNER GUIDE to guide meaningful conversations about your desires with your partner □ $25 GIFT CARD to Linger so you can stock up on things that feel good to YOUR body All for $74 (normally $99)! Click the □ now and scroll to YES, PLEASE! #welikeitslow #inthemood #notinthemood #couples #relationship #loveoly #olympiawa #olympiawashington"



Link to download video

Other

Apple Podcasts

Posted: Nov 22, 2023

System ID: 607611

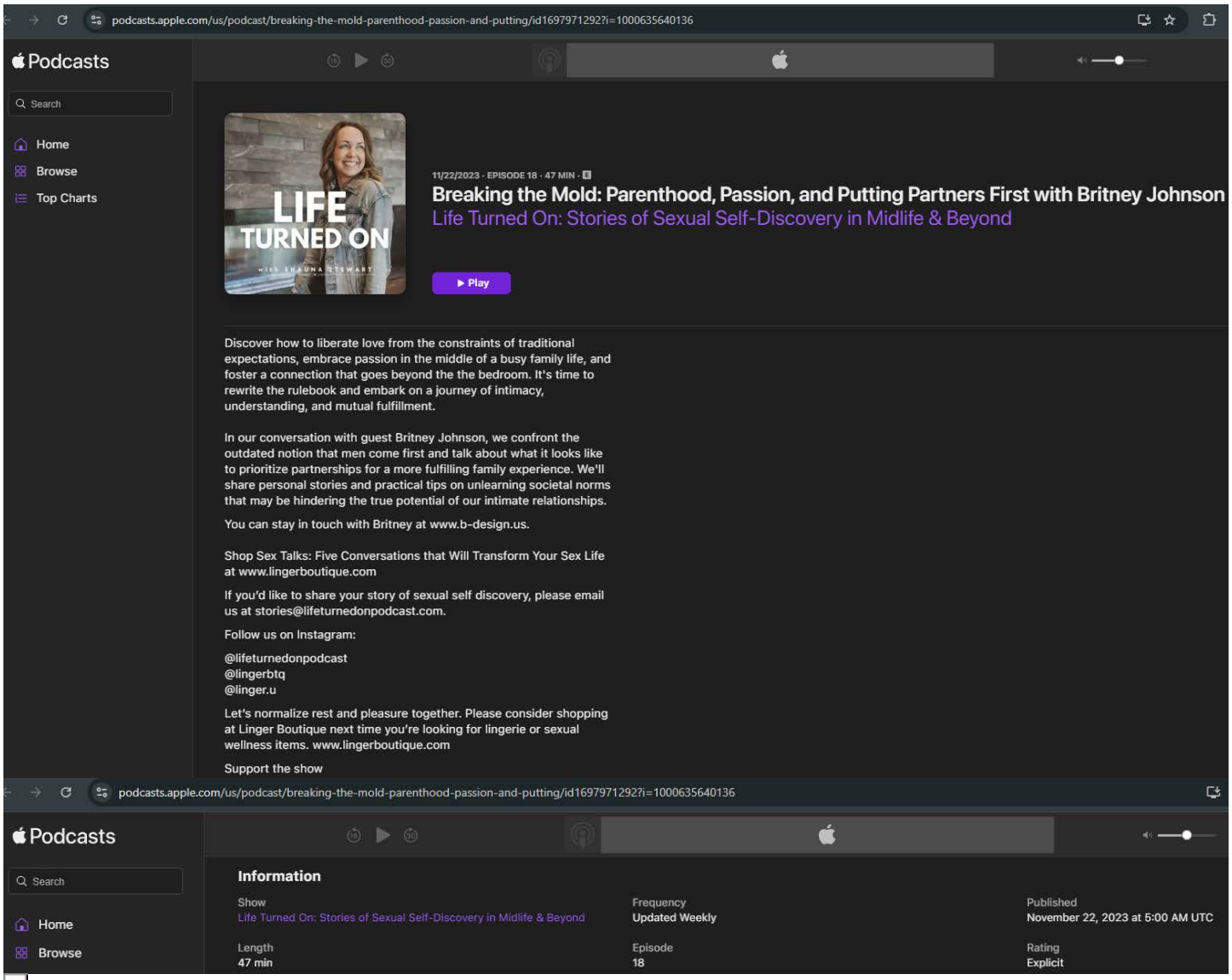
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/breaking-the-mold-parenthood-passion-and-putting/id1697971292?i=1000635640136

After DOI

"Breaking the Mold: Parenthood, Passion, and Putting Partners First with Britney Johnson" "Discover how to liberate love from the constraints of traditional expectations, embrace passion in the middle of a busy family life, and foster a connection that goes beyond the the bedroom. It's time to rewrite the rulebook and embark on a journey of intimacy, understanding, and mutual fulfillment. In our conversation with guest Britney Johnson, we confront the outdated notion that men come first and talk about what it looks like to prioritize partnerships for a more fulfilling family experience. We'll share personal stories and practical tips on unlearning societal norms that may be hindering the true potential of our intimate relationships. You can stay in touch with Britney at www.b-design.us. Shop Sex Talks: Five Conversations that Will Transform Your Sex Life at www.lingerboutique.com If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/breaking-the-mold-parenthood-passion-and-putting/id1697971292?i=1000635640136
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LIFE TURNED ON
11/22/2023 · EPISODE 18 · 47 MIN ·
Breaking the Mold: Parenthood, Passion, and Putting Partners First with Britney Johnson
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Discover how to liberate love from the constraints of traditional expectations, embrace passion in the middle of a busy family life, and foster a connection that goes beyond the the bedroom. It's time to rewrite the rulebook and embark on a journey of intimacy, understanding, and mutual fulfillment.
In our conversation with guest Britney Johnson, we confront the outdated notion that men come first and talk about what it looks like to prioritize partnerships for a more fulfilling family experience. We'll share personal stories and practical tips on unlearning societal norms that may be hindering the true potential of our intimate relationships.
You can stay in touch with Britney at www.b-design.us.
Shop Sex Talks: Five Conversations that Will Transform Your Sex Life at www.lingerboutique.com
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast
@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Frequency
Updated Weekly
Published
November 22, 2023 at 5:00 AM UTC
Length
47 min
Episode
18
Rating
Explicit

Facebook

shauna.stewart.64018

System ID: 606665

Shauna Marie Stewart

Posted: Nov 22, 2023

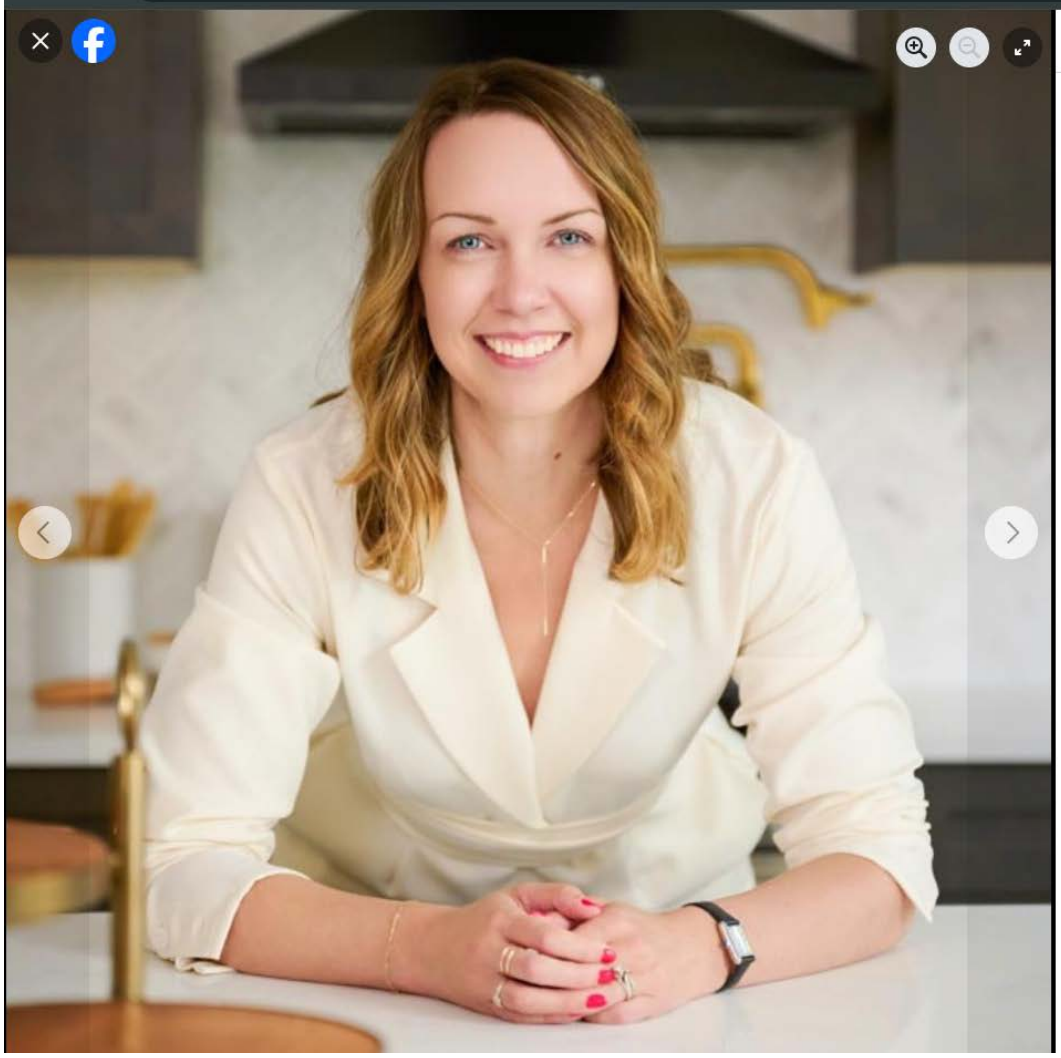
Captured: Jul 07, 2025

https://www.facebook.com/photo/?fbid=1259232641607583&set=a.982969869233863

After DOI

*Expressed her appreciation for the support of her lingerie and sexual wellness boutique "Grateful Vibes As the season of gratitude and giving thanks is upon us, I wanted to take a moment to express my deepest appreciation for your ongoing support of our lingerie and sual wellness boutique. Your trust in us means the world, and I am truly thankful for each and every one of you. As we reflect on the many reasons to be thankful, I can't help but think of the wonderful community we've built together. Your passion for embracing rest and pleasure has created a special bond that goes beyond business. It's a celebration of womanhood, self-love, and the joy of connecting with our innermost desires. In the spirit of gratitude, I invite you to consider making this holiday season extra special by supporting small and local businesses like ours. As a boutique dedicated to empowering women, your patronage directly contributes to the vibrancy of our community. By choosing to shop small, you not only invest in unique, high-quality products but also play a vital role in preserving the character and charm of the local business landscape in @downtownolympia and beyond. Thank you again for being a part of Linger Boutique. Wishing you a warm and joyous season filled with love, laughter, and the delightful moments that make life extraordinary. With love, Shauna #welikeitslow #loveoly #downtownopympia #shopsmall #shoplocal #livelikethemountainisout #experienceolympia #gratitude"

facebook.com/photo/?fbid=1259232641607583&set=a.982969869233863



Linger Boutique
November 22, 2023 ·

✨Grateful Vibes✨ As the season of gratitude and giving thanks is upon us, I wanted to take a moment to express my deepest appreciation for your ongoing support of our lingerie and s✨ual wellness boutique. Your trust in us means the world, and I am truly thankful for each and every one of you.

As we reflect on the many reasons to be thankful, I can't help but think of the wonderful community we've built together. Your passion for embracing rest and pleasure has created a special bond that goes beyond business. It's a celebration of womanhood, self-love, and the joy of connecting with our innermost desires.

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Thank you again for being a part of Linger Boutique. Wishing you a warm and joyous season filled with love, laughter, and the delightful moments that make life extraordinary.

With love,
Shauna

#welikeitslow #loveoly #downtownopympia #shopsmall #shoplocal #livelikethemountainisout #experienceolympia #gratitude See less

10 2

Facebook

profile.php?id=100025625778766
System ID: 606674
Shauna Marie Stewart
https://www.facebook.com/photo/?fbid=1261328614731319&set=a.982969869233863

Posted: Nov 26, 2023
Captured: Jul 07, 2025

After DOI

*Shared a picture of her new employee "Welcome Aurora! We are so excited to have her bubbly personality on board. Aurora is a shopaholic from Alaska with a passion for the great outdoors and small businesses. She’s excited to put her customer service skills to work by helping you feel comfortable and confident in choosing the best lingerie and wellness solutions for YOU! Stop by to see her Wednesday thru Friday! #welikeitslow #loveoly #olympiawa #olympiawashington"

facebook.com/photo/?fbid=1261328614731319&set=a.982969869233863

Linger Boutique
November 26, 2023 ·

Welcome Aurora! We are so excited to have her bubbly personality on board.

Aurora is a shopaholic from Alaska with a passion for the great outdoors and small businesses.

She's excited to put her customer service skills to work by helping you feel comfortable and confident in choosing the best lingerie and wellness solutions for YOU!

Stop by to see her Wednesday thru Friday!

#welikeitslow #loveoly #olympiawa #olympiawashington See less

12 1

Most relevant

Pycnopodia Helianthoides
Alaskans are the best kind of people! Welcome!

1y Like Reply

Write a comment...

Other

Apple Podcasts

Posted: Nov 29, 2023

System ID: 607610

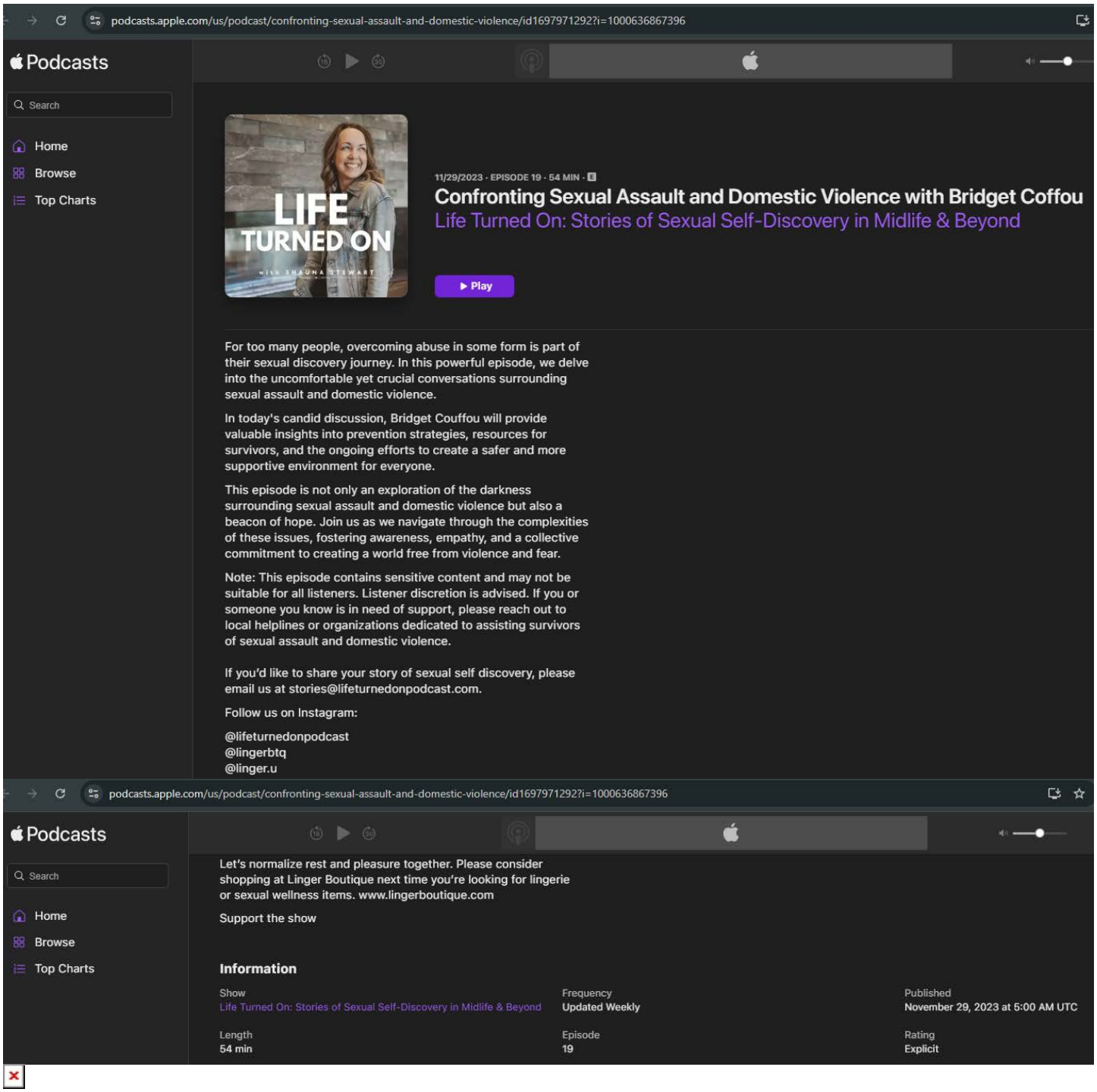
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/confronting-sexual-assault-and-domestic-violence/id1697971292?i=1000636867396

After DOI

*Mentioned that the conversation was enlightening and relatable (49:58 - 50:46) "Confronting Sexual Assault and Domestic Violence with Bridget Coffou" "For too many people, overcoming abuse in some form is part of their sexual discovery journey. In this powerful episode, we delve into the uncomfortable yet crucial conversations surrounding sexual assault and domestic violence. In today's candid discussion, Bridget Couffou will provide valuable insights into prevention strategies, resources for survivors, and the ongoing efforts to create a safer and more supportive environment for everyone. This episode is not only an exploration of the darkness surrounding sexual assault and domestic violence but also a beacon of hope. Join us as we navigate through the complexities of these issues, fostering awareness, empathy, and a collective commitment to creating a world free from violence and fear. Note: This episode contains sensitive content and may not be suitable for all listeners. Listener discretion is advised. If you or someone you know is in need of support, please reach out to local helplines or organizations dedicated to assisting survivors of sexual assault and domestic violence. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/confronting-sexual-assault-and-domestic-violence/id1697971292?i=1000636867396
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LIFE TURNED ON
WITH SHAUNA STEWART
11/29/2023 · EPISODE 19 · 54 MIN ·
Confronting Sexual Assault and Domestic Violence with Bridget Coffou
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
For too many people, overcoming abuse in some form is part of their sexual discovery journey. In this powerful episode, we delve into the uncomfortable yet crucial conversations surrounding sexual assault and domestic violence.
In today's candid discussion, Bridget Couffou will provide valuable insights into prevention strategies, resources for survivors, and the ongoing efforts to create a safer and more supportive environment for everyone.
This episode is not only an exploration of the darkness surrounding sexual assault and domestic violence but also a beacon of hope. Join us as we navigate through the complexities of these issues, fostering awareness, empathy, and a collective commitment to creating a world free from violence and fear.
Note: This episode contains sensitive content and may not be suitable for all listeners. Listener discretion is advised. If you or someone you know is in need of support, please reach out to local helplines or organizations dedicated to assisting survivors of sexual assault and domestic violence.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
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podcasts.apple.com/us/podcast/confronting-sexual-assault-and-domestic-violence/id1697971292?i=1000636867396
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Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Frequency
Updated Weekly
Published
November 29, 2023 at 5:00 AM UTC
Length
54 min
Episode
19
Rating
Explicit

Instagram

linger.u

System ID: 609697

Shauna Marie Stewart

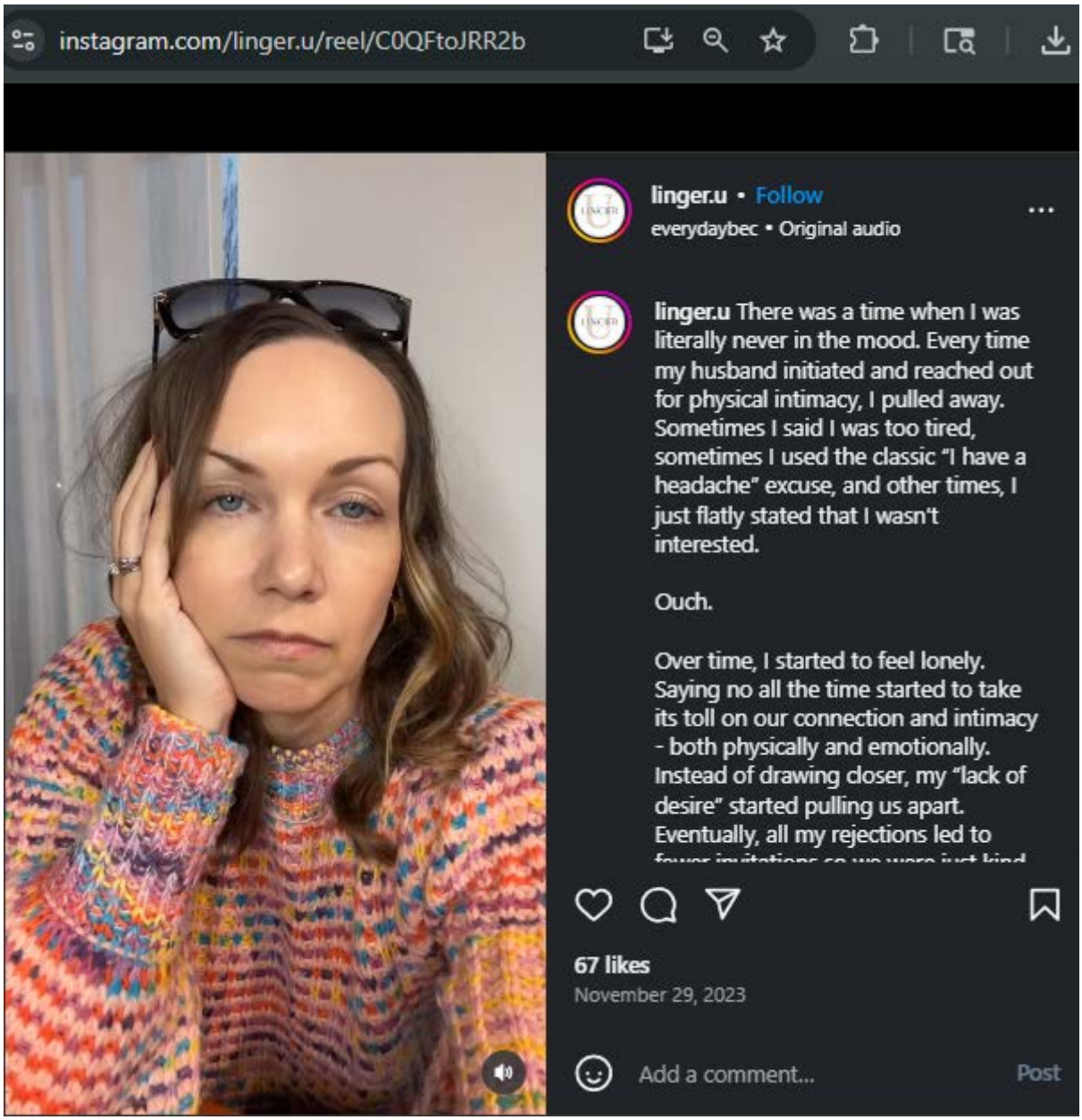
https://www.instagram.com/linger.u/reel/C0QFtoJRR2b

Posted: Nov 29, 2023

Captured: Jul 10, 2025

After DOI

"There was a time when I was literally never in the mood. Every time my husband initiated and reached out for physical intimacy, I pulled away. Sometimes I said I was too tired, sometimes I used the classic “I have a headache” excuse, and other times, I just flatly stated that I wasn’t interested. Ouch. Over time, I started to feel lonely. Saying no all the time started to take its toll on our connection and intimacy - both physically and emotionally. Instead of drawing closer, my “lack of desire” started pulling us apart. Eventually, all my rejections led to fewer invitations so we were just kind of in a stand-still with neither of us in the mood to initiate sexy time. There was a point where I wondered if my husband and I were even compatible anymore. If I’m never in the mood, it must mean there’s something wrong, right? Not so fast. When I learned about Responsive Desire, I felt so seen and an immediate sense of relief washed over me. Finally, there was an explanation for all my “not tonight, honey’s”. It wasn’t his fault, it wasn’t mine, it just was. Learning to work with my desire type has allowed me to draw closer to my husband emotionally and physically. I feel safe and excited to say “Yes, Please” more often. And sometimes I’M EVEN THE ONE THAT INITIATES!! Haha! Turns out, I just needed more. More time, emotional connection, and s that feels good. When I learned to lean into the space offered by responsive desire, I stopped seeing it as a barrier and started seeing it as my superpower. The workshop I’ve put together for you is a passion project. With a blend of science and personal storytelling, my goal is to give you the tools and resources to feel comfortable and confident with saying YES, PLEASE more often to the intimacy, connection, and pleasure you desire. So, why am I telling you all of this now? Because our BLACK FRIDAY deal on the YES, PLEASE digital workshop expires at the end of November. Now is your chance to save 25% and see where YOUR desire will take YOU. Head to our link now. #welikeitslow #loveoly #couples #relationships #responsivedesire #notinthemood #getinthemood"



[Link to download video]

Facebook

profile.php?id=100025625778766 | Posted: Dec 05, 2023

System ID: 606679 | Captured: Jul 07, 2025

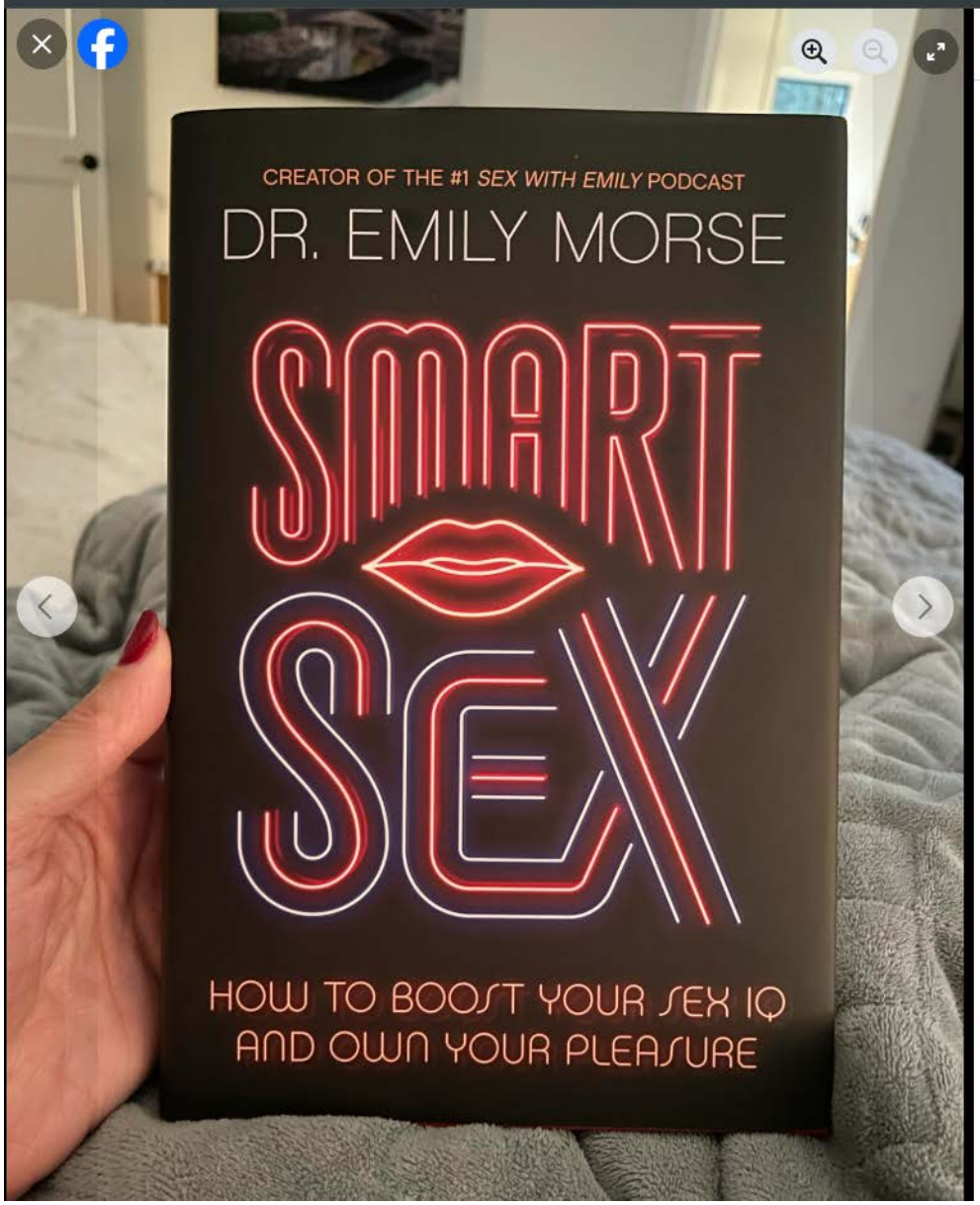
Shauna Marie Stewart

https://www.facebook.com/photo/?fbid=1266349107562603&set=a.982969869233863

After DOI

*Shared that she had finished the book Smart Sex by Dr. Emily Morse "I finally finished this book! (I’m typically reading about five books at once so it takes me a bit to get through one.) Here are some thoughts: 1.) Dr. Emily Morse is the OG s podcaster - she was doing it before it was cool. From modern trends to the issues as old as time, she’s helped people through them all. 2.) This is a solid Secs 101 book. It gives readers a solid foundation and understanding from which to grow. I also like that she includes a number of activities and scripts to try to help build confidence and pleasure. 3.) I don’t love that she advocates that pleasure is productive. She’s not wrong and I get that this message helps to sell pleasure in a capitalist culture, but also, pleasure doesn’t need to be a means to an end. In fact, I believe we can enjoy it more when we pursue pleasure for the sake of pleasure. ♀ 4.) In a society where S Education tends to center around not getting pregnant or an ST, this book fills in the gaps!! If you’ve ever felt confused or like you didn’t get the education you needed, this is an excellent place to start. Grab Smart S at Linger in store or online. Happy learning! #welikeitslow #loveoly #downtownoly"

facebook.com/photo/?fbid=1266349107562603&set=a.982969869233863



Linger Boutique
December 5, 2023 ·

I finally finished this book! (I'm typically reading about five books at once so it takes me a bit to get through one.) Here are some thoughts:

1.) Dr. Emily Morse is the OG s✨ podcaster - she was doing it before it was cool. From modern trends to the issues as old as time, she's helped people through them all.

2.) This is a solid Secs 101 book. It gives readers a solid foundation and understanding from which to grow. I also like that she includes a number of activities and scripts to try to help build confidence and pleasure.

3.) I don't love that she advocates that pleasure is productive. She's not wrong and I get that this message helps to sell pleasure in a capitalist culture, but also, pleasure doesn't need to be a means to an end. In fact, I believe we can enjoy it more when we pursue pleasure for the sake of pleasure. 🤷‍♀️

4.) In a society where S✨ Education tends to center around not getting pregnant or an ST👁️, this book fills in the gaps!! If you've ever felt confused or like you didn't get the education you needed, this is an excellent place to start.

Grab Smart S✨ at Linger in store or online. Happy learning! 🤓

#welikeitslow #loveoly #downtownoly See less

3

Write a comment...

Facebook

profile.php?id=100025625778766 | Posted: Dec 06, 2023

System ID: 606705 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1267104630820384&id=100025625778766

After DOI

*Shared holiday gift ideas that include a sexual experience and a gift "This year, give them your time. Your Presence is the Best Present! These days, more and more people are leaning towards giving and receiving meaningful experiences for the Holiday Season. We love this! Taking time to make memories together is what we are all about! AND... it's still nice to see a little something, something under that tree. So, we've curated an amazing list of ideas that give the best of both worlds: EXPERIENCE + GIFT! Each of these ideas is designed with intimacy and pleasure in mind, so whatever you choose, you really can't go wrong! Pamper Them with a Relaxing Massage. 'Tis the season for giving, but this time, let your partner RECEIVE! Wrap up a sensual massage oil or massage candle with the promise of a relaxing massage. Massage candles come with the added benefit of creating a soft ambiance. As the wax melts into a warm oil, you can gently pour it onto your partner and create a luxurious moment. Spice Things Up with a Naughty Game Night. Take your evenings to a whole new level of intimacy with a sexy game of Naughty Truth or Dare or taking turns asking each other 100 Flirty & Dirty Questions. Either way, you'll have fun exploring and learning something new together. BONUS: A few props or toys can help take matters into your own hands when the moment strikes. Go to Night School Together. Couples that learn together, stay together. Stock up on some sexy and educational books then take turns reading to each other. We love to do this in the bath, but you can do it anywhere! Stock up on store or online! We can’t wait to see what you choose! #welikeitslow #couples #relationships #loveoly #downtownoly #downtownolympia #laceywa #laceywashington #shoplocal #womanownedbusiness #tumwaterwa"

facebook.com/permalink.php?story_fbid=1267104630820384&id=100025625778766

Linger Boutique's post

Linger Boutique
December 6, 2023 ·

This year, give them your time. Your Presence is the Best Present!

These days, more and more people are leaning towards giving and receiving meaningful experiences for the Holiday Season. We love this! Taking time to make memories together is what we are all about!

AND...

it's still nice to see a little something, something under that tree.🎁

So, we've curated an amazing list of ideas that give the best of both worlds: EXPERIENCE + GIFT! Each of these ideas is designed with intimacy and pleasure in mind, so whatever you choose, you really can't go wrong!

🧖 💆Pamper Them with a Relaxing Massage. 'Tis the season for giving, but this time, let your partner RECEIVE! Wrap up a sensual massage oil or massage candle with the promise of a relaxing massage. Massage candles come with the added benefit of creating a soft ambiance. As the wax melts into a warm oil, you can gently pour it onto your partner and create a luxurious moment.

😍Spice Things Up with a Naughty Game Night. Take your evenings to a whole new level of intimacy with a sexy game of Naughty Truth or Dare or taking turns asking each other 100 Flirty & Dirty Questions. Either way, you'll have fun exploring and learning something new together.
BONUS: A few props or toys can help take matters into your own hands when the moment strikes.

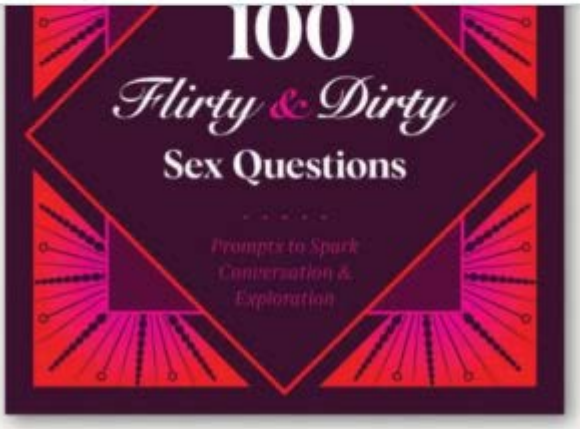
🤓 Go to Night School Together. Couples that learn together, stay together. Stock up on some sexy and educational books then take turns reading to each other. We love to do this in the bath, but you can do it anywhere!

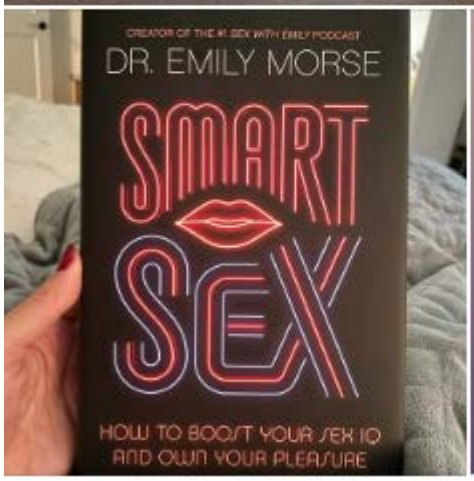
Stock up on store or online! We can't wait to see what you choose! 😘

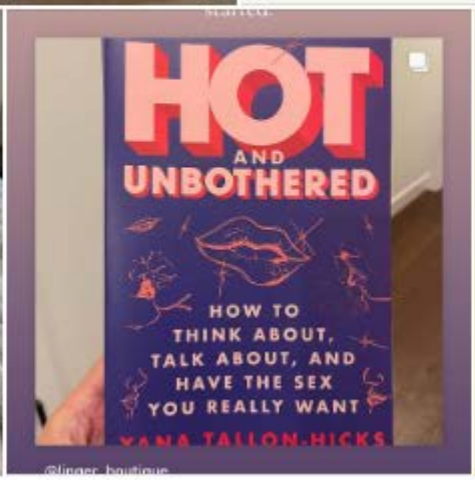
#welikeitslow #couples #relationships #loveoly #downtownoly #downtownolympia #laceywa #laceywashington #shoplocal #womanownedbusiness #tumwaterwa

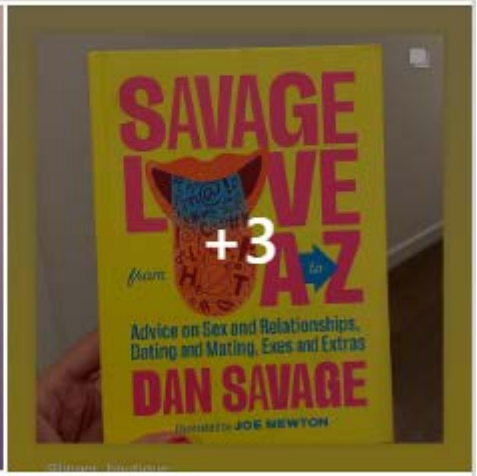
facebook.com/permalink.php?story_fbid=1267104630820384&id=100025625778766

Linger Boutique's post









Other

Apple Podcasts | Posted: Dec 06, 2023

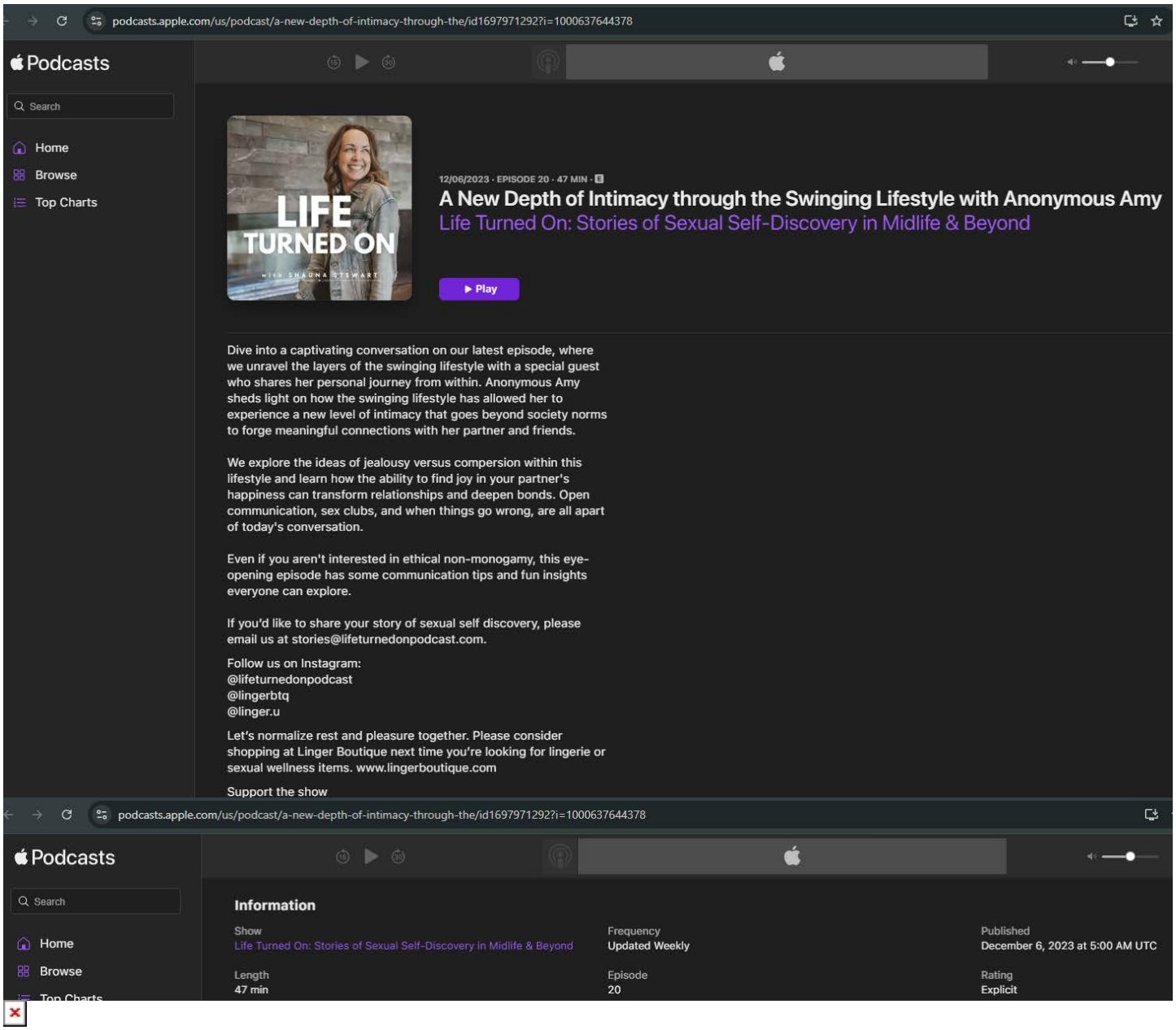
System ID: 607609 | Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/a-new-depth-of-intimacy-through-the/id1697971292?i=1000637644378

After DOI

"A New Depth of Intimacy through the Swinging Lifestyle with Anonymous Amy" "Dive into a captivating conversation on our latest episode, where we unravel the layers of the swinging lifestyle with a special guest who shares her personal journey from within. Anonymous Amy sheds light on how the swinging lifestyle has allowed her to experience a new level of intimacy that goes beyond society norms to forge meaningful connections with her partner and friends. We explore the ideas of jealousy versus compersion within this lifestyle and learn how the ability to find joy in your partner's happiness can transform relationships and deepen bonds. Open communication, sex clubs, and when things go wrong, are all apart of today's conversation. Even if you aren't interested in ethical non-monogamy, this eye-opening episode has some communication tips and fun insights everyone can explore. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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LIFE TURNED ON
12/06/2023 · EPISODE 20 · 47 MIN · E
A New Depth of Intimacy through the Swinging Lifestyle with Anonymous Amy
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Dive into a captivating conversation on our latest episode, where we unravel the layers of the swinging lifestyle with a special guest who shares her personal journey from within. Anonymous Amy sheds light on how the swinging lifestyle has allowed her to experience a new level of intimacy that goes beyond society norms to forge meaningful connections with her partner and friends.
We explore the ideas of jealousy versus compersion within this lifestyle and learn how the ability to find joy in your partner's happiness can transform relationships and deepen bonds. Open communication, sex clubs, and when things go wrong, are all apart of today's conversation.
Even if you aren't interested in ethical non-monogamy, this eye-opening episode has some communication tips and fun insights everyone can explore.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Frequency
Updated Weekly
Published
December 6, 2023 at 5:00 AM UTC
Length
47 min
Episode
20
Rating
Explicit

Facebook

profile.php?id=100025625778766 | Posted: Dec 08, 2023

System ID: 606691 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1268084017389112&id=100025625778766

After DOI

*Lingerie advertisement "Lingerie is an intention. It can be an expression to self and of self. It can be a sweet secret or sexy invitation. It can be totally for you or worn as a gift to someone else. The point is, lingerie can be whatever you want it to be, so enjoy!"

facebook.com/permalink.php?story_fbid=1268084017389112&id=100025625778766

Linger Boutique's post

Linger Boutique
December 8, 2023 ·

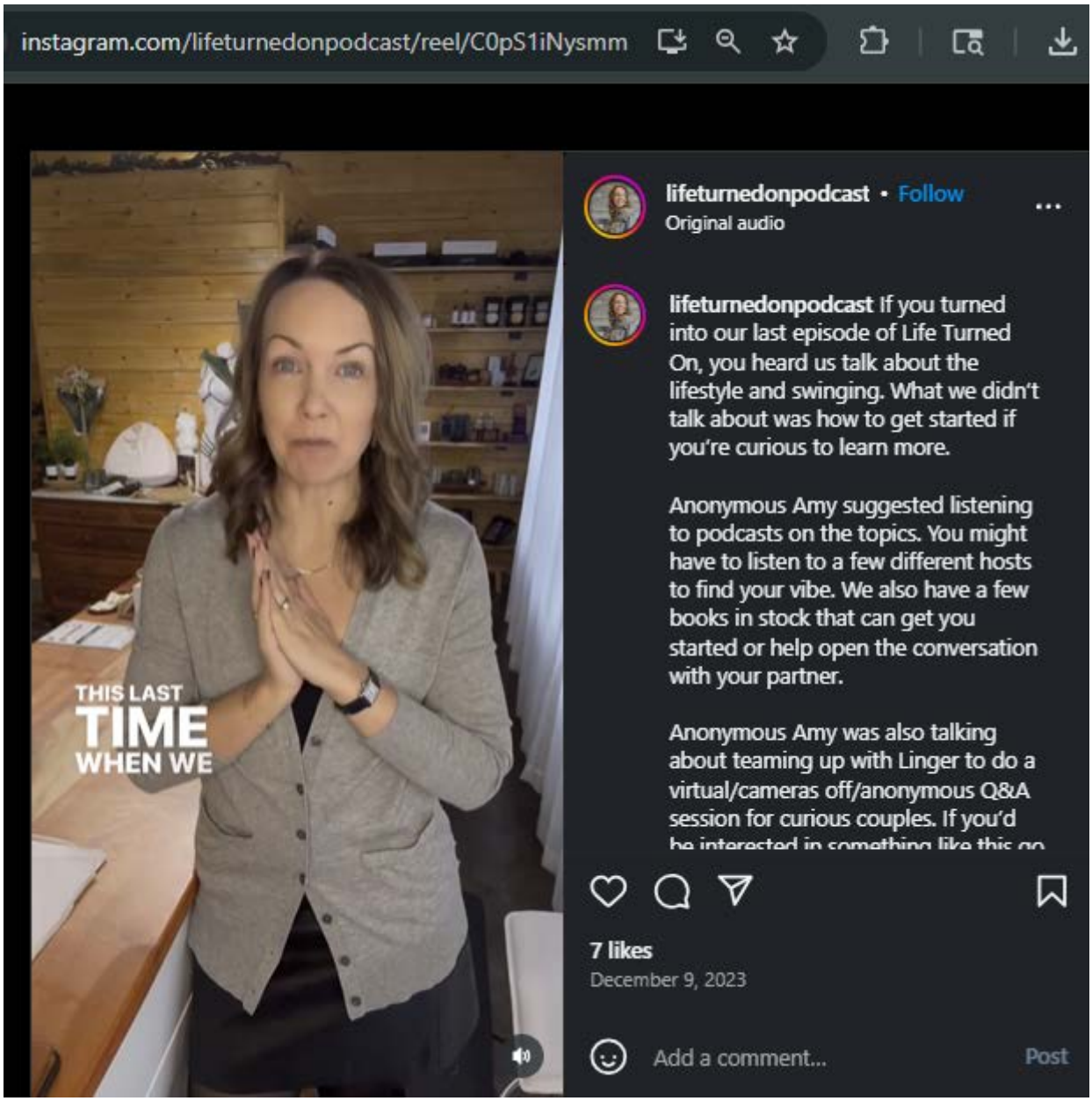
Lingerie is an intention. It can be an expression to self and of self. It can be a sweet secret or sexy invitation. It can be totally for you or worn as a gift to someone else. The point is, lingerie can be whatever you want it to be, so enjoy!

Instagram

lifeturnedonpodcast
Posted: Dec 09, 2023
System ID: 608122
Captured: Jul 09, 2025
Shauna Marie Stewart
https://www.instagram.com/lifeturnedonpodcast/reel/C0pS1iNysmm

After DOI

*Talked about resources for people interested in "swinging" in their relationship "If you turned into our last episode of Life Turned On, you heard us talk about the lifestyle and swinging. What we didn't talk about was how to get started if you're curious to learn more. Anonymous Amy suggested listening to podcasts on the topics. You might have to listen to a few different hosts to find your vibe. We also have a few books in stock that can get you started or help open the conversation with your partner. Anonymous Amy was also talking about teaming up with Linger to do a virtual/cameras off/anonymous Q&A session for curious couples. If you'd be interested in something like this go ahead and DM me. I hope this doesn't need to be said, but just in case, I will respect your privacy and offer the utmost discretion. #podcasts #pleasurepodcast #swinging #lifestyle #lifestylenewbies #enm"



[Link to download video]

Instagram

linger.u

System ID: 609707

Shauna Marie Stewart

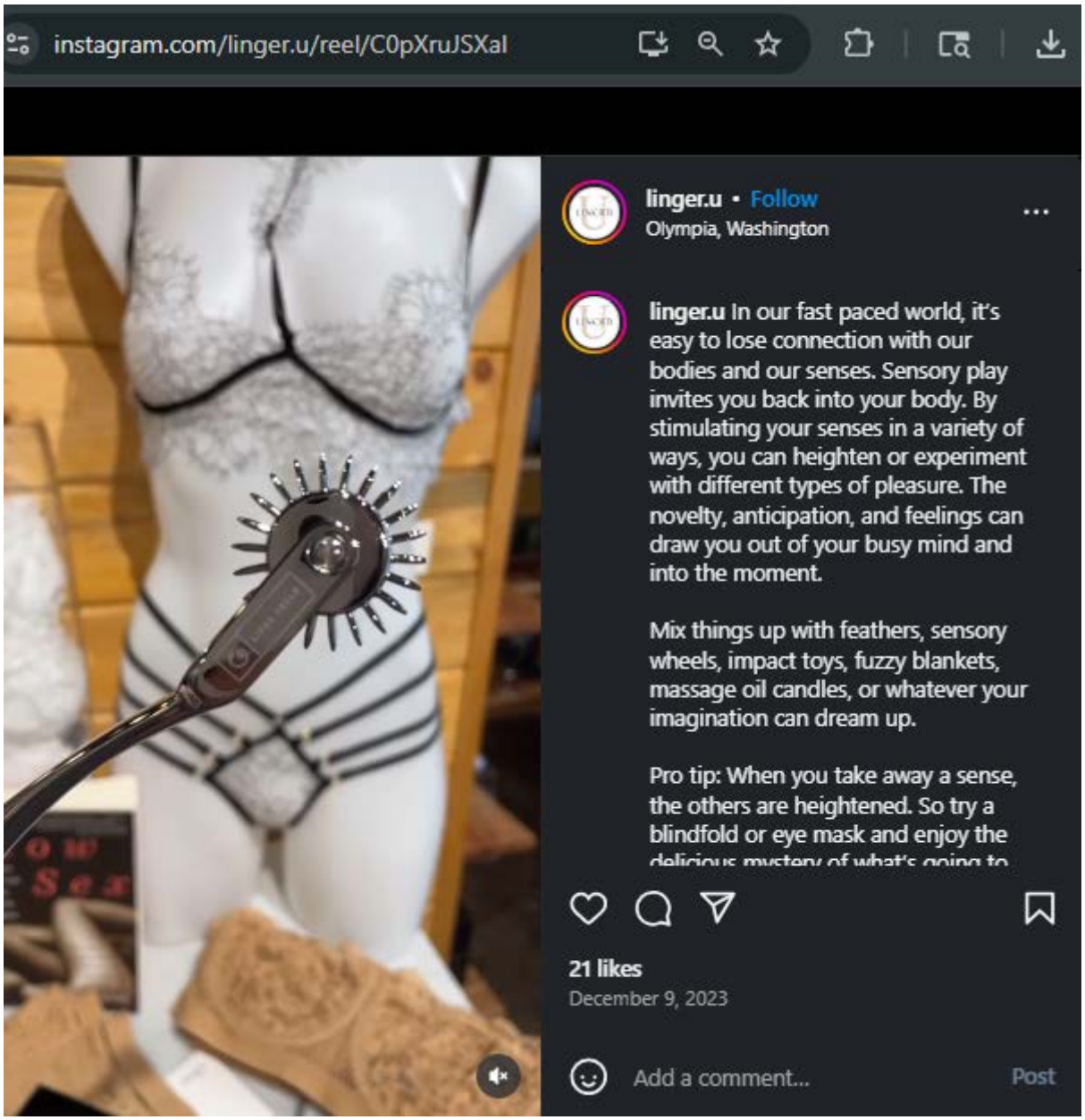
https://www.instagram.com/linger.u/reel/C0pXruJSXaI

Posted: Dec 09, 2023

Captured: Jul 10, 2025

After DOI

"In our fast paced world, it’s easy to lose connection with our bodies and our senses. Sensory play invites you back into your body. By stimulating your senses in a variety of ways, you can heighten or experiment with different types of pleasure. The novelty, anticipation, and feelings can draw you out of your busy mind and into the moment. Mix things up with feathers, sensory wheels, impact toys, fuzzy blankets, massage oil candles, or whatever your imagination can dream up. Pro tip: When you take away a sense, the others are heightened. So try a blindfold or eye mask and enjoy the delicious mystery of what’s going to happen next. Need some ideas for play? Come see us! We’d love to help! DM us or come see us for ideas!"



[Link to download video]

Other

Apple Podcasts

System ID: 607608

Posted: Dec 13, 2023

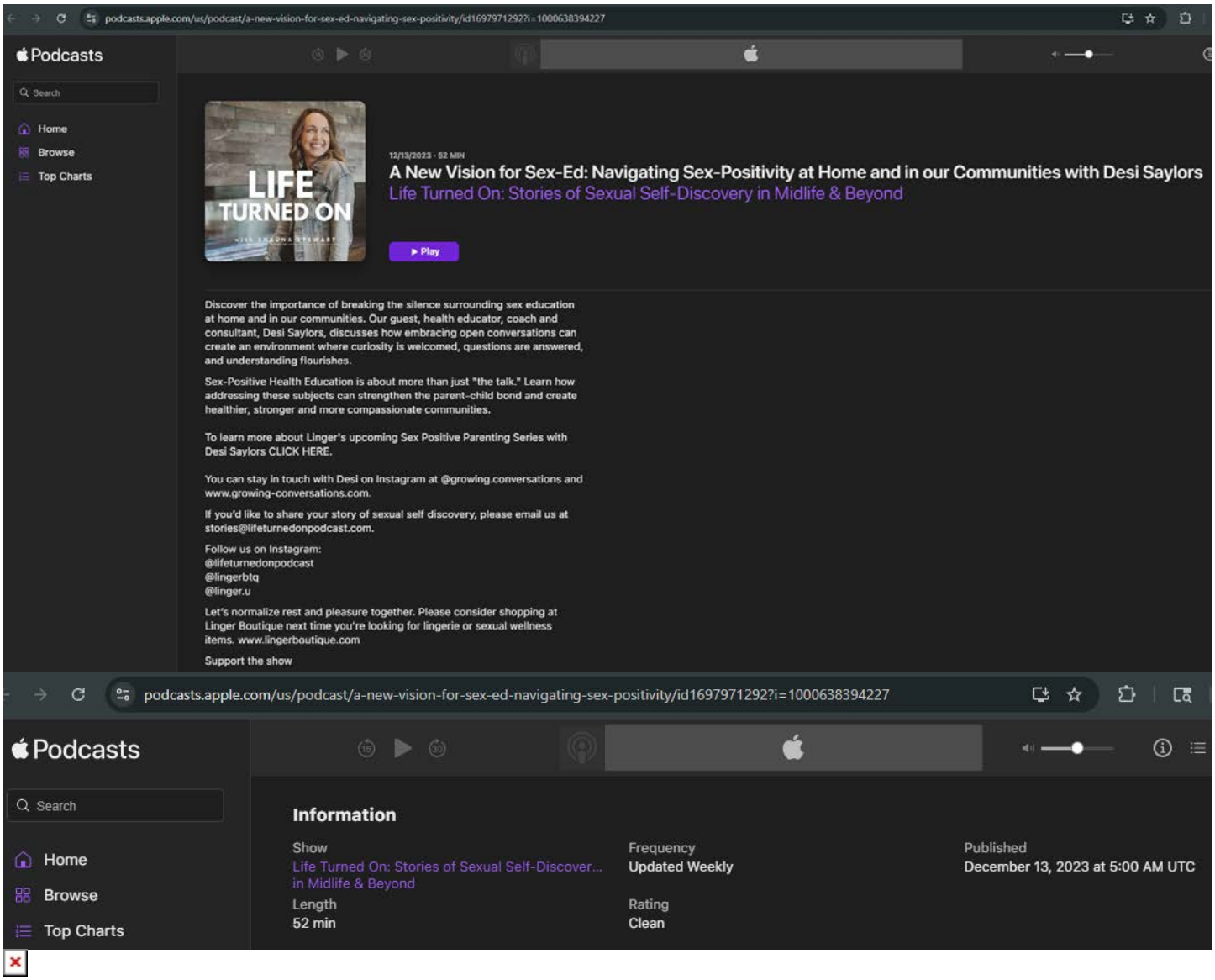
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/a-new-vision-for-sex-ed-navigating-sex-positivity/id1697971292?i=1000638394227

After DOI

*Mentioned that her children are seven and nine years old (34:48) "A New Vision for Sex-Ed: Navigating Sex-Positivity at Home and in our Communities with Desi Saylors" "Discover the importance of breaking the silence surrounding sex education at home and in our communities. Our guest, health educator, coach and consultant, Desi Saylors, discusses how embracing open conversations can create an environment where curiosity is welcomed, questions are answered, and understanding flourishes. Sex-Positive Health Education is about more than just "the talk." Learn how addressing these subjects can strengthen the parent-child bond and create healthier, stronger and more compassionate communities. To learn more about Linger's upcoming Sex Positive Parenting Series with Desi Saylors CLICK HERE. You can stay in touch with Desi on Instagram at @growing.conversations and www.growing-conversations.com. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/a-new-vision-for-sex-ed-navigating-sex-positivity/id1697971292?i=1000638394227
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LIFE TURNED ON
12/13/2023 · 52 MIN
A New Vision for Sex-Ed: Navigating Sex-Positivity at Home and in our Communities with Desi Saylors
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
Discover the importance of breaking the silence surrounding sex education at home and in our communities. Our guest, health educator, coach and consultant, Desi Saylors, discusses how embracing open conversations can create an environment where curiosity is welcomed, questions are answered, and understanding flourishes.
Sex-Positive Health Education is about more than just "the talk." Learn how addressing these subjects can strengthen the parent-child bond and create healthier, stronger and more compassionate communities.
To learn more about Linger's upcoming Sex Positive Parenting Series with Desi Saylors CLICK HERE.
You can stay in touch with Desi on Instagram at @growing.conversations and www.growing-conversations.com.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast
@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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podcasts.apple.com/us/podcast/a-new-vision-for-sex-ed-navigating-sex-positivity/id1697971292?i=1000638394227
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Show
Life Turned On: Stories of Sexual Self-Discover... in Midlife & Beyond
Length
52 min
Frequency
Updated Weekly
Rating
Clean
Published
December 13, 2023 at 5:00 AM UTC

Facebook

profile.php?id=100025625778766

System ID: 606714

Shauna Marie Stewart

Posted: Dec 14, 2023

Captured: Jul 07, 2025

https://www.facebook.com/permalink.php?story_fbid=1271609513703229&id=100025625778766

After DOI

*Lingerie advertisement "Gifts for the naughty and nice on your list. □□ Shop our boutique across from the Olympia Farmers Market with FREE and easy parking or our website! #welikeitslow #lingerie #couples #partners #loveoly #downtownoly #downtownolympia #naughtyornice #shoplocal #womanowned"

facebook.com/permalink.php?story_fbid=1271609513703229&id=100025625778766

Linger Boutique's post

Linger Boutique
December 14, 2023 ·

Gifts for the naughty and nice on your list. 😈😌

Shop our boutique across from the Olympia Farmers Market with FREE and easy parking or our website!

#welikeitslow #lingerie #couples #partners #loveoly #downtownoly #downtownolympia #naughtyornice #shoplocal #womanowned

Facebook

profile.php?id=100025625778766 | Posted: Dec 17, 2023

System ID: 606718 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1273335270197320&id=100025625778766

After DOI

*Shared that gift cards were 15% off "GIFT CARDS NOW 15% OFF! This time of year is all about spreading love and joy, and what better way to do so than by giving the gift of intimacy? You can now SAVE 15% on all Gift Cards of $50 or more – the perfect present for adding a touch of spice to the season! Whether you're searching for a thoughtful surprise for your special someone or looking to treat yourself, our gift cards unlock a world of sensual delights that are sure to bring warmth to those cold winter nights. Why choose LINGER Gift Cards? ❤Personalized Pleasure: Let your loved ones explore their desires with our carefully curated selection of lingerie and intimate accessories. Our boutique offers a range of styles to suit a variety of tastes and preferences. Quality and Elegance: Choose products that are crafted with the utmost care and attention to detail, ensuring a luxurious and comfortable experience that enhances intimacy. Expert Advice: Our knowledgeable team is always ready to assist, providing guidance and recommendations to ensure a satisfying purchase. Easy Giving: Weather you're shopping online or IRL, our gift cards are not only thoughtful, they are easy too! This holiday season, give the gift that keeps on giving – the gift of pleasure! Simply visit our website or drop by our boutique to purchase your LINGER Gift Card. Choose from various denominations to suit your budget and make this holiday season one to remember. Thank you for choosing LINGER for your lingerie and sual wellness needs. We look forward to helping you create unforgettable moments of connection and joy. Wishing you a season filled with love, warmth, and intimate moments. #welikeitslow #giftcards #loveoly #olympiawa #laceywa #tumwaterwa #intimacy #couples #giftsforher #giftsforcouples"

facebook.com/permalink.php?story_fbid=1273352701973208id=100025625778766

Linger Boutique's post

Linger Boutique
December 17, 2023 ·

GIFT CARDS NOW 15% OFF! This time of year is all about spreading love and joy, and what better way to do so than by giving the gift of intimacy?

You can now SAVE 15% on all Gift Cards of $50 or more – the perfect present for adding a touch of spice to the season! Whether you're searching for a thoughtful surprise for your special someone or looking to treat yourself, our gift cards unlock a world of sensual delights that are sure to bring warmth to those cold winter nights.

Why choose LINGER Gift Cards?

🔥Personalized Pleasure: Let your loved ones explore their desires with our carefully curated selection of lingerie and intimate accessories. Our boutique offers a range of styles to suit a variety of tastes and preferences.

👑Quality and Elegance: Choose products that are crafted with the utmost care and attention to detail, ensuring a luxurious and comfortable experience that enhances intimacy.

🤓Expert Advice: Our knowledgeable team is always ready to assist, providing guidance and recommendations to ensure a satisfying purchase.

🎁Easy Giving: Weather you're shopping online or IRL, our gift cards are not only thoughtful, they are easy too!

This holiday season, give the gift that keeps on giving – the gift of pleasure! Simply visit our website or drop by our boutique to purchase your LINGER Gift Card. Choose from various denominations to suit your budget and make this holiday season one to remember.

Thank you for choosing LINGER for your lingerie and s✨ual wellness needs. We look forward to helping you create unforgettable moments of connection and joy.
Wishing you a season filled with love, warmth, and intimate moments.

#welikeitslow #giftcards #loveoly #olympiawa #laceywa #tumwaterwa #intimacy #couples #giftsforher #giftsforcouples

facebook.com/permalink.php?story_fbid=1273335270197320&id=100025625778766

Linger Boutique's post

1

Facebook

profile.php?id=100025625778766 | Posted: Dec 18, 2023

System ID: 606753 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1273960196801494&id=100025625778766

After DOI

*Pictured sitting on a bed and told a story about her 16th birthday "I’m not making a 2023 highlight reel, because frankly, I don’t want to. Rather, I’m going to share this one highlight photo and tell a little story. I celebrated my 16th birthday by going skydiving. I remember watching skydivers perform on tv as a kid and I just KNEW that this is what I wanted to do with my life - like, for a career. I was going to be a professional skydiver and do cool tricks in the air. When the time finally came for me to legally jump out of a plane, I had two choices: a tandem jump or solo static line jump (this is where a cord is basically belted to the plane and the weight of your body eventually pulls the ‘chute for you). With my professional ambitions being what they were, I chose the static line. I wanted to get straight to the good stuff - jumping on my own. After a several hour course and lots of practice jumps on the ground to perfect my form, I finally got to jump. But my first jump was...well... inelegant. Rather than catching air with a nice back arch, I kinda just failed about in the clouds as my friends and family watched in horror from the ground. Undeterred, as soon as my feet hit the ground, I wanted to try again. On our way back up, the jump master kept telling me to just focus on my hips. Just focus on my hips. So, I stepped out of the plane, threw out my hips and... FORGOT TO LET GO OF THE PLANE! It took me a few moments to realize that rather than flying, I was just kinda dangling there, still hanging onto the underside of the wing. I remember looking at both of my hands, looking over at my jumpmaster (who just kinda shrugged his shoulders and shook his head), looking back at my hands and just thinking “F*CK IT” then letting go. Continued in comments. " "All that to say, I don't always feel like the woman I see in this picture. She's fully alive - in her power and at peace. I love the moments when I do, and I wish for more, but when I don't, I'm oh-so-grateful that when I'm flailing about in the sky trying to figure out what to do with my hands, I get to look around and find love and support from some pretty incredible people - you included. Your stories of secsual self discovery, shared entrepreneurial wisdom, and encouraging love notes/DMs all mean the world to me. So, thank you. Let's keep normalizing rest and pleasure together. PS: If you want to give someone a memorable gift this year, might I suggest a Gift Card to Linger? You can now save 15% online and in store."

facebook.com/permalink.php?story_fbid=1273960196801494&id=100025625778766

Linger Boutique's post

Linger Boutique
December 18, 2023 ·

I'm not making a 2023 highlight reel, because frankly, I don't want to. Rather, I'm going to share this one highlight photo and tell a little story.

I celebrated my 16th birthday by going skydiving. I remember watching skydivers perform on tv as a kid and I just KNEW that this is what I wanted to do with my life - like, for a career. I was going to be a professional skydiver and do cool tricks in the air.

When the time finally came for me to legally jump out of a plane, I had two choices: a tandem jump or solo static line jump (this is where a cord is basically belted to the plane and the weight of your body eventually pulls the 'chute for you).

With my professional ambitions being what they were, I chose the static line. I wanted to get straight to the good stuff - jumping on my own. After a several hour course and lots of practice jumps on the ground to perfect my form, I finally got to jump.

But my first jump was...well... inelegant. Rather than catching air with a nice back arch, I kinda just failed about in the clouds as my friends and family watched in horror from the ground. Undeterred, as soon as my feet hit the ground, I wanted to try again.

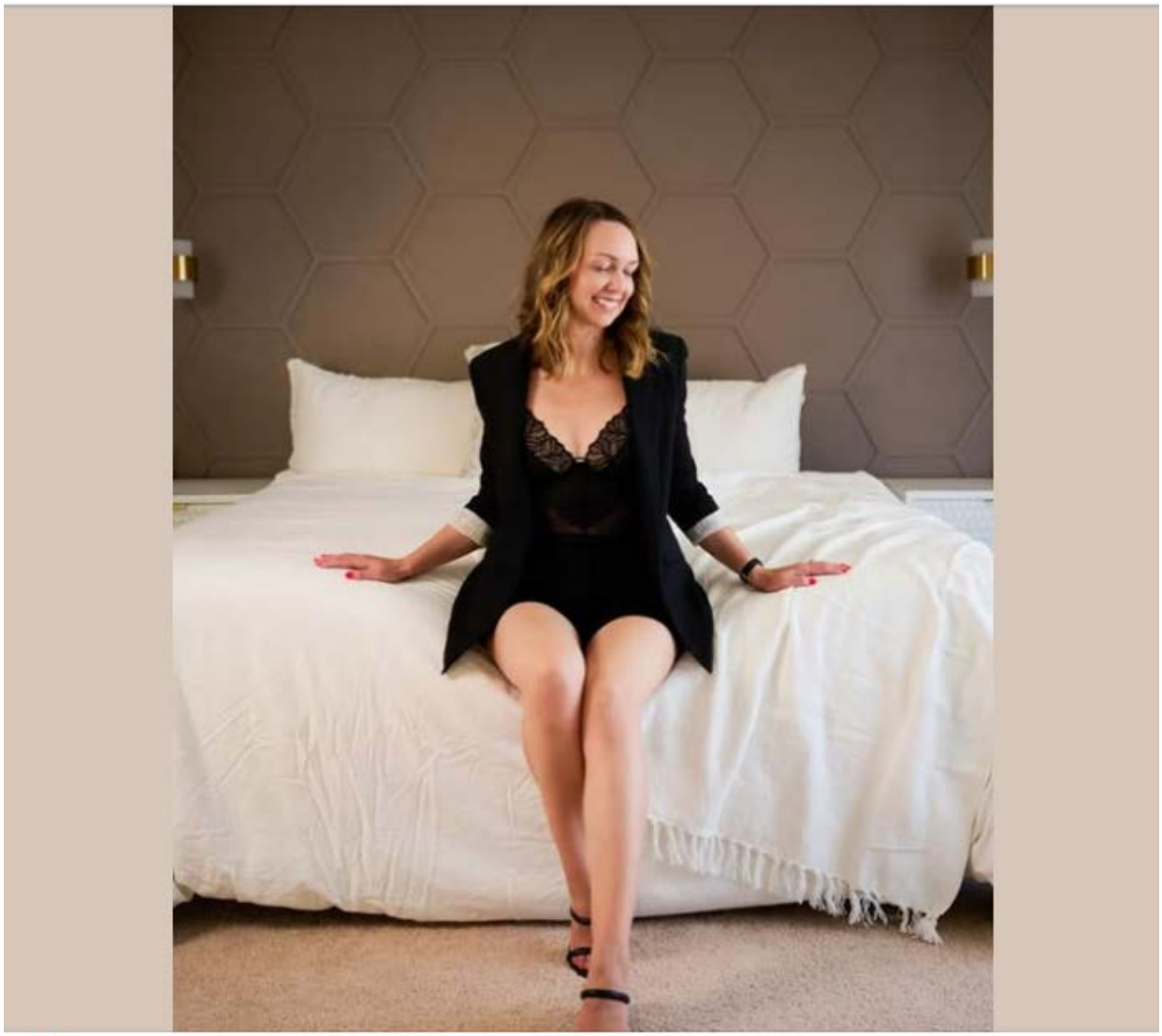
On our way back up, the jump master kept telling me to just focus on my hips. Just focus on my hips. So, I stepped out of the plane, threw out my hips and... FORGOT TO LET GO OF THE PLANE!

It took me a few moments to realize that rather than flying, I was just kinda dangling there, still hanging onto the underside of the wing. I remember looking at both of my hands, looking over at my jumpmaster (who just kinda shrugged his shoulders and shook his head), looking back at my hands and just thinking "F*CK IT" then letting go.

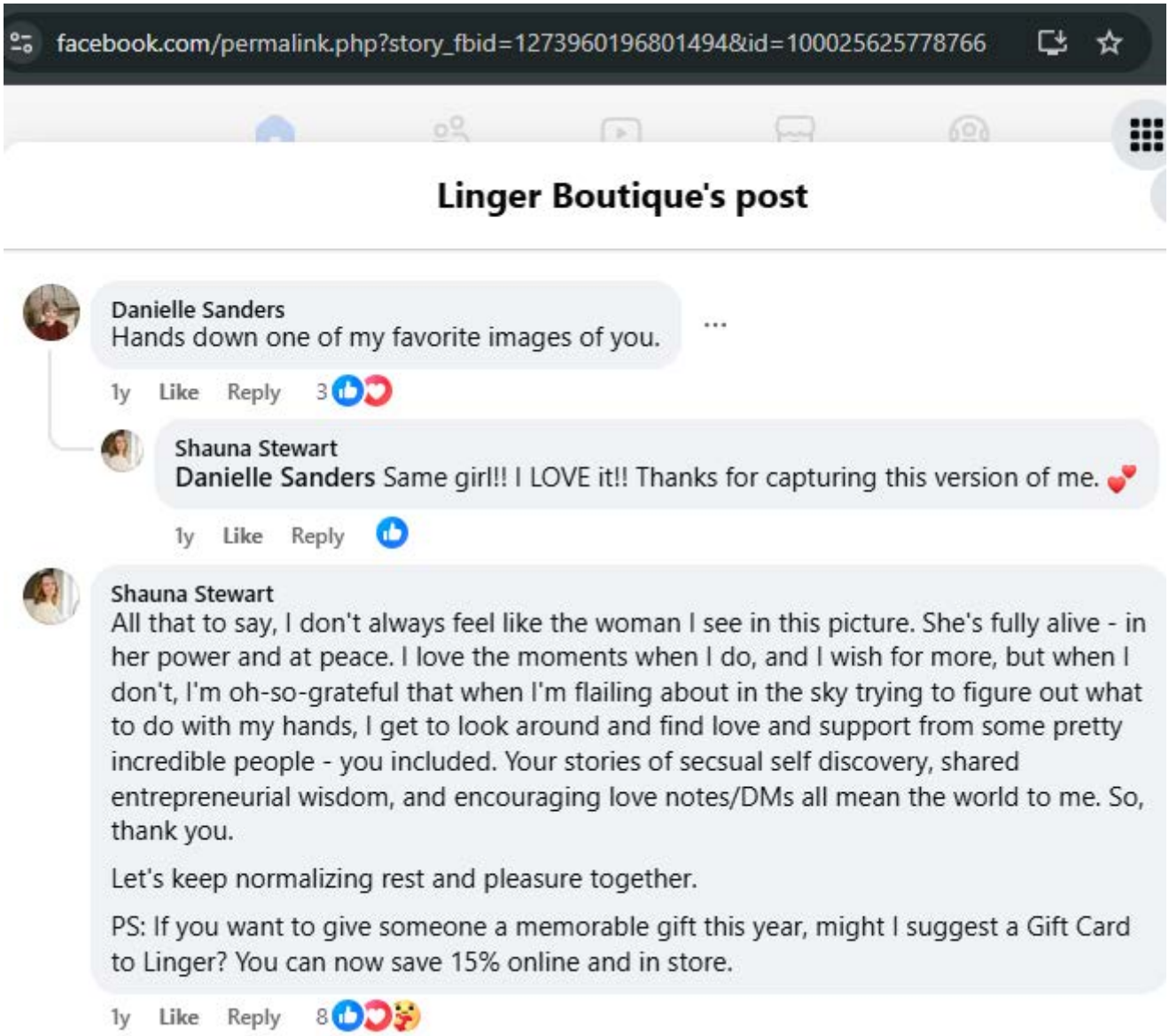
Continued in comments. 👇

facebook.com/permalink.php?story_fbid=1273960196801494&id=100025625778766

Linger Boutique's post



34 3 comments 1 share


facebook.com/permalink.php?story_fbid=1273960196801494&id=100025625778766
Linger Boutique's post
Danielle Sanders
Hands down one of my favorite images of you.
1y Like Reply 3
Shauna Stewart
Danielle Sanders Same girl!! I LOVE it!! Thanks for capturing this version of me.
1y Like Reply
Shauna Stewart
All that to say, I don't always feel like the woman I see in this picture. She's fully alive - in her power and at peace. I love the moments when I do, and I wish for more, but when I don't, I'm oh-so-grateful that when I'm flailing about in the sky trying to figure out what to do with my hands, I get to look around and find love and support from some pretty incredible people - you included. Your stories of secsual self discovery, shared entrepreneurial wisdom, and encouraging love notes/DMs all mean the world to me. So, thank you.
Let's keep normalizing rest and pleasure together.
PS: If you want to give someone a memorable gift this year, might I suggest a Gift Card to Linger? You can now save 15% online and in store.
1y Like Reply 8

Instagram

linger.u

System ID: 609703

Shauna Marie Stewart

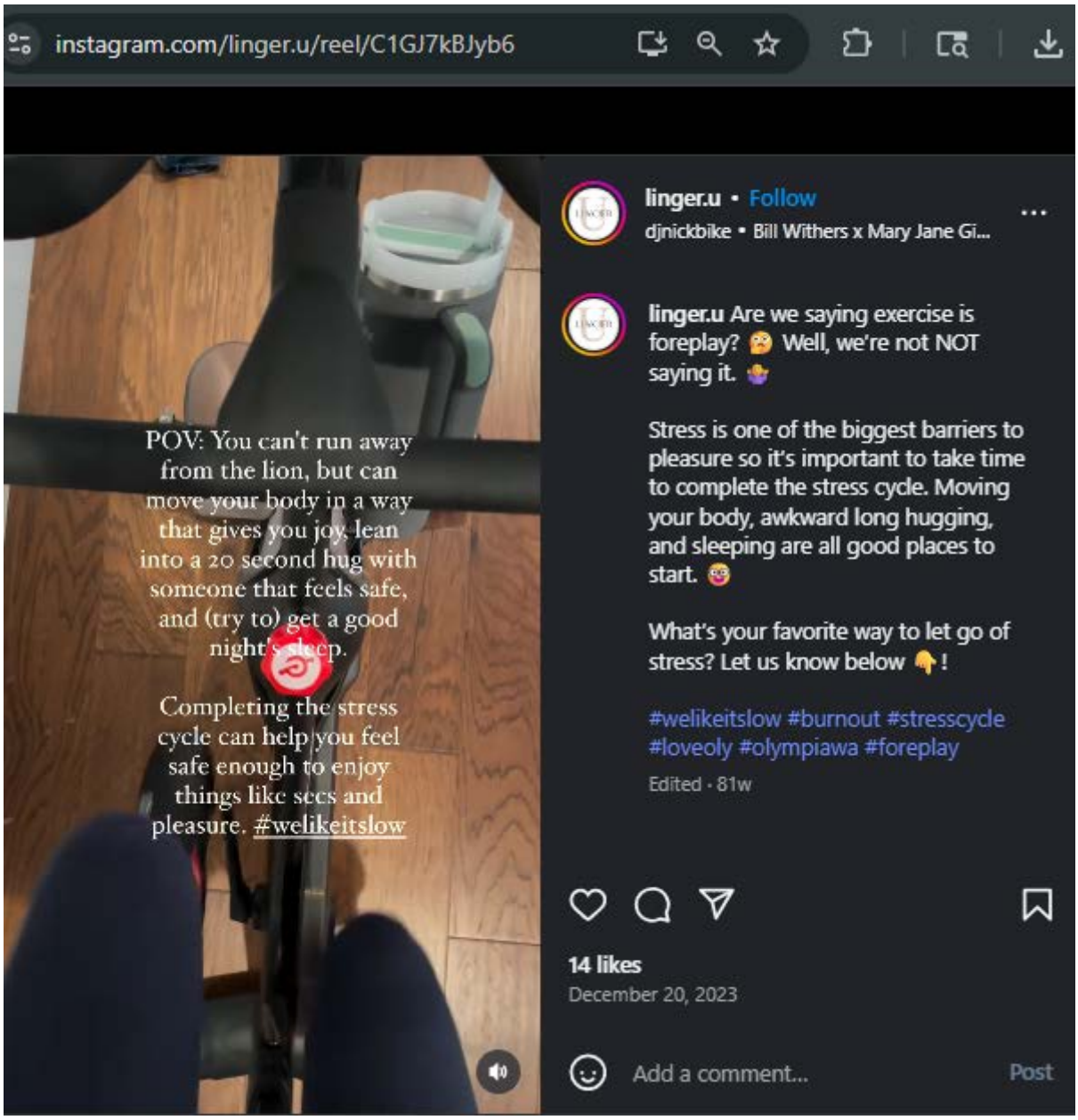
https://www.instagram.com/linger.u/reel/C1GJ7kBJyb6

Posted: Dec 20, 2023

Captured: Jul 10, 2025

After DOI

*Video of legs on a stationary workout bike "Are we saying exercise is foreplay? □ Well, we’re not NOT saying it. □♀ Stress is one of the biggest barriers to pleasure so it’s important to take time to complete the stress cycle. Moving your body, awkward long hugging, and sleeping are all good places to start. □ What’s your favorite way to let go of stress? Let us know below □! #welikeitslow #burnout #stresscycle #loveoly #olympiawa #foreplay"



[Link to download video]

Other

Apple Podcasts

System ID: 607603

Posted: Dec 20, 2023

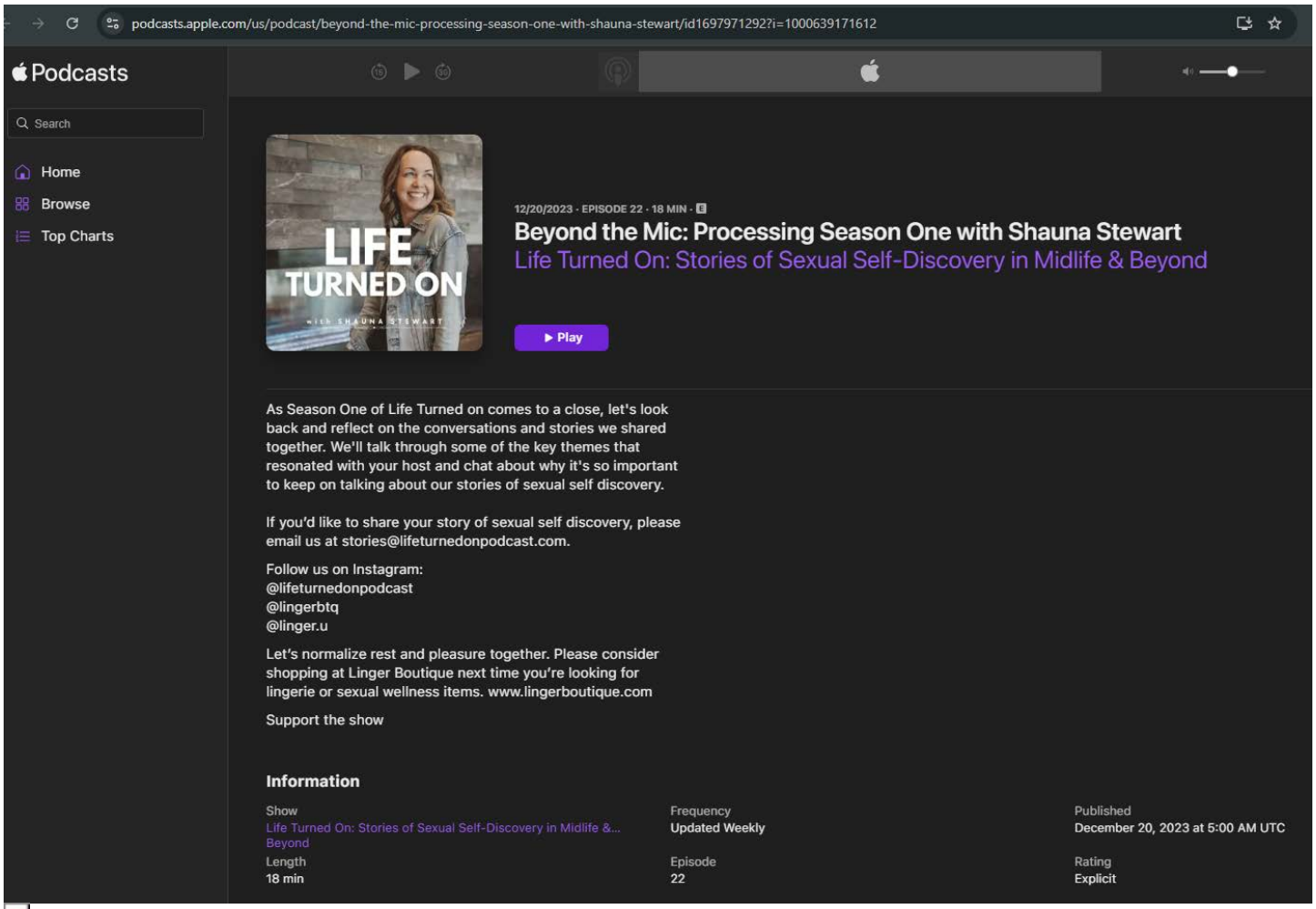
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/beyond-the-mic-processing-season-one-with-shauna-stewart/id1697971292?i=1000639171612

After DOI

*Solo episode, reflected on the previous interviews/episodes "Beyond the Mic: Processing Season One with Shauna Stewart" "As Season One of Life Turned on comes to a close, let's look back and reflect on the conversations and stories we shared together. We'll talk through some of the key themes that resonated with your host and chat about why it's so important to keep on talking about our stories of sexual self discovery. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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LIFE TURNED ON
12/20/2023 · EPISODE 22 · 18 MIN · E
Beyond the Mic: Processing Season One with Shauna Stewart
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
As Season One of Life Turned on comes to a close, let's look back and reflect on the conversations and stories we shared together. We'll talk through some of the key themes that resonated with your host and chat about why it's so important to keep on talking about our stories of sexual self discovery.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
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Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
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December 20, 2023 at 5:00 AM UTC
Length
18 min
Episode
22
Rating
Explicit

Facebook

profile.php?id=100025625778766 | Posted: Dec 21, 2023

System ID: 606758 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1275880706609443&id=100025625778766

After DOI

*Pictured sex-toys/vibrators "Grown ups girls still want toys under the tree. □□♀□ #welikeitslow #localgifts #loveoly #downtownolympia #laceywa #centrailiawa"

facebook.com/permalink.php?story_fbid=1275880706609443&id=100025625778766

Linger Boutique's post

Linger Boutique
December 21, 2023 ·

Grown ups girls still want toys under the tree. 😉👩‍🎤🎄

#welikeitslow #localgifts #loveoly #downtownolympia #laceywa #centrailiawa

Instagram

linger.u

System ID: 609593

Shauna Marie Stewart

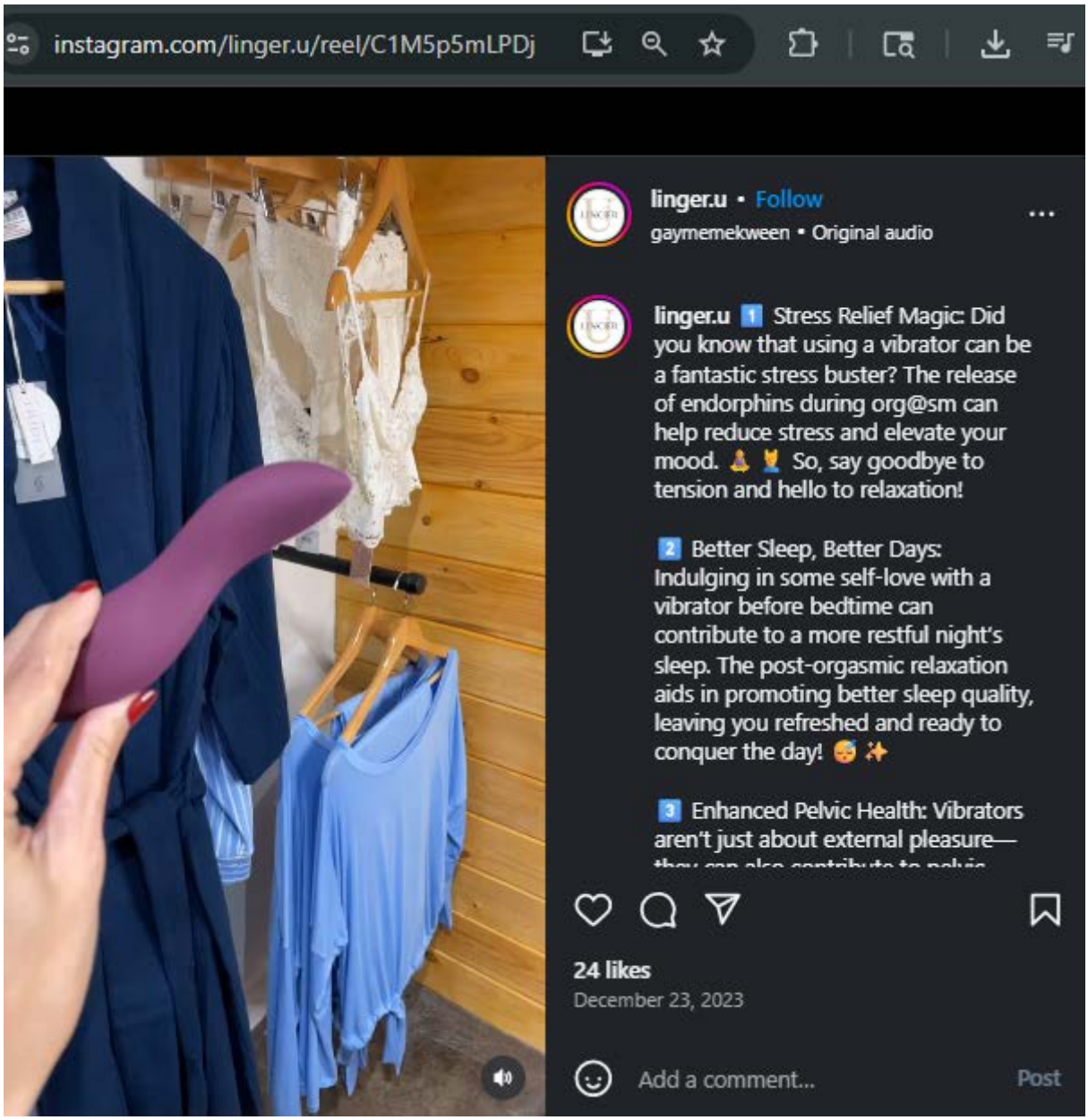
https://www.instagram.com/linger.u/reel/C1M5p5mLPDj

Posted: Dec 23, 2023

Captured: Jul 10, 2025

After DOI

*Mentioned that vibrators can contribute to pelvic health "1 Stress Relief Magic: Did you know that using a vibrator can be a fantastic stress buster? The release of endorphins during org@sm can help reduce stress and elevate your mood. ♀♂ So, say goodbye to tension and hello to relaxation! 2 Better Sleep, Better Days: Indulging in some self-love with a vibrator before bedtime can contribute to a more restful night's sleep. The post-orgasmic relaxation aids in promoting better sleep quality, leaving you refreshed and ready to conquer the day! 3 Enhanced Pelvic Health: Vibrators aren't just about external pleasure—they can also contribute to pelvic health! Regular use can improve blood flow, strengthen pelvic floor muscles, and even help prevent issues like incontinence. ♀ 4 Hormone Harmony: Embrace the hormonal benefits! Org@sms trigger the release of oxytocin and endorphins, which not only make you feel good but also help regulate hormones. This hormonal harmony can positively impact mood and overall well-being. 5 Body Positivity Boost: Exploring your body with a vibrator can foster a deeper connection with yourself, promoting self-love and body positivity. Embrace the beauty of your unique desires and sensations! Remember, pleasure is a natural and wonderful part of life. Whether you're new to the vibrator game or a seasoned pro, let's celebrate the joy and benefits they bring to our lives! PS: Dip is an internal and external vibe with five intensities. Only $35 . Available in store and online. #loveoly #couples #relationships #mood #loveoly #downtownolympia #pleasureishealth"



[Link to download video]

Facebook

profile.php?id=100025625778766 | Posted: Dec 30, 2023

System ID: 606766 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1281331566064357&id=100025625778766

After DOI

*Shared a note to the people who actively hurt her business and mentioned ads that were removed/not allowed "An Open Love Note to the People Who've Actively Hurt My Business: To the people who clung to their pearls and complained about the mission of my business, THANK YOU. Yes, the ads you had removed, the ads you wouldn't let me run, and the event at my shop you canceled financially hurt my business, but it also inspired me. I was you once. I, too, was wound so tight that I thought my reputation was what mattered most. I'm embarrassed to share that I sent women home to change their skirts because their length broke policy and "how could they be taken seriously if their hemline was so… short?!?!" This remains my deepest and only regret from my previous career. Repression and shame have a funny way of keeping us trapped and when we look around and see others who are free, it's only natural to want to grab and pull them into our cage for some good company. We call this protection but it's actually oppression. I sincerely want to thank you for your rejection, though. Each time you forged a complaint against what my business stands for, it resulted in lost revenue. It also resulted in the loss of another layer of my own fear and shame - those sweet cloaks that make us think we're safe, when we're really just hiding. This stripping away of that which was not truly me, has helped me find a truer and more authentic version of myself and an even deeper commitment to the mission of this small business and the people we are helping through it. I have only gratitude for how you've contributed to this journey. I also want you to know I'm here for you. I am FOR you. I've been where you are, and I promise, life is a lot more fun and fulfilling when it's led with pleasure. When you're ready to move from repression to expression, when you're ready to step into your real power rather than the power offered by rules and regulations, when you're ready to finally feel good, I'm here for you. I'll listen to your stories, and I'll share mine. Together, we can continue the work of shedding the stigma around rest and pleasure, step into a freer and more beautiful version of ourselves, and contribute to the world from a place of love. XO Shauna"

facebook.com/permalink.php?story_fbid=1281331560643578&id=100025625778766

Linger Boutique's post

Linger Boutique
December 30, 2023 ·

An Open Love Note to the People Who've Actively Hurt My Business:

To the people who clung to their pearls and complained about the mission of my business, ✨THANK YOU✨. Yes, the ads you had removed, the ads you wouldn't let me run, and the event at my shop you canceled financially hurt my business, but it also inspired me.

I was you once. I, too, was wound so tight that I thought my reputation was what mattered most. I'm embarrassed to share that I sent women home to change their skirts because their length broke policy and "how could they be taken seriously if their hemline was so... short?!?!" This remains my deepest and only regret from my previous career.

Repression and shame have a funny way of keeping us trapped and when we look around and see others who are free, it's only natural to want to grab and pull them into our cage for some good company. We call this protection but it's actually oppression.

I sincerely want to thank you for your rejection, though. Each time you forged a complaint against what my business stands for, it resulted in lost revenue. It also resulted in the loss of another layer of my own fear and shame - those sweet cloaks that make us think we're safe, when we're really just hiding. This stripping away of that which was not truly me, has helped me find a truer and more authentic version of myself and an even deeper commitment to the mission of this small business and the people we are helping through it. I have only gratitude for how you've contributed to this journey.

I also want you to know I'm here for you. I am FOR you. I've been where you are, and I promise, life is a lot more fun and fulfilling when it's led with pleasure.

When you're ready to move from repression to expression, when you're ready to step into your real power rather than the power offered by rules and regulations, when you're ready to finally feel good, I'm here for you.

I'll listen to your stories, and I'll share mine. Together, we can continue the work of shedding the stigma around rest and pleasure, step into a freer and more beautiful version of ourselves, and contribute to the world from a place of love. 💞

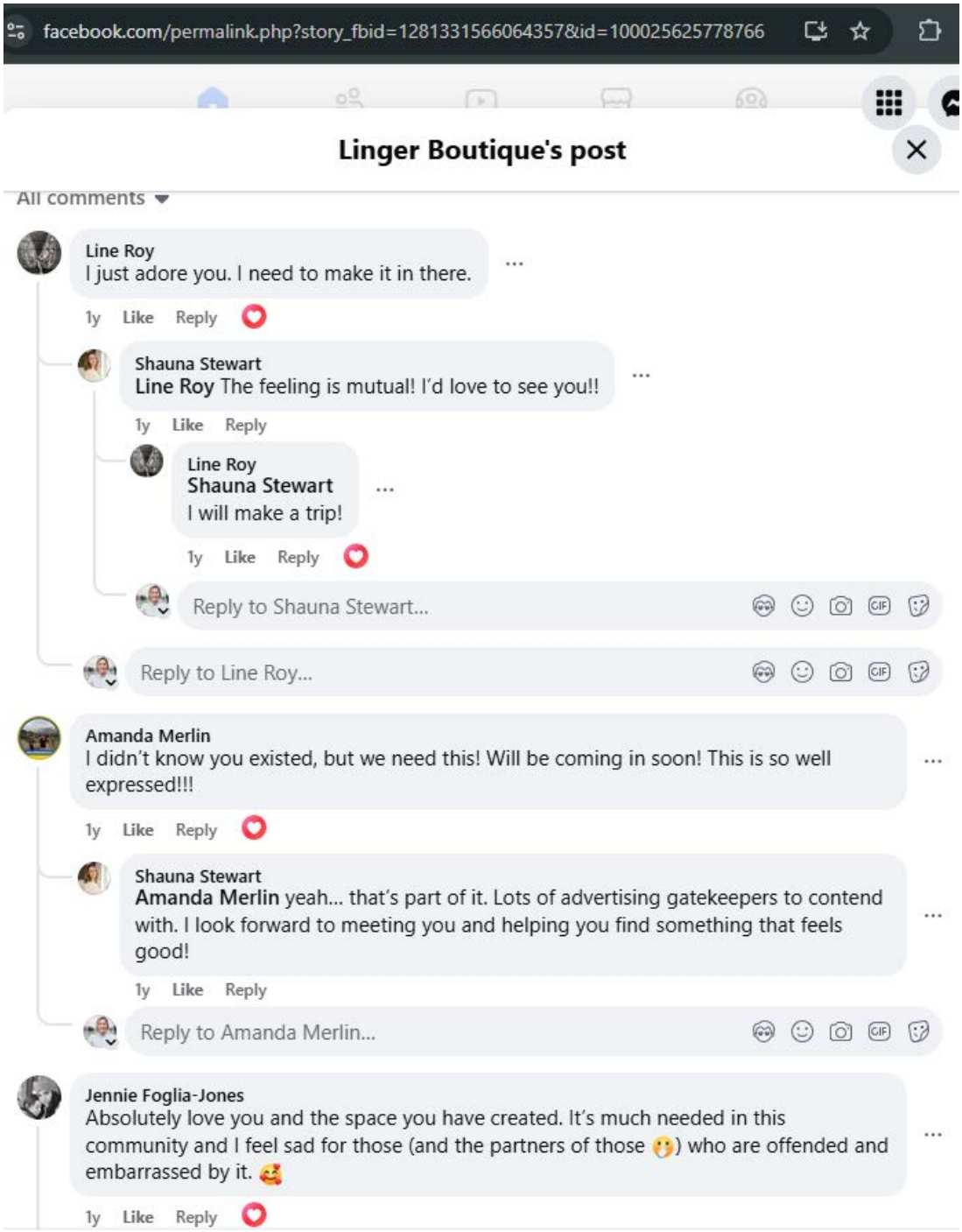
XO
Shauna

facebook.com/permalink.php?story_fbid=1281331566064357&id=100025625778766

Linger Boutique's post

92

38 comments 23 shares


facebook.com/permalink.php?story_fbid=1281331560643557&id=100025625778766
Linger Boutique's post
All comments
Line Roy
I just adore you. I need to make it in there.
1y Like Reply
Shauna Stewart
Line Roy The feeling is mutual! I'd love to see you!!
1y Like Reply
Line Roy
Shauna Stewart
I will make a trip!
1y Like Reply
Reply to Shauna Stewart...
Reply to Line Roy...
Amanda Merlin
I didn't know you existed, but we need this! Will be coming in soon! This is so well expressed!!!
1y Like Reply
Shauna Stewart
Amanda Merlin yeah... that's part of it. Lots of advertising gatekeepers to contend with. I look forward to meeting you and helping you find something that feels good!
1y Like Reply
Reply to Amanda Merlin...
Jennie Foglia-Jones
Absolutely love you and the space you have created. It's much needed in this community and I feel sad for those (and the partners of those 🤫) who are offended and embarrassed by it. 🥰
1y Like Reply

Instagram

linger.u

Posted: Dec 31, 2023

System ID: 609690

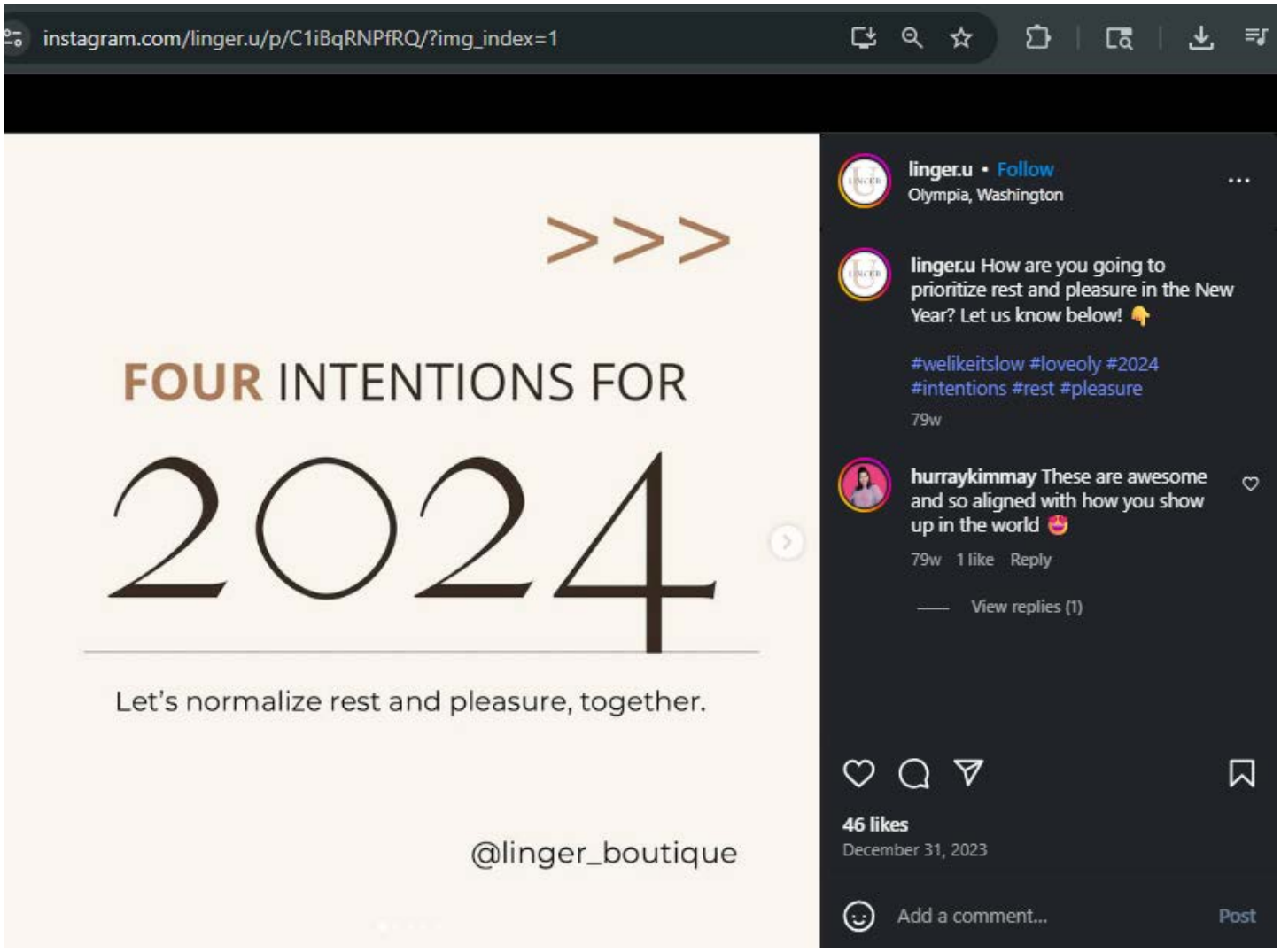
Captured: Jul 10, 2025

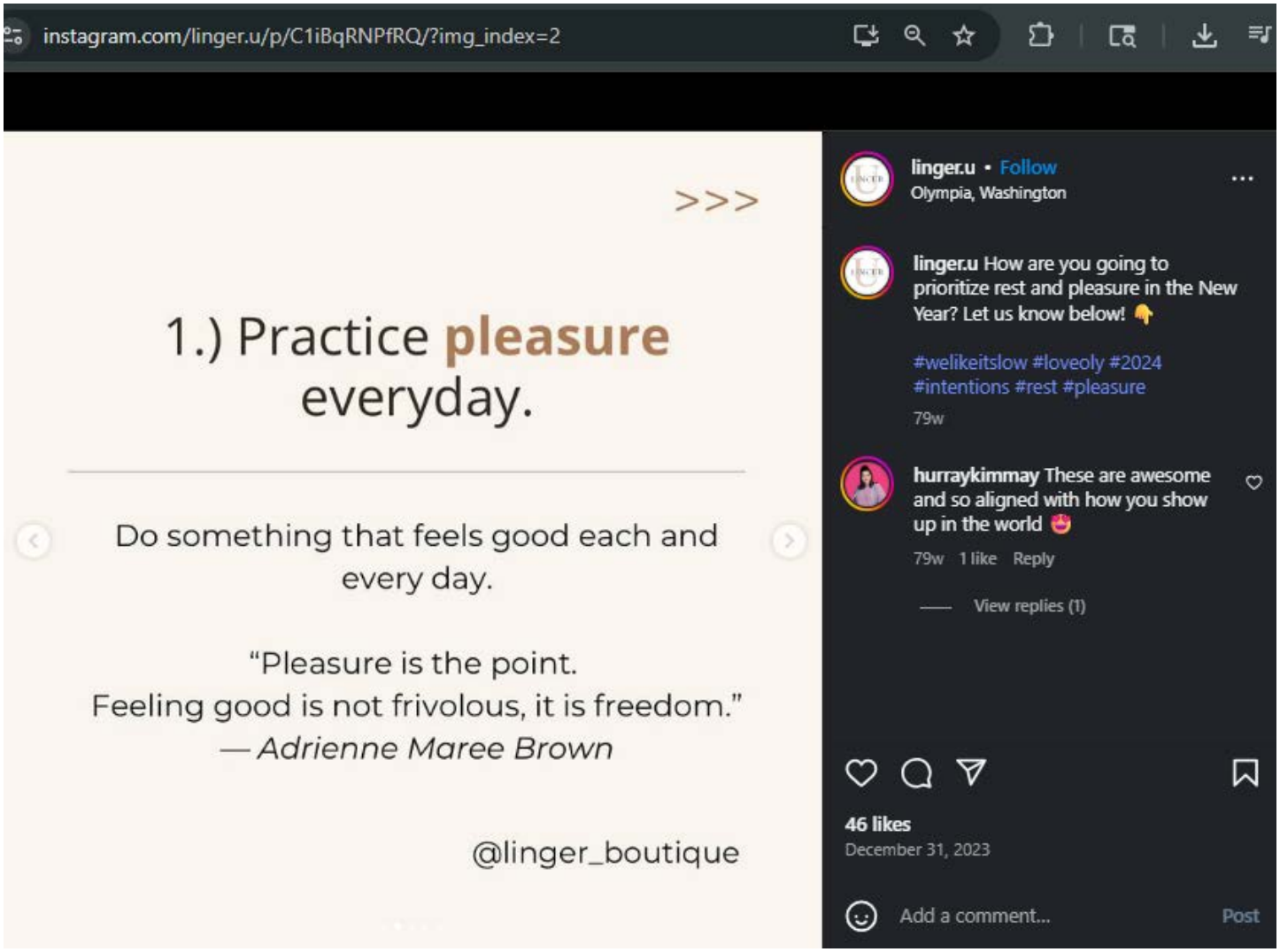
Shauna Marie Stewart

https://www.instagram.com/linger.u/p/C1iBqRNPfRQ/?img_index=1

After DOI

*Shared intentions for 2024 "How are you going to prioritize rest and pleasure in the New Year? Let us know below! □ #welikeitslow #loveoly #2024 #intentions #rest #pleasure"


instagram.com/linger.u/p/C1iBqRNPfRQ/?img_index=1
>>>
FOUR INTENTIONS FOR
2024
Let's normalize rest and pleasure, together.
@linger_boutique
linger.u • Follow
Olympia, Washington
linger.u How are you going to prioritize rest and pleasure in the New Year? Let us know below! 👇
#welikeitslow #loveoly #2024 #intentions #rest #pleasure
79w
hurraykimmay These are awesome and so aligned with how you show up in the world 😍
79w 1 like Reply
View replies (1)
46 likes
December 31, 2023
Add a comment...
Post


instagram.com/linger.u/p/C1iBqRNPfRQ/?img_index=2
>>>
1.) Practice pleasure everyday.
Do something that feels good each and every day.
"Pleasure is the point.
Feeling good is not frivolous, it is freedom."
— Adrienne Maree Brown
@linger_boutique
linger.u • Follow
Olympia, Washington
linger.u How are you going to prioritize rest and pleasure in the New Year? Let us know below! 👇
#welikeitslow #loveoly #2024 #intentions #rest #pleasure
79w
hurraykimmay These are awesome and so aligned with how you show up in the world 😍
79w 1 like Reply
View replies (1)
46 likes
December 31, 2023
Add a comment...
Post

instagram.com/linger.u/p/C1iBqRNPfRQ/?img_index=3

linger.u • Follow
Olympia, Washington

linger.u How are you going to prioritize rest and pleasure in the New Year? Let us know below! 👇

#welikeitslow #loveoly #2024 #intentions #rest #pleasure

79w

hurraykimmay These are awesome and so aligned with how you show up in the world 😍

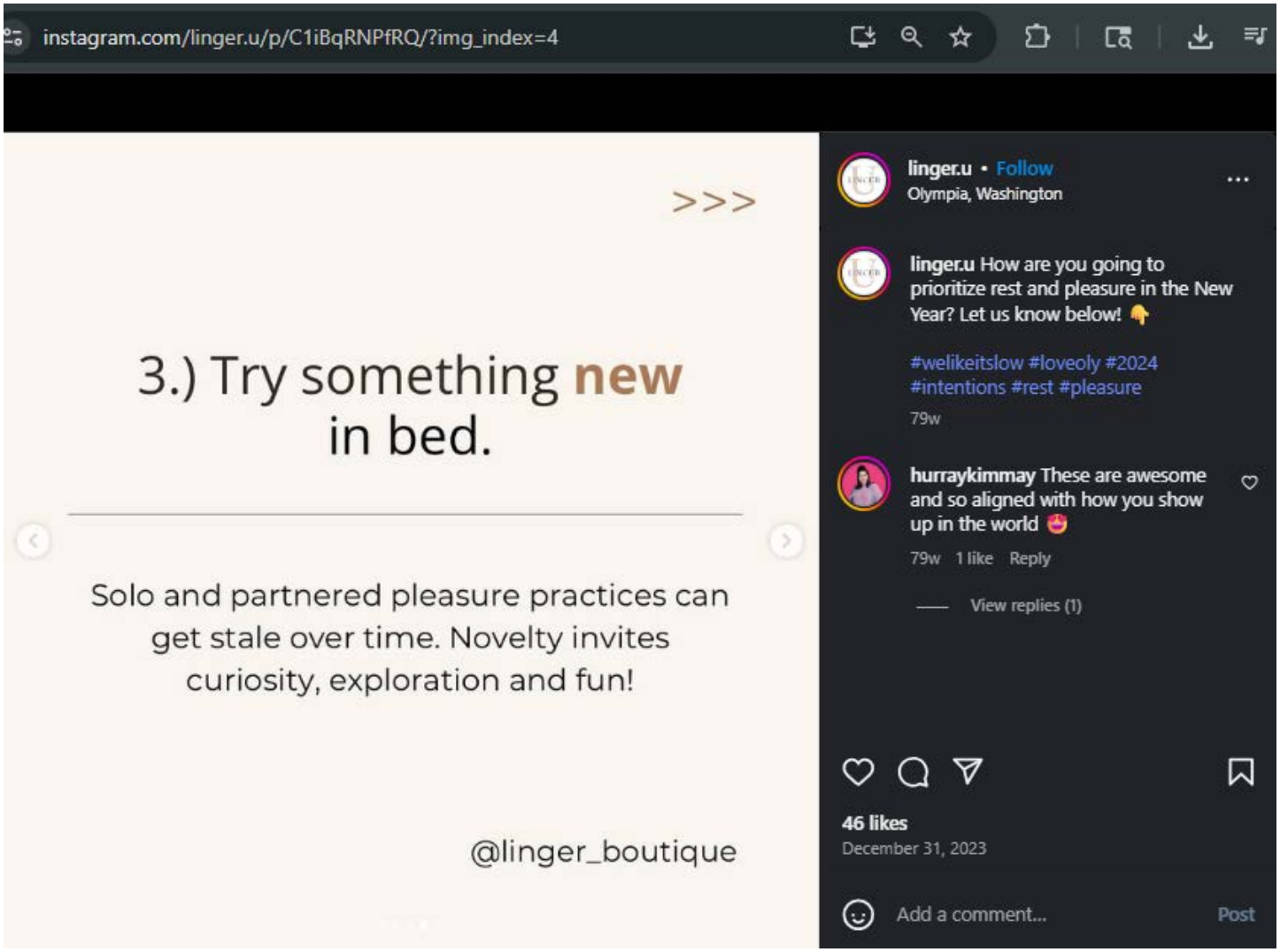
79w 1 like Reply

View replies (1)

46 likes

December 31, 2023

Add a comment... Post


instagram.com/linger.u/p/C1iBqRNPfRQ/?img_index=4
>>>
3.) Try something new in bed.
Solo and partnered pleasure practices can get stale over time. Novelty invites curiosity, exploration and fun!
@linger_boutique
linger.u • Follow
Olympia, Washington
linger.u How are you going to prioritize rest and pleasure in the New Year? Let us know below! 👇
#welikeitslow #loveoly #2024 #intentions #rest #pleasure
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hurraykimmay These are awesome and so aligned with how you show up in the world 😍
79w 1 like Reply
View replies (1)
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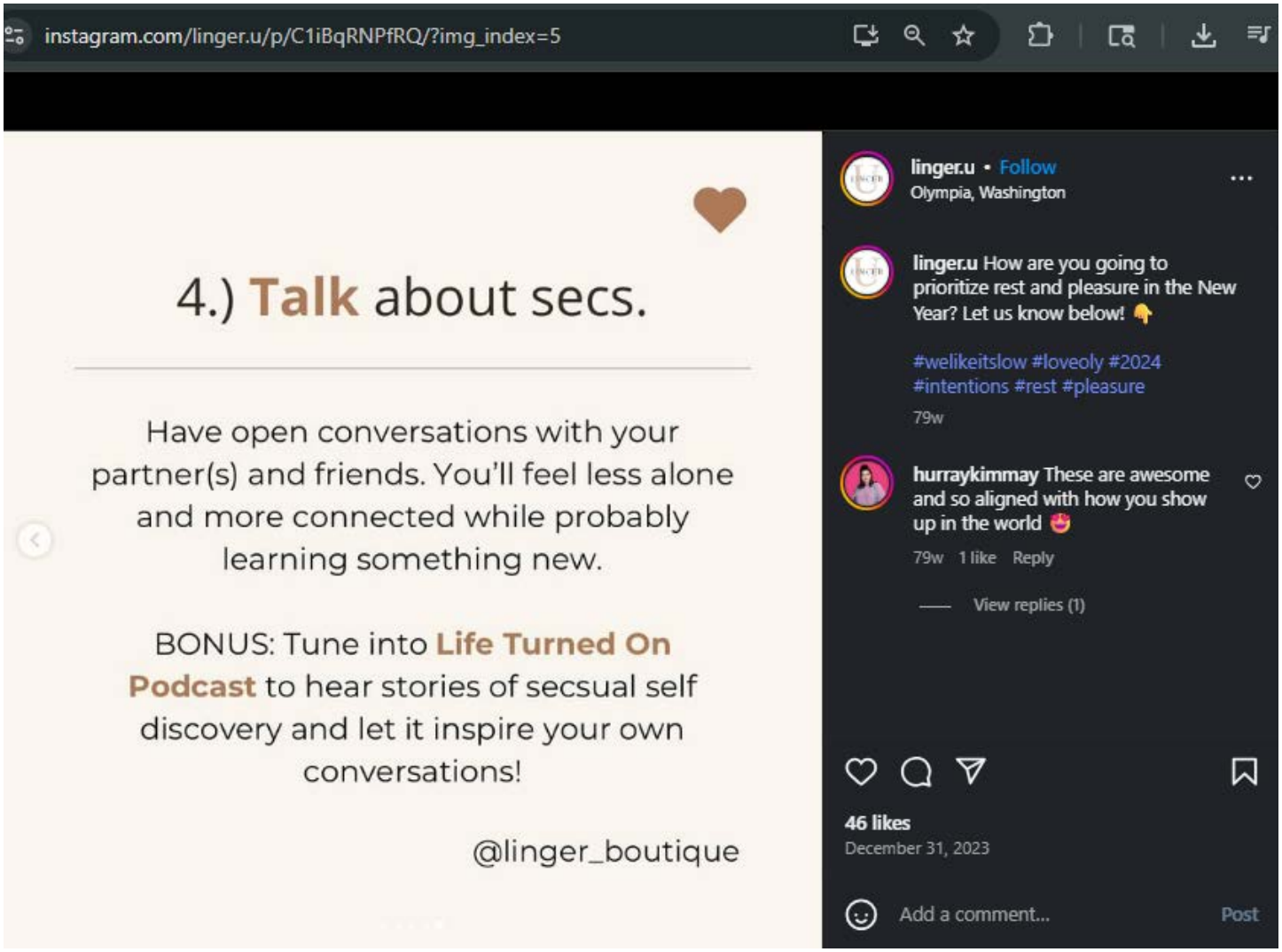
December 31, 2023
Add a comment...
Post


instagram.com/linger.u/p/C1iBqRNPfRQ/?img_index=5
4.) Talk about secs.
Have open conversations with your partner(s) and friends. You'll feel less alone and more connected while probably learning something new.
BONUS: Tune into Life Turned On Podcast to hear stories of secsual self discovery and let it inspire your own conversations!
@linger_boutique
linger.u • Follow
Olympia, Washington
linger.u How are you going to prioritize rest and pleasure in the New Year? Let us know below! 👇
#welikeitslow #loveoly #2024 #intentions #rest #pleasure
79w
hurraykimmay These are awesome and so aligned with how you show up in the world 😍
79w 1 like Reply
View replies (1)
46 likes
December 31, 2023
Add a comment...
Post

Facebook

profile.php?id=100025625778766

System ID: 606772

Shauna Marie Stewart

Posted: Jan 02, 2024

Captured: Jul 07, 2025

https://www.facebook.com/permalink.php?story_fbid=1283155532548627&id=100025625778766

After DOI

*Seen holding lube "BACK IN STOCK!!! □ We even ran out at home!! This stuff is liquid gold and we are so glad to have it back!! If you've been waiting for yours, it will be in store tomorrow and available online now! #welikeitslow #loveoly"

facebook.com/permalink.php?story_fbid=1283155532548627&id=100025625778766

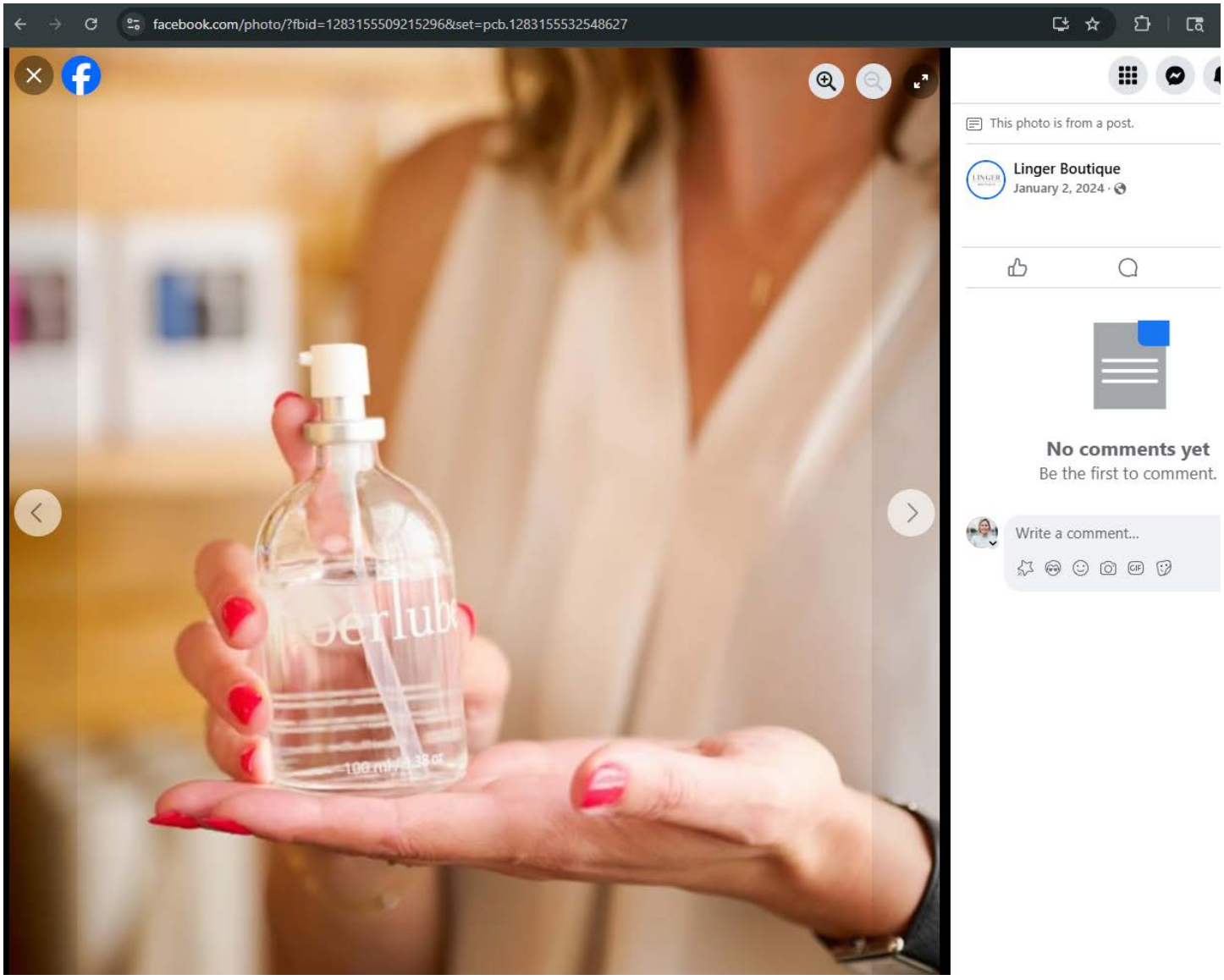
Linger Boutique's post

Linger Boutique
January 2, 2024 ·

BACK IN STOCK!!! 😅 We even ran out at home!! This stuff is liquid gold and we are so glad to have it back!! If you've been waiting for yours, it will be in store tomorrow and available online now!

#welikeitslow #loveoly

5


facebook.com/photo/?fbid=1283155509215296&set=pcb.1283155532548627
This photo is from a post.
Linger Boutique
January 2, 2024 ·
No comments yet
Be the first to comment.
Write a comment...

Instagram

linger.u

System ID: 609596

Shauna Marie Stewart

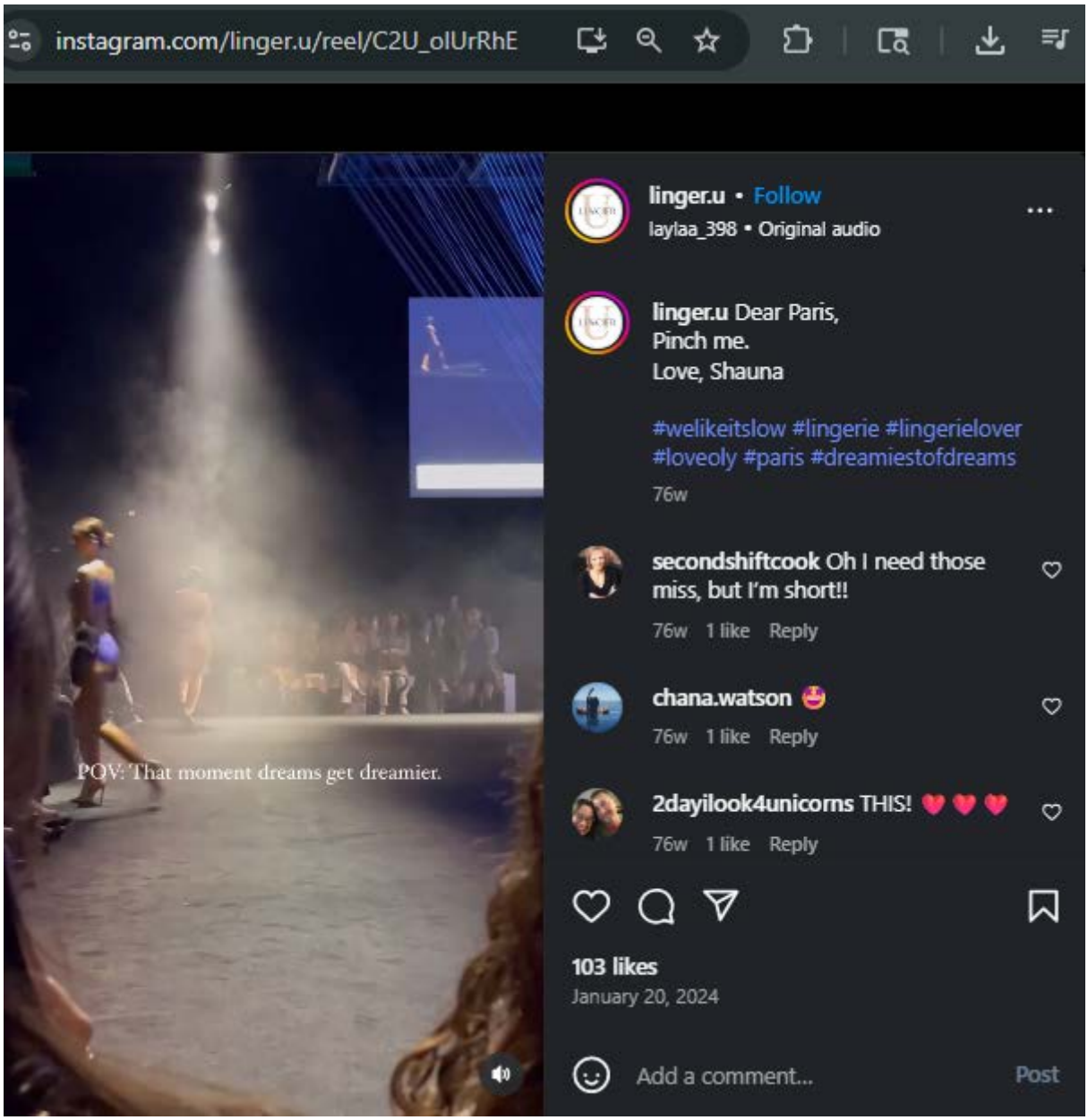
https://www.instagram.com/linger.u/reel/C2U_olUrRhE

Posted: Jan 20, 2024

Captured: Jul 10, 2025

After DOI

*Video of a lingerie fashion show in Paris, France "Dear Paris, Pinch me. Love, Shauna #welikeitslow #lingerie #lingerielover #loveoly #paris #dreamiestofdreams"



[Link to download video]

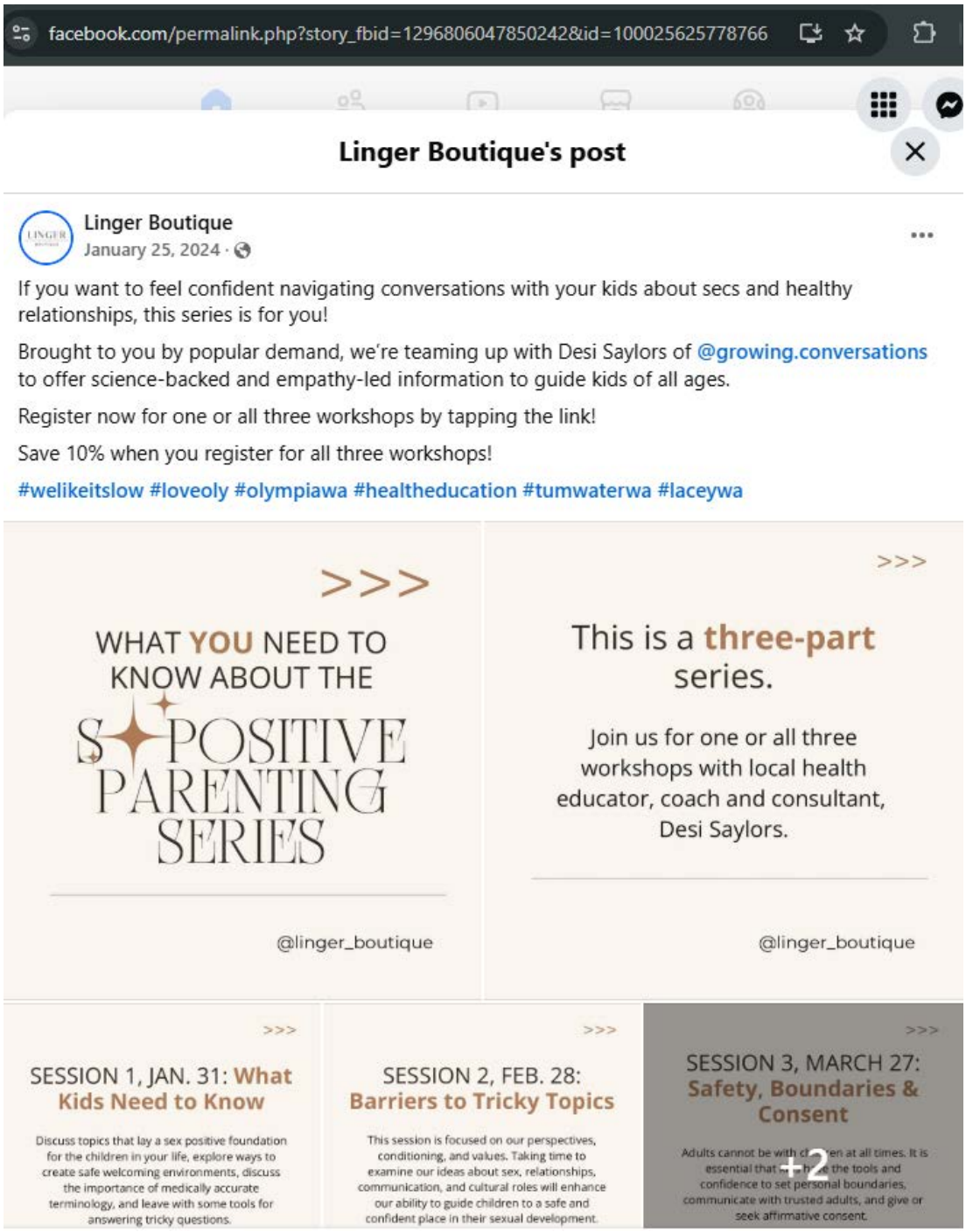
Facebook

profile.php?id=100025625778766
System ID: 606777
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1296806047850242&id=100025625778766

Posted: Jan 25, 2024
Captured: Jul 07, 2025

After DOI

*Shared information on a sex positive parenting workshop series "If you want to feel confident navigating conversations with your kids about secs and healthy relationships, this series is for you! Brought to you by popular demand, we're teaming up with Desi Saylors of @growing.conversations to offer science-backed and empathy-led information to guide kids of all ages. Register now for one or all three workshops by tapping the link! Save 10% when you register for all three workshops! #welikeitslow #loveoly #olympiawa #healtheducation #tumwaterwa #laceywa"


facebook.com/permalink.php?story_fbid=1296806047850242&id=100025625778766
Linger Boutique's post
Linger Boutique
January 25, 2024 ·
If you want to feel confident navigating conversations with your kids about secs and healthy relationships, this series is for you!
Brought to you by popular demand, we're teaming up with Desi Saylors of @growing.conversations to offer science-backed and empathy-led information to guide kids of all ages.
Register now for one or all three workshops by tapping the link!
Save 10% when you register for all three workshops!
#welikeitslow #loveoly #olympiawa #healtheducation #tumwaterwa #laceywa
>>>
WHAT YOU NEED TO KNOW ABOUT THE
SPOSITIVE PARENTING SERIES
@linger_boutique
>>>
This is a three-part series.
Join us for one or all three workshops with local health educator, coach and consultant, Desi Saylors.
@linger_boutique
>>>
SESSION 1, JAN. 31: What Kids Need to Know
Discuss topics that lay a sex positive foundation for the children in your life, explore ways to create safe welcoming environments, discuss the importance of medically accurate terminology, and leave with some tools for answering tricky questions.
>>>
SESSION 2, FEB. 28: Barriers to Tricky Topics
This session is focused on our perspectives, conditioning, and values. Taking time to examine our ideas about sex, relationships, communication, and cultural roles will enhance our ability to guide children to a safe and confident place in their sexual development.
>>>
SESSION 3, MARCH 27: Safety, Boundaries & Consent
Adults cannot be with children at all times. It is essential that children have the tools and confidence to set personal boundaries, communicate with trusted adults, and give or seek affirmative consent.
+2

facebook.com/permalink.php?story_fbid=1296806047850242&id=100025625778766

Linger Boutique's post

3 2 comments 1 share

Like Comment Share

Most relevant

Meren Gadman
Desi is amazing, we invited her last year to speak at our membership meeting for Thurston County Democratic Women.

1y Like Reply

Shauna Stewart
Meren Gadman Love to hear this! Thanks for sharing!

1y Like Reply

Instagram

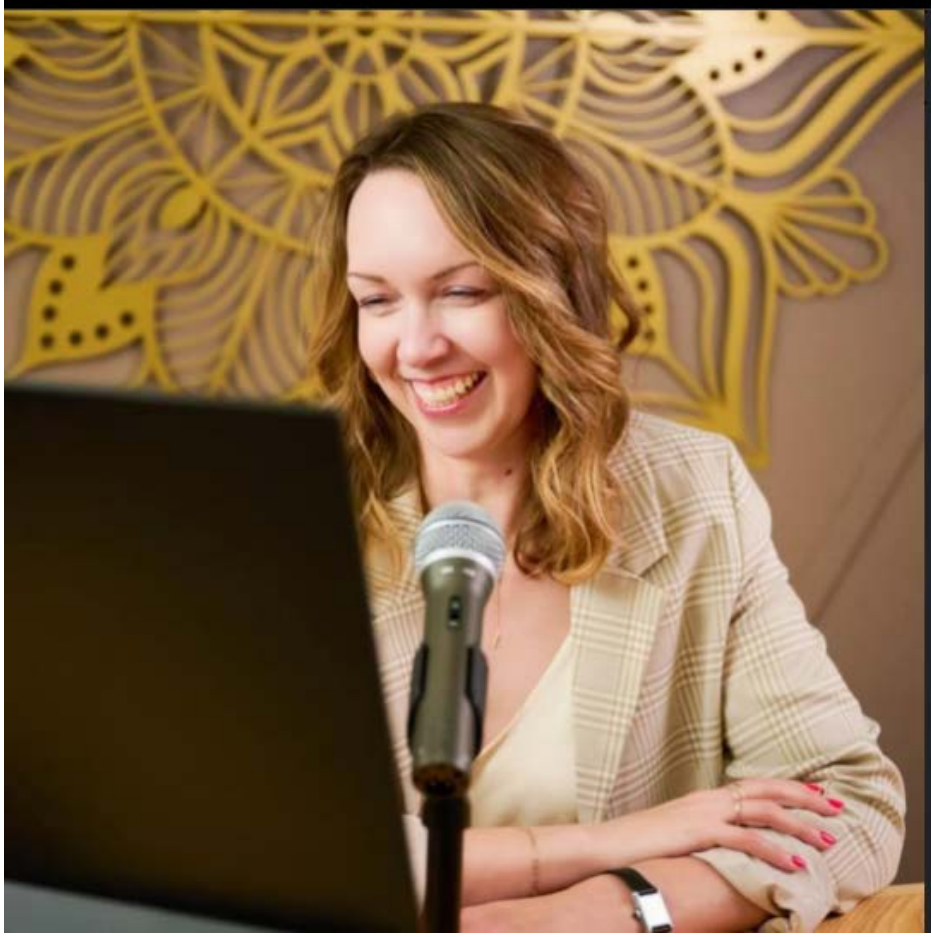
lifeturnedonpodcast
System ID: 608117
Shauna Marie Stewart
https://www.instagram.com/lifeturnedonpodcast/p/C2pUZ26rhTg

Posted: Jan 28, 2024
Captured: Jul 09, 2025

After DOI

*Pictured sitting down in a post about Season 2 of her podcast "SEASON 2 BEGINS 1/31! I am sooooo excited to bring you this next season of Life Turned On!! We have some amazing guests lined up. Look forward to honest and raw conversations on embodiment, life after divorce, secs with disabilities, intimacy and micro-dosing , aging and dementia, and so much more! Let me know what you want to hear below or in DMs. Your feedback helps shape my questions and the guests I seek out!"

instagram.com/lifeturnedonpodcast/p/C2pUZ26rhTg



lifeturnedonpodcast • Follow

lifeturnedonpodcast SEASON 2 BEGINS 1/31! I am sooooo excited to bring you this next season of Life Turned On!!

We have some amazing guests lined up. Look forward to honest and raw conversations on embodiment, life after divorce, secs with disabilities, intimacy and micro-dosing 🍄, aging and dementia, and so much more!

Let me know what you want to hear below or in DMs. Your feedback helps shape my questions and the guests I seek out!

75w

36 likes

January 28, 2024

Add a comment... Post

Other

Apple Podcasts

Posted: Jan 31, 2024

System ID: 607597

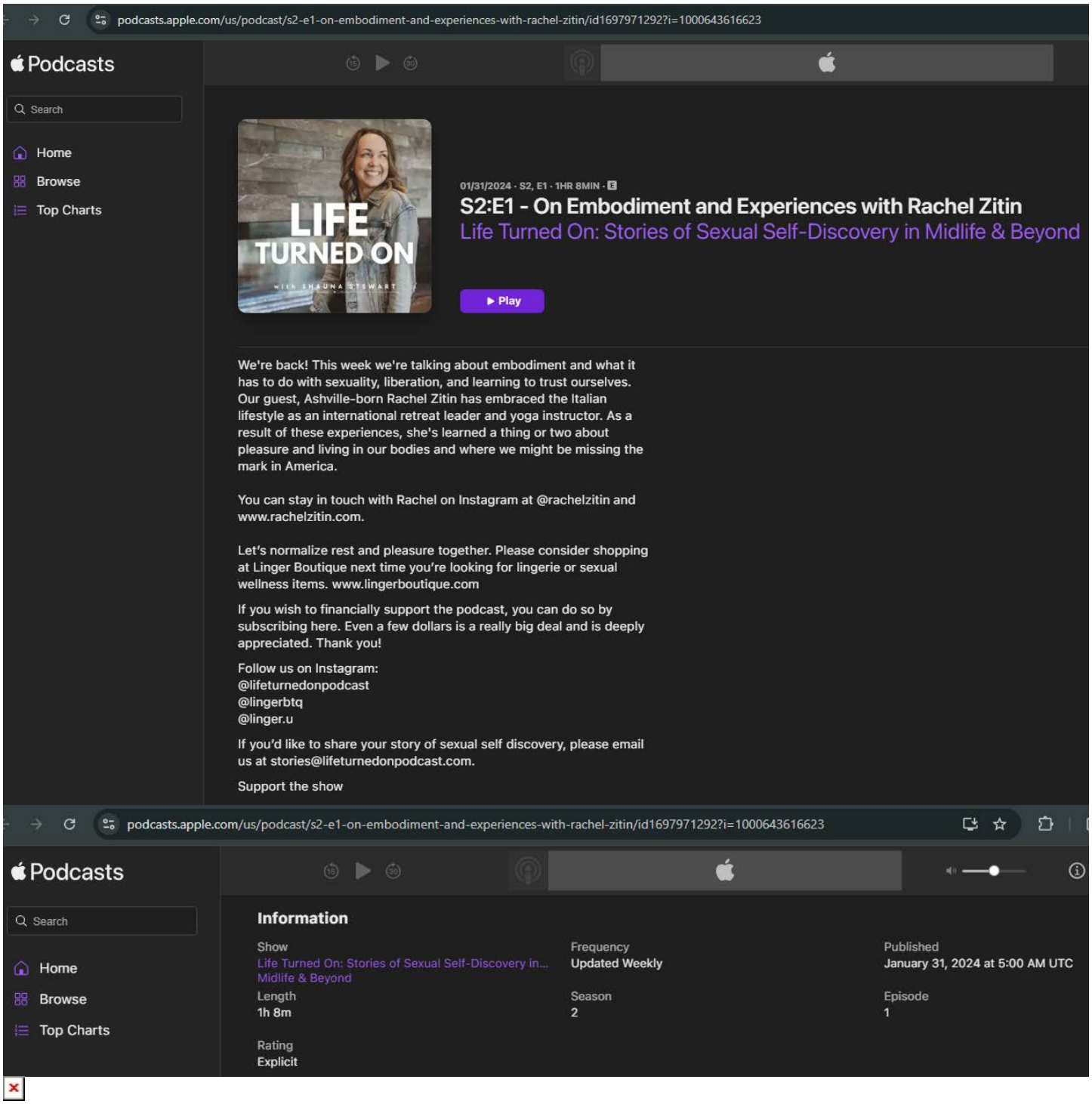
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e1-on-embodiment-and-experiences-with-rachel-zitin/id1697971292?i=1000643616623

After DOI

*Discussion with a Yoga Instructor and Certified Somatic Coach Mentioned that she was in Paris for Bra Fitters Training and a lingerie show (2:40) "S2:E1 - On Embodiment and Experiences with Rachel Zitin" "We're back! This week we're talking about embodiment and what it has to do with sexuality, liberation, and learning to trust ourselves. Our guest, Ashville-born Rachel Zitin has embraced the Italian lifestyle as an international retreat leader and yoga instructor. As a result of these experiences, she's learned a thing or two about pleasure and living in our bodies and where we might be missing the mark in America. You can stay in touch with Rachel on Instagram at @rachelzitin and www.rachelzitin.com. Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com If you wish to financially support the podcast, you can do so by subscribing here. Even a few dollars is a really big deal and is deeply appreciated. Thank you! Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Support the show"


podcasts.apple.com/us/podcast/s2-e1-on-embodiment-and-experiences-with-rachel-zitin/id1697971292?i=1000643616623
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LIFE TURNED ON
01/31/2024 · S2, E1 · 1HR 8MIN · E
S2:E1 - On Embodiment and Experiences with Rachel Zitin
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
We're back! This week we're talking about embodiment and what it has to do with sexuality, liberation, and learning to trust ourselves. Our guest, Ashville-born Rachel Zitin has embraced the Italian lifestyle as an international retreat leader and yoga instructor. As a result of these experiences, she's learned a thing or two about pleasure and living in our bodies and where we might be missing the mark in America.
You can stay in touch with Rachel on Instagram at @rachelzitin and www.rachelzitin.com.
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
If you wish to financially support the podcast, you can do so by subscribing here. Even a few dollars is a really big deal and is deeply appreciated. Thank you!
Follow us on Instagram:
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@linger.u
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Support the show
podcasts.apple.com/us/podcast/s2-e1-on-embodiment-and-experiences-with-rachel-zitin/id1697971292?i=1000643616623
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Information
Show
Life Turned On: Stories of Sexual Self-Discovery in... Midlife & Beyond
Frequency
Updated Weekly
Published
January 31, 2024 at 5:00 AM UTC
Length
1h 8m
Season
2
Episode
1
Rating
Explicit

Instagram

linger.u

System ID: 609613

Shauna Marie Stewart

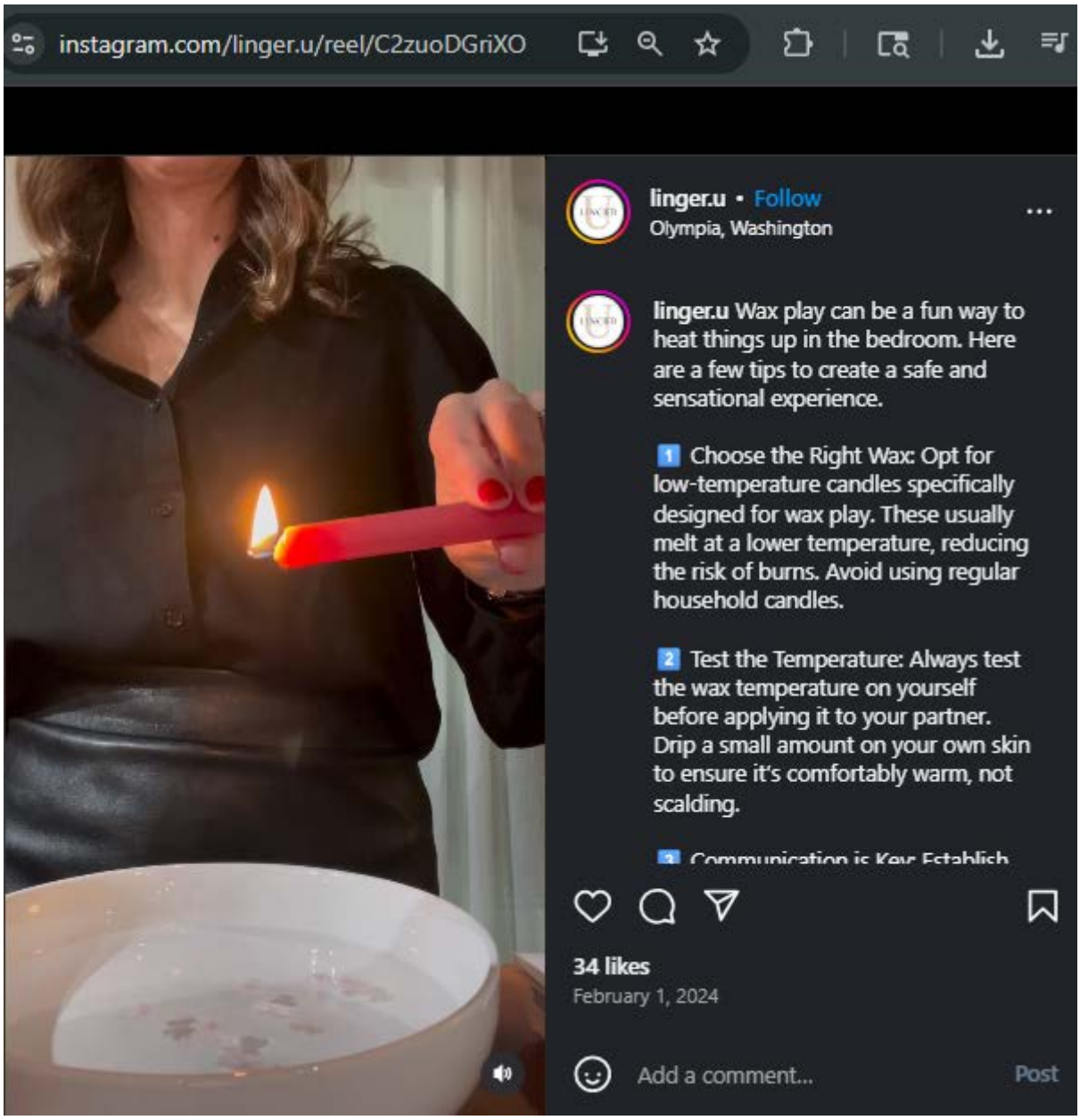
https://www.instagram.com/linger.u/reel/C2zuoDGriXO

Posted: Feb 01, 2024

Captured: Jul 10, 2025

After DOI

"Wax play can be a fun way to heat things up in the bedroom. Here are a few tips to create a safe and sensational experience. 1 Choose the Right Wax: Opt for low-temperature candles specifically designed for wax play. These usually melt at a lower temperature, reducing the risk of burns. Avoid using regular household candles. 2 Test the Temperature: Always test the wax temperature on yourself before applying it to your partner. Drip a small amount on your own skin to ensure it's comfortably warm, not scalding. 3 Communication is Key: Establish clear communication with your partner. Discuss boundaries, preferences, and any concerns beforehand to create a safe and consensual environment. 4 Select a Safe Play Area: Choose a smooth and clean surface for your wax play to prevent skin irritation or mess. Lay down a towel or sheet to make cleanup easier. 5 Mind the Distance: Maintain a safe distance between the candle flame and your partner's skin. Allow the wax to cool slightly before it makes contact to avoid burns. 6 Experiment with Height: The height from which you drip the wax can affect the sensation. Start from a higher point (about 3ft above the skin) for a gentle, cooler feel, and gradually decrease the distance for a warmer experience. 7 Use Sensation Play Tools: Introduce sensation play tools like feathers or ice cubes to enhance the experience. The combination can elevate pleasure and excitement. 8 Have Emergency Supplies: Keep a bowl of cool water and a non-stick ointment nearby in case of accidental burns. Being prepared ensures a swift response if things get a bit too heated. Visit Linger Boutique to stock up on body safe candles and other fun sensation toys. "



[Link to download video]

Facebook

profile.php?id=100025625778766
System ID: 606783
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1301345390729641&id=100025625778766

Posted: Feb 02, 2024
Captured: Jul 07, 2025

After DOI

*Talked about when she was in Paris, France "When I was in Paris I was surrounded by people who LOVED lingerie as much as I do. These were my people; I was home. I had the opportunity to sit and chat with a rep from Simone Perele, perhaps one of the most well-know and loved French lingerie brands. When asked why she's stayed with this company so long, she described the family atmosphere and talked of knowing the seamstresses and admiring their craft. She also loves how committed they are to being French. When I asked what she meant, she lit up and talked of beauty. She said they are unrelenting in their desire to make beautiful things and to help women feel beautiful as a result. She talked about how when they entered the American market they saw what we were wearing and were all "We see your nude bras, America, and we're going to make them beautiful." So they embellished with little bows here, embroidery there, and perhaps a little frilly lace over there. While this post isn't about nude bras, I do love how the French can transform the mundane into works of art. You see this in their architecture and croissants. And this is our invitation as well. Beginning the day with beautiful lingerie is a sweet and loving reminder that even our most mundane moments can be full of magic. To add a little more beauty and magic to your days, swing by the boutique or shop online today. #welikeitslow #lingerie #loveoly"

facebook.com/permalink.php?story_fbid=1301345390729641&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
February 2, 2024 ·

When I was in Paris I was surrounded by people who LOVED lingerie as much as I do. These were my people; I was home.

I had the opportunity to sit and chat with a rep from Simone Perele, perhaps one of the most well-know and loved French lingerie brands. When asked why she's stayed with this company so long, she described the family atmosphere and talked of knowing the seamstresses and admiring their craft.

She also loves how committed they are to being French. When I asked what she meant, she lit up and talked of beauty. She said they are unrelenting in their desire to make beautiful things and to help women feel beautiful as a result.

She talked about how when they entered the American market they saw what we were wearing and were all "We see your nude bras, America, and we're going to make them beautiful." So they embellished with little bows here, embroidery there, and perhaps a little frilly lace over there.

While this post isn't about nude bras, I do love how the French can transform the mundane into works of art. You see this in their architecture and croissants. And this is our invitation as well.

Beginning the day with beautiful lingerie is a sweet and loving reminder that even our most mundane moments can be full of magic.

To add a little more beauty and magic to your days, swing by the boutique or shop online today.

#welikeitslow #lingerie #loveoly

facebook.com/permalink.php?story_fbid=1301345390729641&id=100025625778766

Linger Boutique's post

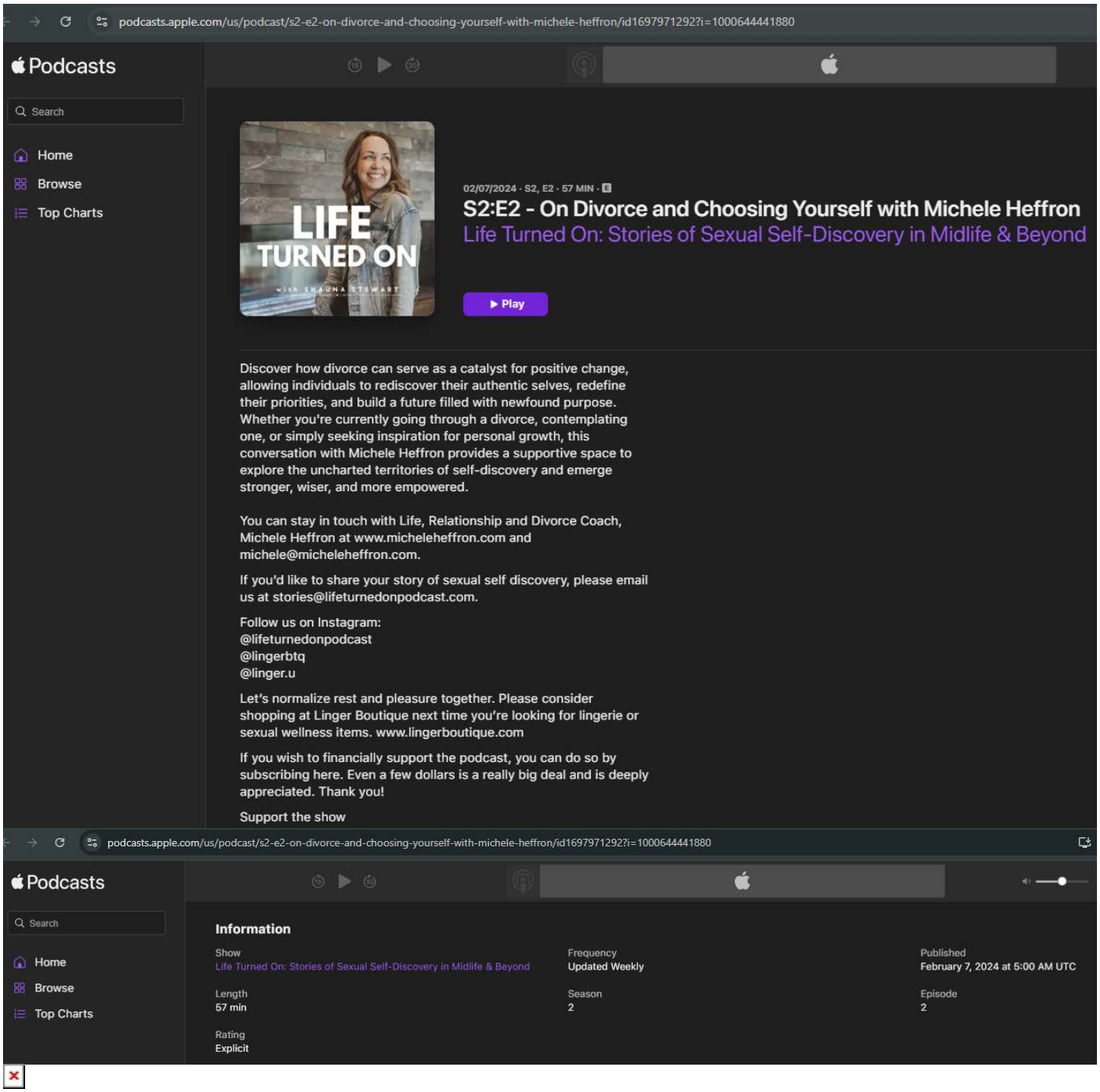
10

Other

Apple Podcasts
Posted: Feb 07, 2024
System ID: 607586
Captured: Jul 08, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/s2-e2-on-divorce-and-choosing-yourself-with-michele-heffron/id1697971292?i=1000644441880

After DOI

*Discussion with a Certified Life Relationship and Divorce Coach "S2:E2 - On Divorce and Choosing Yourself with Michele Heffron" "Discover how divorce can serve as a catalyst for positive change, allowing individuals to rediscover their authentic selves, redefine their priorities, and build a future filled with newfound purpose. Whether you're currently going through a divorce, contemplating one, or simply seeking inspiration for personal growth, this conversation with Michele Heffron provides a supportive space to explore the uncharted territories of self-discovery and emerge stronger, wiser, and more empowered. You can stay in touch with Life, Relationship and Divorce Coach, Michele Heffron at www.micheleheffron.com and michele@micheleheffron.com. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com If you wish to financially support the podcast, you can do so by subscribing here. Even a few dollars is a really big deal and is deeply appreciated. Thank you! Support the show"


podcasts.apple.com/us/podcast/s2-e2-on-divorce-and-choosing-yourself-with-michele-heffron/id1697971292?i=1000644441880
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LIFE TURNED ON
02/07/2024 · S2, E2 · 57 MIN · E
S2:E2 - On Divorce and Choosing Yourself with Michele Heffron
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Discover how divorce can serve as a catalyst for positive change, allowing individuals to rediscover their authentic selves, redefine their priorities, and build a future filled with newfound purpose. Whether you're currently going through a divorce, contemplating one, or simply seeking inspiration for personal growth, this conversation with Michele Heffron provides a supportive space to explore the uncharted territories of self-discovery and emerge stronger, wiser, and more empowered.
You can stay in touch with Life, Relationship and Divorce Coach, Michele Heffron at www.micheleheffron.com and michele@micheleheffron.com.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Frequency
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Published
February 7, 2024 at 5:00 AM UTC
Length
57 min
Season
2
Episode
2
Rating
Explicit

Instagram

linger.u

System ID: 609624

Shauna Marie Stewart

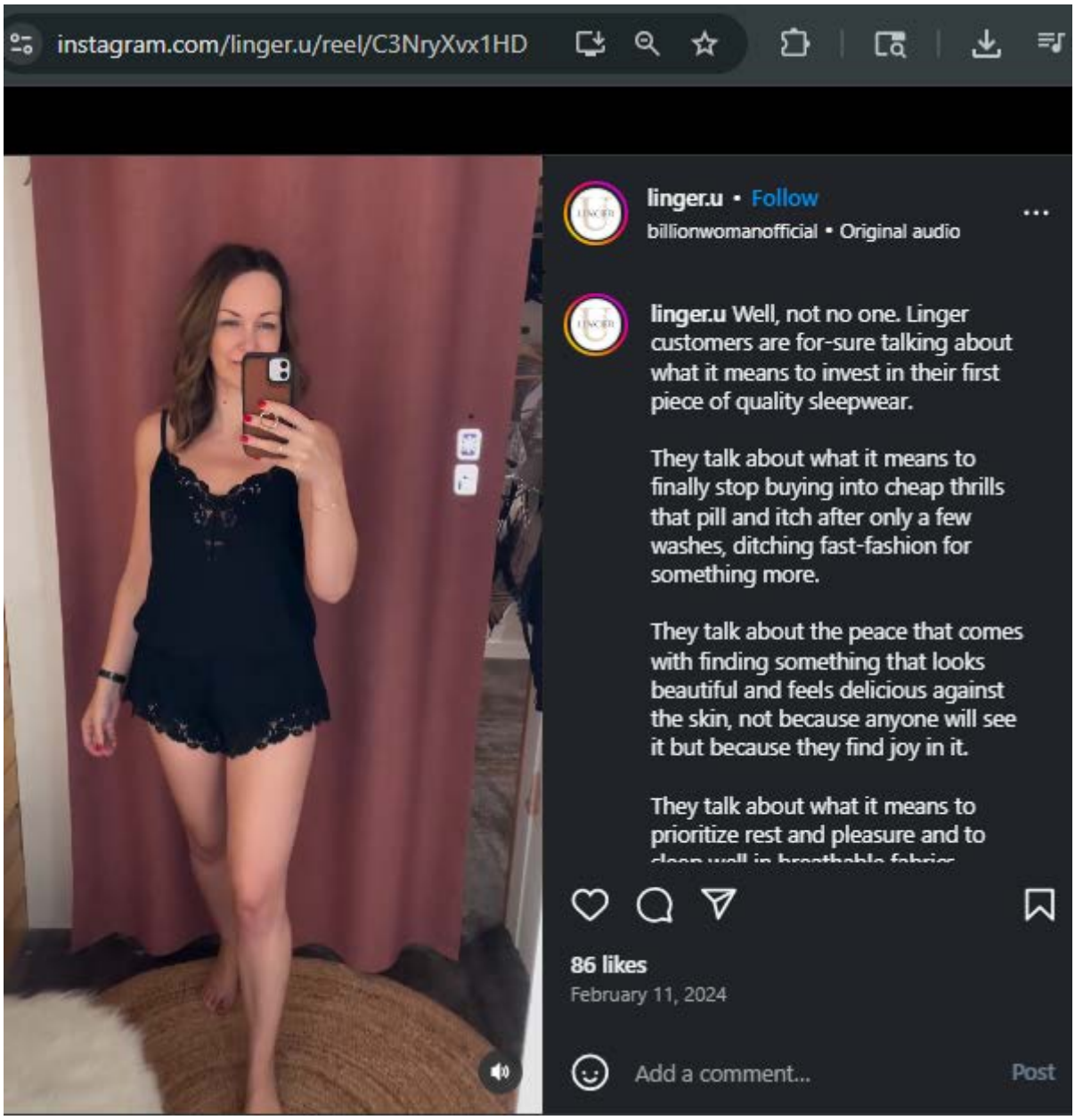
https://www.instagram.com/linger.u/reel/C3NryXvx1HD

Posted: Feb 11, 2024

Captured: Jul 10, 2025

After DOI

*Seen standing in a dressing room wearing items from Linger Boutique "Well, not no one. Linger customers are for-sure talking about what it means to invest in their first piece of quality sleepwear. They talk about what it means to finally stop buying into cheap thrills that pill and itch after only a few washes, ditching fast-fashion for something more. They talk about the peace that comes with finding something that looks beautiful and feels delicious against the skin, not because anyone will see it but because they find joy in it. They talk about what it means to prioritize rest and pleasure and to sleep well in breathable fabrics. Quality sleepwear is a little gift, a declaration that we're worth more than an afterthought, an invitation to soak up all goodness life has to offer, and an intentional reminder that we're worth it. When you feel ready for your first time, come see us. We'd love to help you feel good. □ #welikeitslow #rest #pleasure #sleep #sleepwear #pajamas #loveoly"



[Link to download video]

Other

Apple Podcasts

Posted: Feb 13, 2024

System ID: 607574

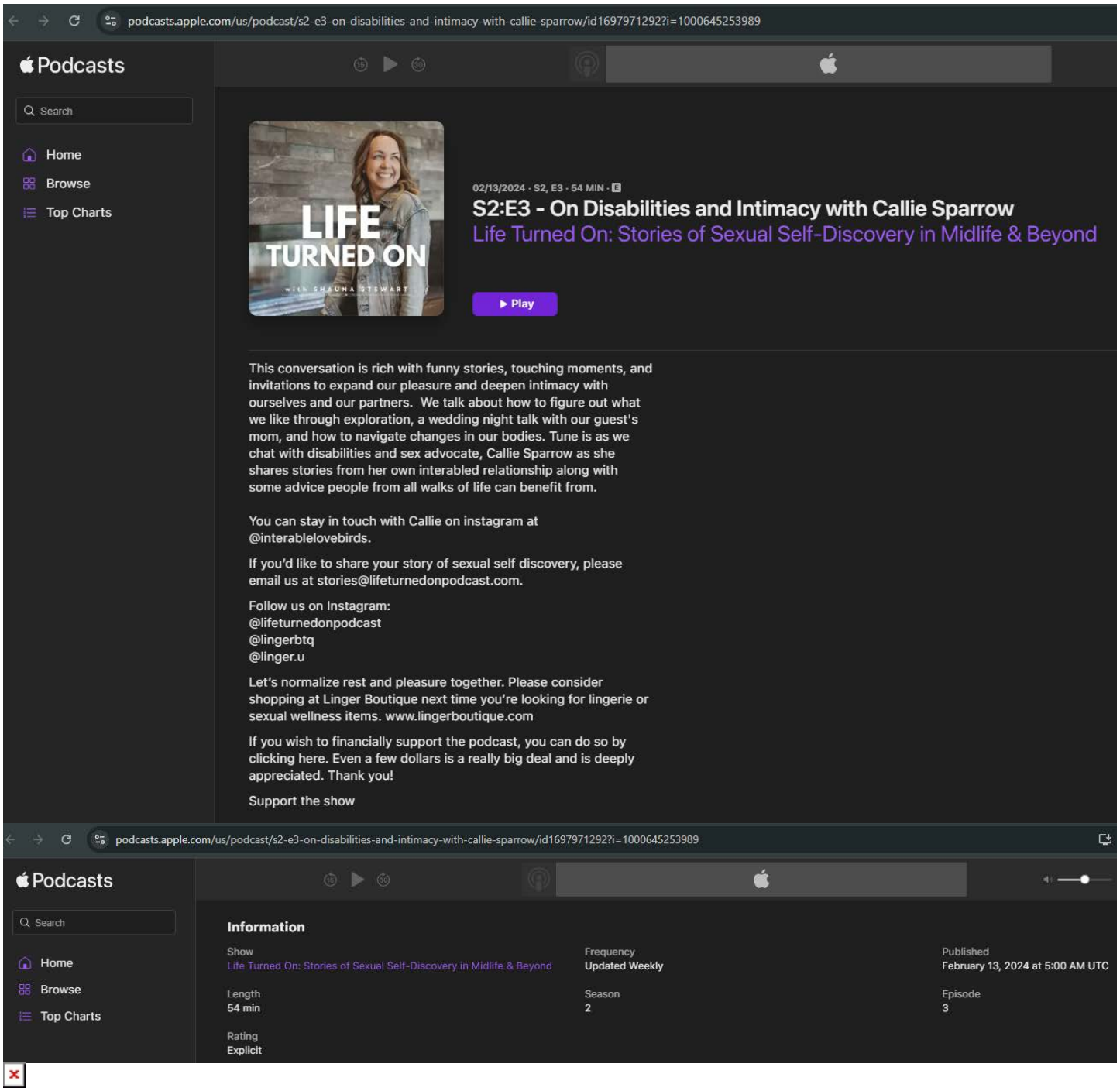
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e3-on-disabilities-and-intimacy-with-callie-sparrow/id1697971292?i=1000645253989

After DOI

*Discussion with a Disability Sex Advocate; included talk about sex and masturbation "S2:E3 - On Disabilities and Intimacy with Callie Sparrow" "This conversation is rich with funny stories, touching moments, and invitations to expand our pleasure and deepen intimacy with ourselves and our partners. We talk about how to figure out what we like through exploration, a wedding night talk with our guest's mom, and how to navigate changes in our bodies. Tune is as we chat with disabilities and sex advocate, Callie Sparrow as she shares stories from her own interabled relationship along with some advice people from all walks of life can benefit from. You can stay in touch with Callie on instagram at @interablelovebirds. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com If you wish to financially support the podcast, you can do so by clicking here. Even a few dollars is a really big deal and is deeply appreciated. Thank you! Support the show"


podcasts.apple.com/us/podcast/s2-e3-on-disabilities-and-intimacy-with-callie-sparrow/id1697971292?i=1000645253989
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LIFE TURNED ON
02/13/2024 · S2, E3 · 54 MIN · E
S2:E3 - On Disabilities and Intimacy with Callie Sparrow
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
This conversation is rich with funny stories, touching moments, and invitations to expand our pleasure and deepen intimacy with ourselves and our partners. We talk about how to figure out what we like through exploration, a wedding night talk with our guest's mom, and how to navigate changes in our bodies. Tune is as we chat with disabilities and sex advocate, Callie Sparrow as she shares stories from her own interabled relationship along with some advice people from all walks of life can benefit from.
You can stay in touch with Callie on instagram at @interablelovebirds.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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February 13, 2024 at 5:00 AM UTC
Length
54 min
Season
2
Episode
3
Rating
Explicit

Facebook

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System ID: 606786
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1312488826281964&id=100025625778766

Posted: Feb 20, 2024
Captured: Jul 07, 2025

After DOI

*Lingerie advertisement "NEW! Meet Izzy. She’s sleek, sophisticated, and semi-sheer. This artisan lace–trimmed collection is a versatile staple. And in its cool new hue, it’s as statement-making as it is stylish. Come see us for your perfect fit! #welikeitslow #loveoly #lingerie #baselayer #wardrobestaple"

facebook.com/permalink.php?story_fbid=1312488826281964&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
February 20, 2024 ·

NEW! Meet Izzy. She's sleek, sophisticated, and semi-sheer. This artisan lace–trimmed collection is a versatile staple. And in its cool new hue, it's as statement-making as it is stylish.

Come see us for your perfect fit!

#welikeitslow #loveoly #lingerie #baselayer #wardrobestaple

Other

Apple Podcasts

Posted: Feb 21, 2024

System ID: 607563

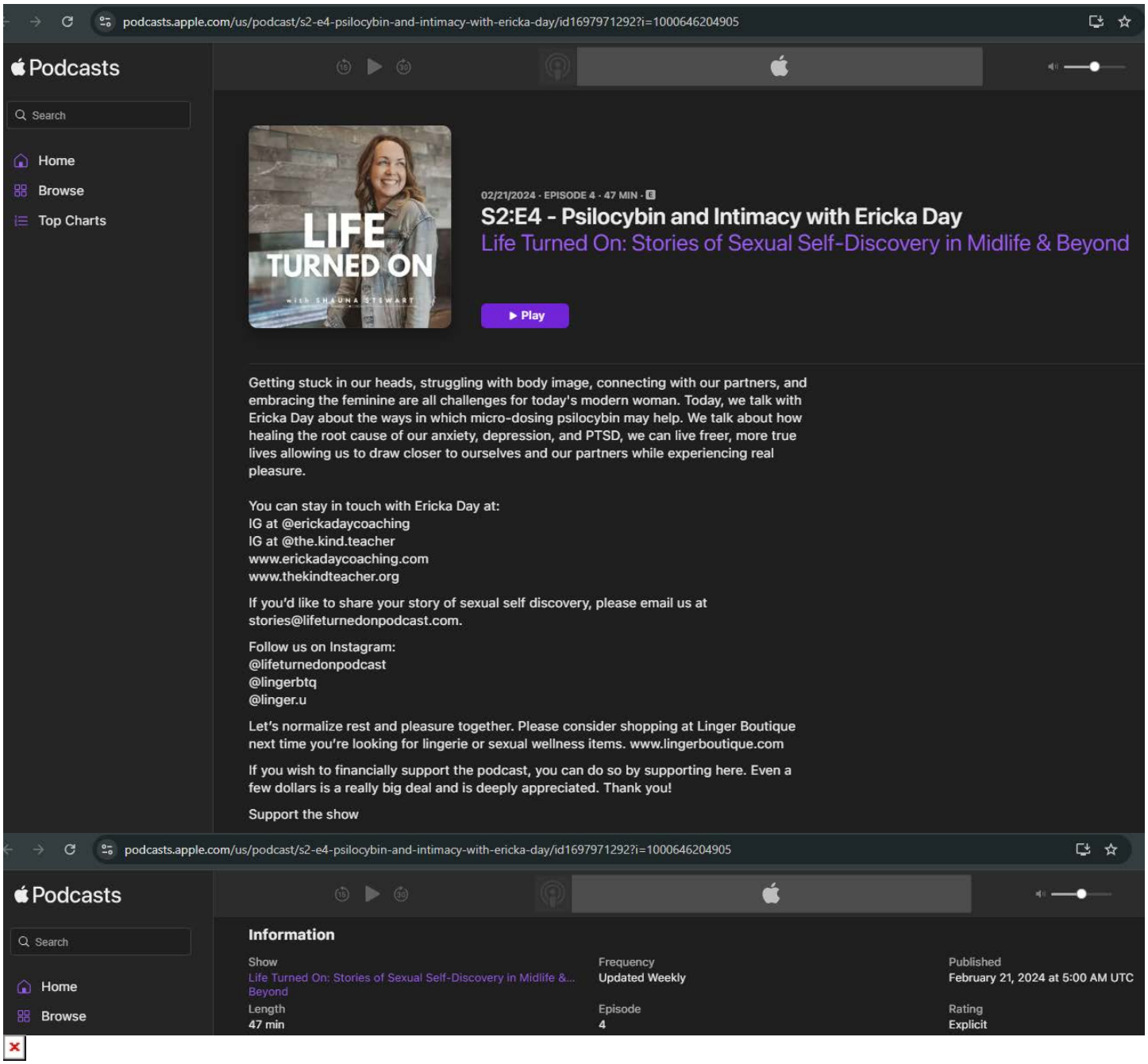
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e4-psilocybin-and-intimacy-with-ericka-day/id1697971292?i=1000646204905

After DOI

*Discussion with a Mircodosing, Guide, Mentor, and Psychedelic Integration Specialist "S2:E4 - Psilocybin and Intimacy with Ericka Day" "Getting stuck in our heads, struggling with body image, connecting with our partners, and embracing the feminine are all challenges for today's modern woman. Today, we talk with Ericka Day about the ways in which micro-dosing psilocybin may help. We talk about how healing the root cause of our anxiety, depression, and PTSD, we can live freer, more true lives allowing us to draw closer to ourselves and our partners while experiencing real pleasure. You can stay in touch with Ericka Day at: IG at @erickadaycoaching IG at @the.kind.teacher www.erickadaycoaching.com www.thekindteacher.org If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com If you wish to financially support the podcast, you can do so by supporting here. Even a few dollars is a really big deal and is deeply appreciated. Thank you! Support the show"


podcasts.apple.com/us/podcast/s2-e4-psilocybin-and-intimacy-with-ericka-day/id1697971292?i=1000646204905
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LIFE TURNED ON
WITH SHAUNA STEWART
02/21/2024 · EPISODE 4 · 47 MIN · E
S2:E4 - Psilocybin and Intimacy with Ericka Day
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Getting stuck in our heads, struggling with body image, connecting with our partners, and embracing the feminine are all challenges for today's modern woman. Today, we talk with Ericka Day about the ways in which micro-dosing psilocybin may help. We talk about how healing the root cause of our anxiety, depression, and PTSD, we can live freer, more true lives allowing us to draw closer to ourselves and our partners while experiencing real pleasure.
You can stay in touch with Ericka Day at:
IG at @erickadaycoaching
IG at @the.kind.teacher
www.erickadaycoaching.com
www.thekindteacher.org
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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February 21, 2024 at 5:00 AM UTC
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47 min
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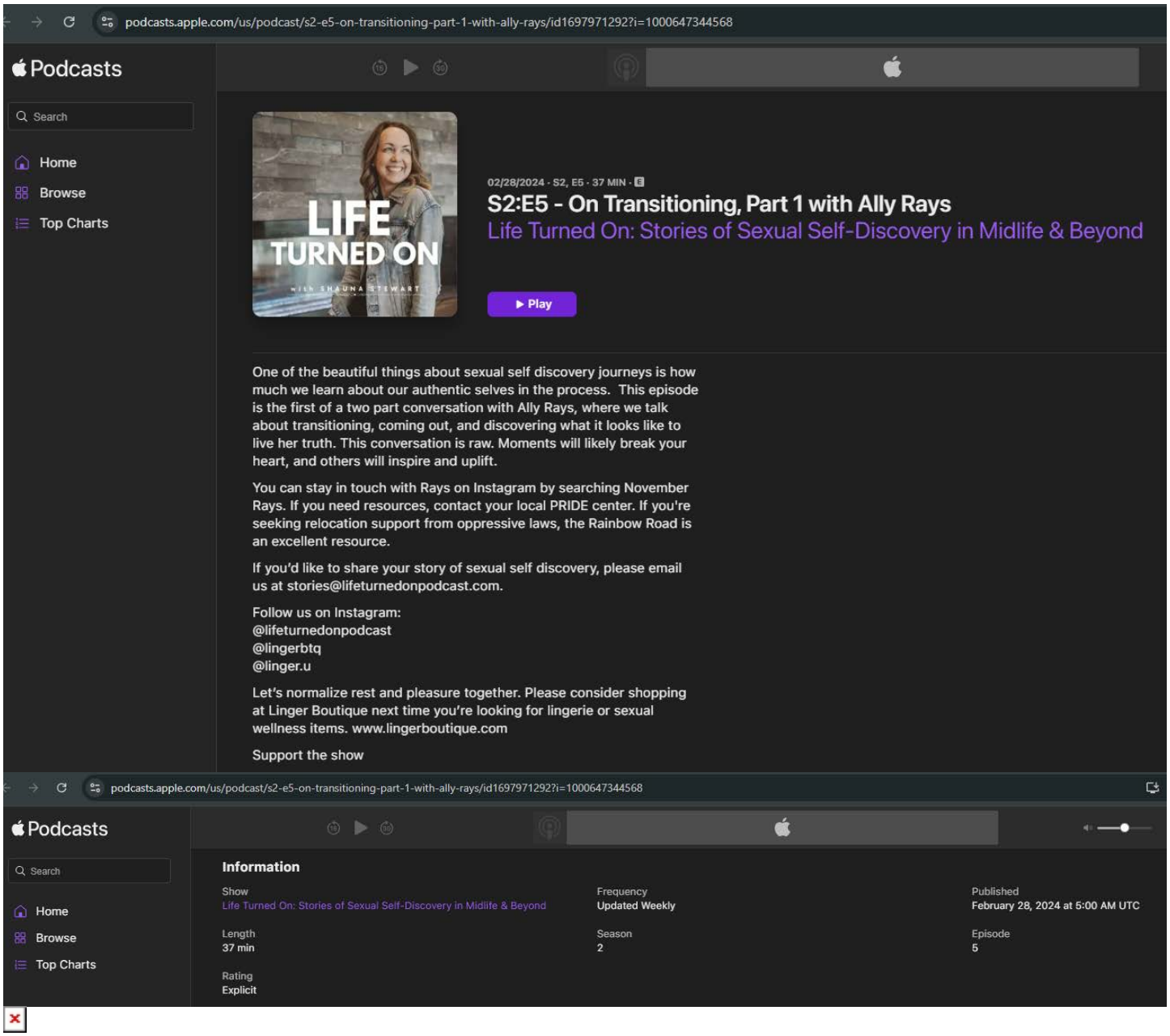
4
Rating
Explicit

Other

Apple Podcasts
Posted: Feb 28, 2024
System ID: 607558
Captured: Jul 08, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/s2-e5-on-transitioning-part-1-with-ally-rays/id1697971292?i=1000647344568

After DOI

*Talked with a customer that she met at the Linger Boutique about sex and their story of sexual self discovery "S2:E5 - On Transitioning, Part 1 with Ally Rays" "One of the beautiful things about sexual self discovery journeys is how much we learn about our authentic selves in the process. This episode is the first of a two part conversation with Ally Rays, where we talk about transitioning, coming out, and discovering what it looks like to live her truth. This conversation is raw. Moments will likely break your heart, and others will inspire and uplift. You can stay in touch with Rays on Instagram by searching November Rays. If you need resources, contact your local PRIDE center. If you're seeking relocation support from oppressive laws, the Rainbow Road is an excellent resource. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s2-e5-on-transitioning-part-1-with-ally-rays/id1697971292?i=1000647344568
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LIFE TURNED ON
02/28/2024 · S2, E5 · 37 MIN · E
S2:E5 - On Transitioning, Part 1 with Ally Rays
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
One of the beautiful things about sexual self discovery journeys is how much we learn about our authentic selves in the process. This episode is the first of a two part conversation with Ally Rays, where we talk about transitioning, coming out, and discovering what it looks like to live her truth. This conversation is raw. Moments will likely break your heart, and others will inspire and uplift.
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Season
2
Episode
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Rating
Explicit

Instagram

linger.u

System ID: 609655

Shauna Marie Stewart

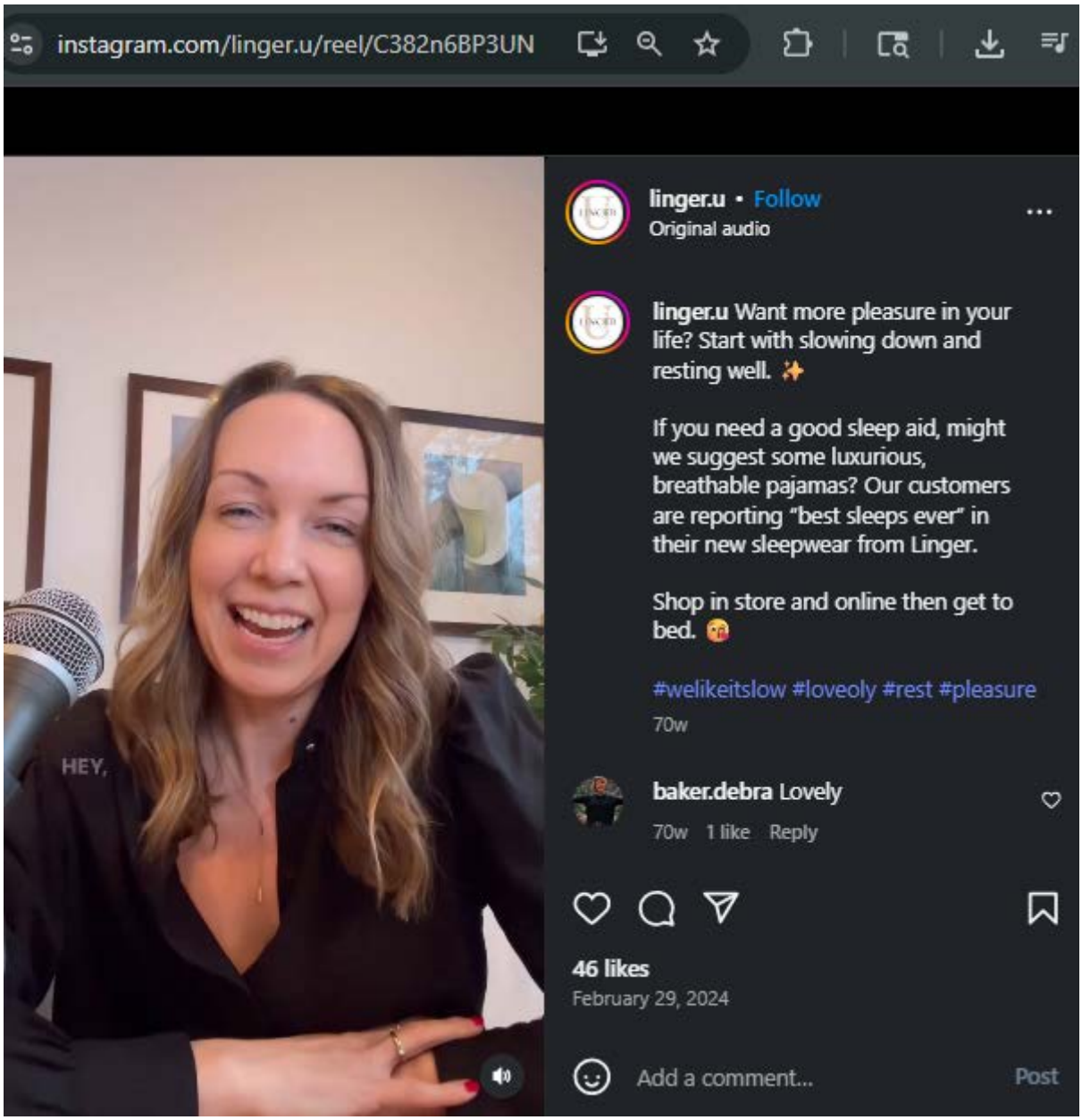
https://www.instagram.com/linger.u/reel/C382n6BP3UN

Posted: Feb 29, 2024

Captured: Jul 10, 2025

After DOI

*Seen talking about a conversation she had on another person's podcast "Want more pleasure in your life? Start with slowing down and resting well. If you need a good sleep aid, might we suggest some luxurious, breathable pajamas? Our customers are reporting “best sleeps ever” in their new sleepwear from Linger. Shop in store and online then get to bed. #welikeitslow #loveoly #rest #pleasure"



[Link to download video]

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Posted: Mar 06, 2024

System ID: 607548

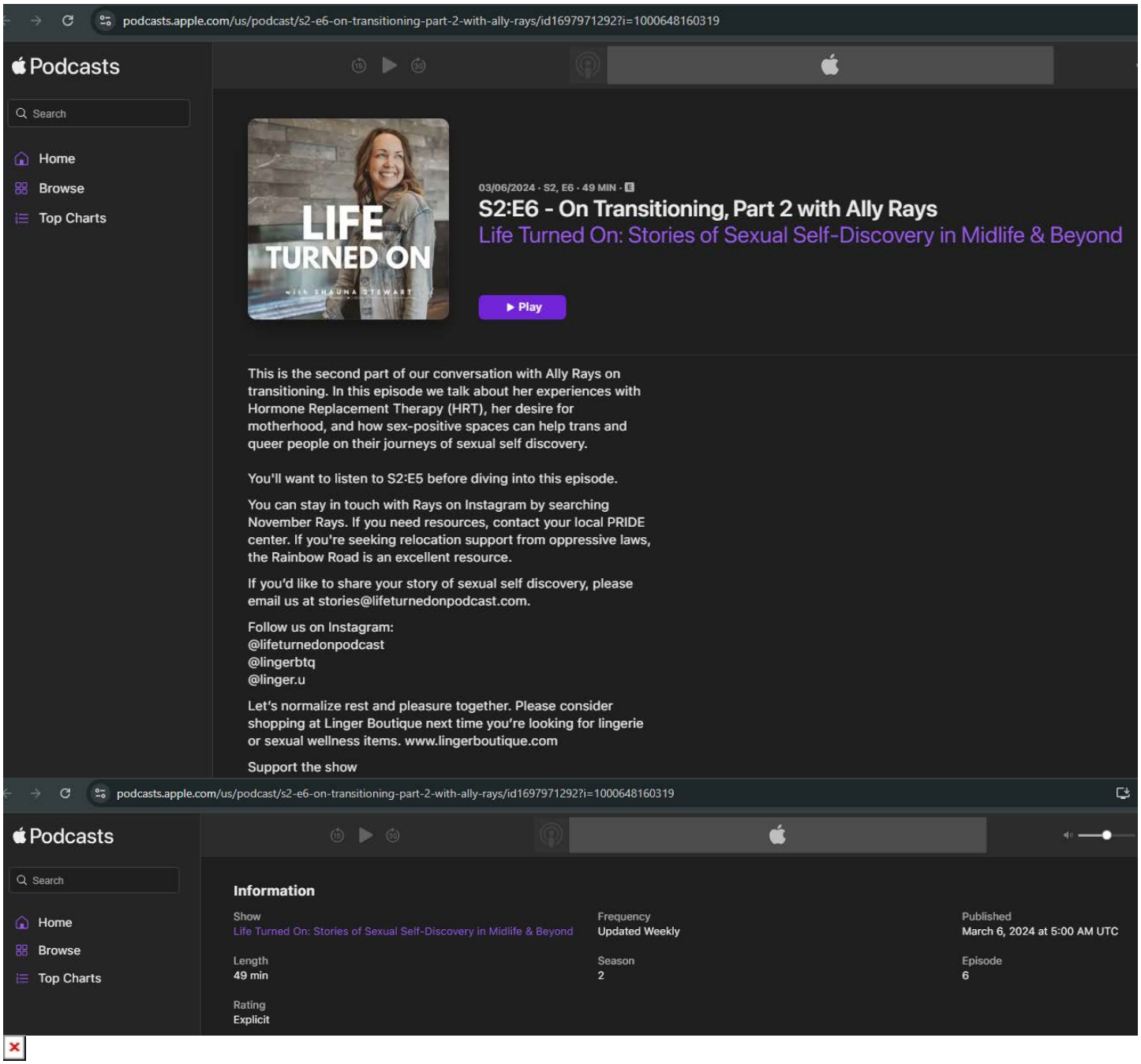
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e6-on-transitioning-part-2-with-ally-rays/id1697971292?i=1000648160319

After DOI

"S2:E6 - On Transitioning, Part 2 with Ally Rays" "This is the second part of our conversation with Ally Rays on transitioning. In this episode we talk about her experiences with Hormone Replacement Therapy (HRT), her desire for motherhood, and how sex-positive spaces can help trans and queer people on their journeys of sexual self discovery. You'll want to listen to S2:E5 before diving into this episode. You can stay in touch with Rays on Instagram by searching November Rays. If you need resources, contact your local PRIDE center. If you're seeking relocation support from oppressive laws, the Rainbow Road is an excellent resource. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s2-e6-on-transitioning-part-2-with-ally-rays/id1697971292?i=1000648160319
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WITH SHAUNA STEWART
03/06/2024 · S2, E6 · 49 MIN · E
S2:E6 - On Transitioning, Part 2 with Ally Rays
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
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Published
March 6, 2024 at 5:00 AM UTC
Length
49 min
Season
2
Episode
6
Rating
Explicit

Instagram

linger.u

System ID: 609675

Shauna Marie Stewart

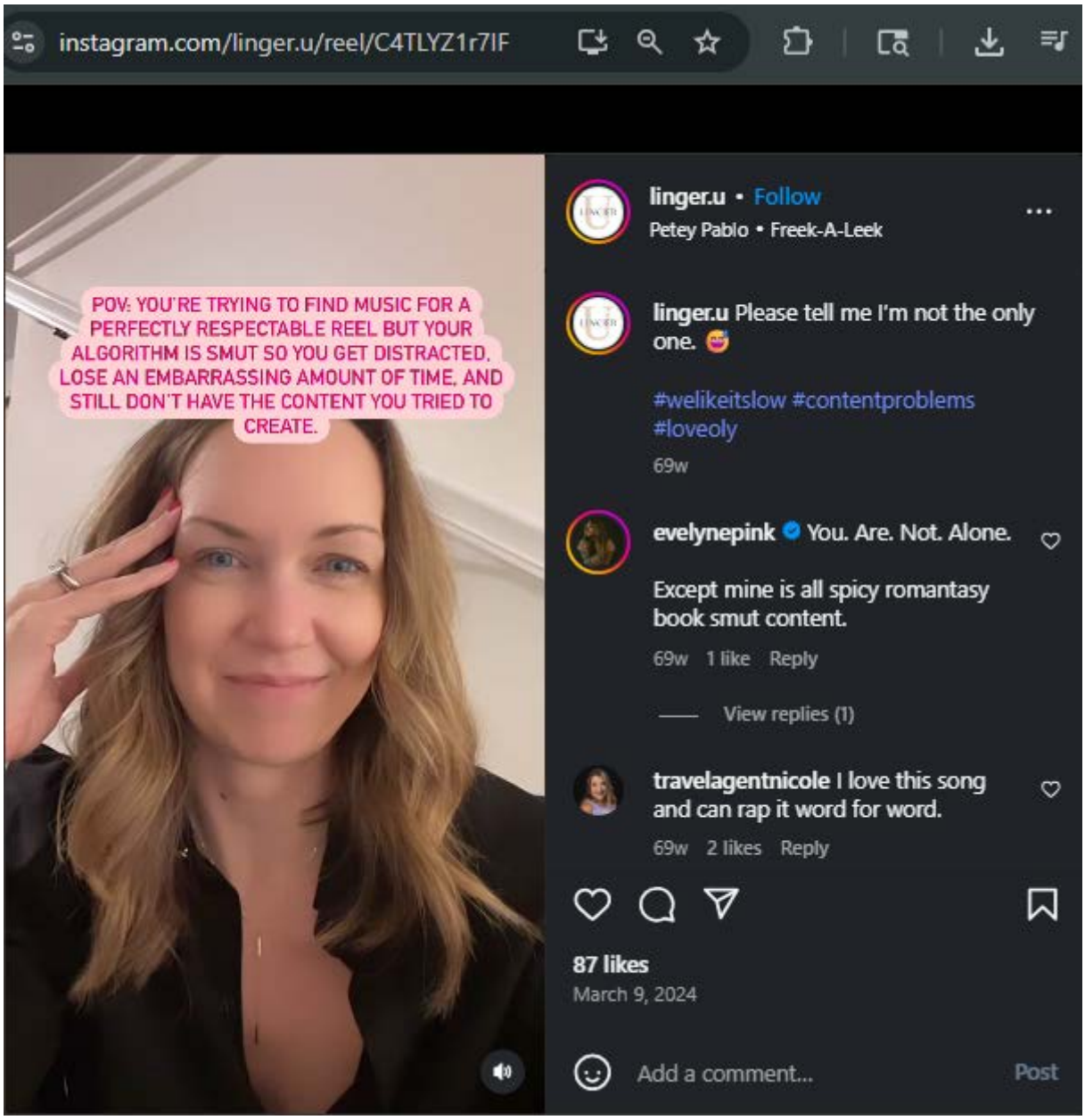
https://www.instagram.com/linger.u/reel/C4TLYZ1r7IF

Posted: Mar 09, 2024

Captured: Jul 10, 2025

After DOI

*Video stated, "POV: YOU'RE TRYING TO FIND MUSIC FOR A PERFECTLY RESPECTABLE REEL BUT YOUR ALGORITHM IS SMUT SO YOU GET DISTRACTED, LOSE AN EMBARRASSING AMOUNT OF TIME, AND STILL DON'T HAVE THE CONTENT YOU TRIED TO CREATE" "Please tell me I’m not the only one. □ #welikeitslow #contentproblems #loveoly"



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System ID: 606790 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1322713785259468&id=100025625778766

After DOI

*Pictured standing and mentioned doing bra fittings "FAQ: Do you do bra fittings? Absolutely! Finding you something that fits and feels as good as it looks is our joy! We start with measurements to get a starting point but know that bodies and bras are super diverse and trying things on is the best way to find what works for you. Our fittings are complimentary and no appointment is necessary. That said, if you prefer a bit more privacy or need a time outside retail hours, you can reach out for a private appointment. DM us on Instagram (but not Facebook bc 99 problems) or email hello@lingerboutique.com. #welikeitslow #brafitting #brafitter #branerd #loveoly #olympiawa #laceywa"

facebook.com/permalink.php?story_fbid=1322713785259468&id=100025625778766

Linger Boutique's post

Linger Boutique
March 10, 2024 ·

FAQ: Do you do bra fittings?

Absolutely! Finding you something that fits and feels as good as it looks is our joy!

We start with measurements to get a starting point but know that bodies and bras are super diverse and trying things on is the best way to find what works for you.

Our fittings are complimentary and no appointment is necessary. That said, if you prefer a bit more privacy or need a time outside retail hours, you can reach out for a private appointment. DM us on Instagram (but not Facebook bc 99 problems) or email hello@lingerboutique.com.

#welikeitslow #brafitting #brafitter #branerd #loveoly #olympiawa #laceywa

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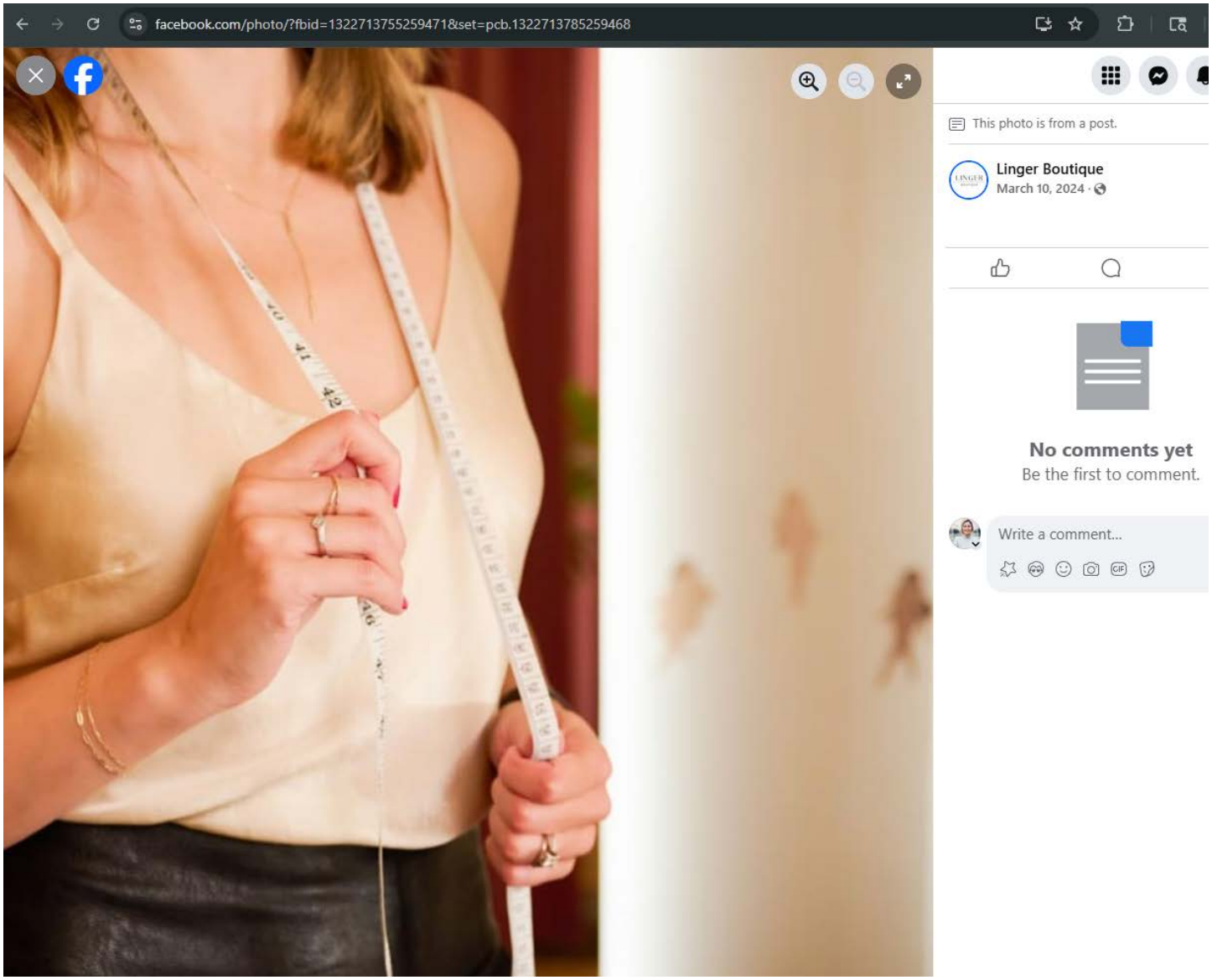
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Linger Boutique
March 10, 2024 ·
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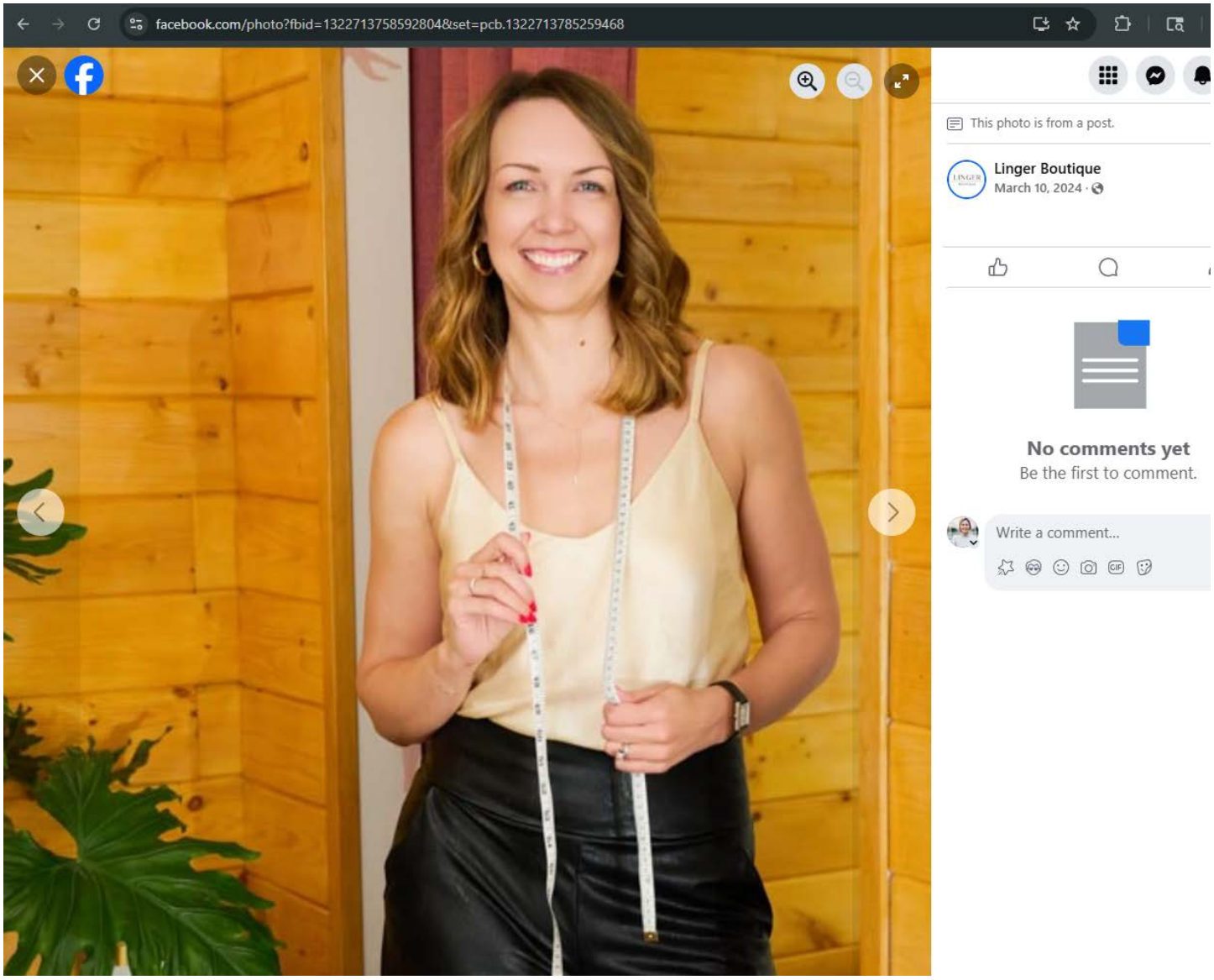
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Linger Boutique
March 10, 2024 ·
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Other

Apple Podcasts

Posted: Mar 13, 2024

System ID: 607544

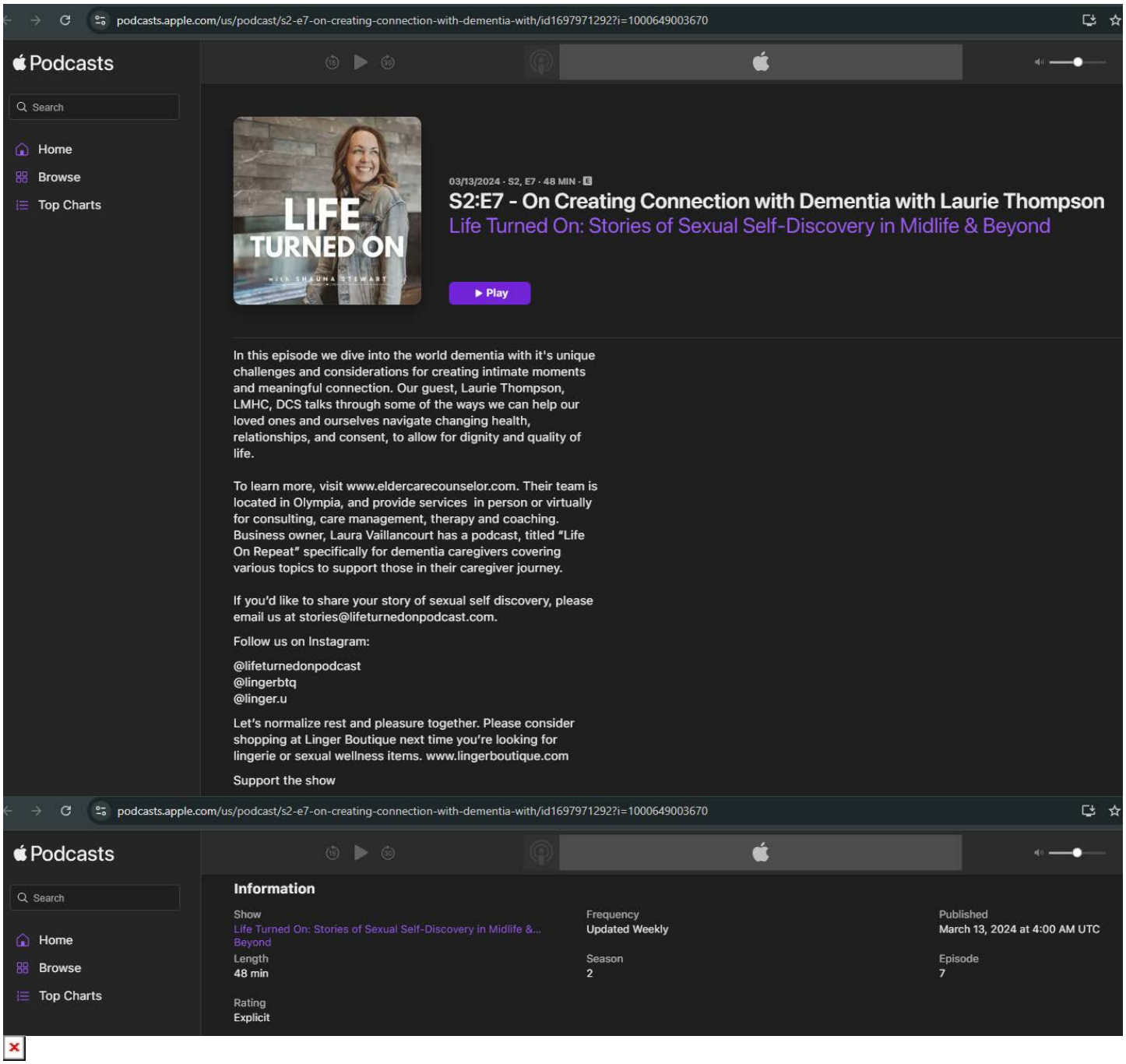
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e7-on-creating-connection-with-dementia-with/id1697971292?i=1000649003670

After DOI

*Discussion with Mental Health Therapist (Dementia and Sexual Health Specialist, and Dementia Connection Specialist) with Elder Care Counseling and Guidance Services located in Olympia, Washington "S2:E7 - On Creating Connection with Dementia with Laurie Thompson" "In this episode we dive into the world dementia with it's unique challenges and considerations for creating intimate moments and meaningful connection. Our guest, Laurie Thompson, LMHC, DCS talks through some of the ways we can help our loved ones and ourselves navigate changing health, relationships, and consent, to allow for dignity and quality of life. To learn more, visit www.eldercarecounselor.com. Their team is located in Olympia, and provide services in person or virtually for consulting, care management, therapy and coaching. Business owner, Laura Vaillancourt has a podcast, titled “Life On Repeat” specifically for dementia caregivers covering various topics to support those in their caregiver journey. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s2-e7-on-creating-connection-with-dementia-with/id1697971292?i=1000649003670
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LIFE TURNED ON
03/13/2024 · S2, E7 · 48 MIN · E
S2:E7 - On Creating Connection with Dementia with Laurie Thompson
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
In this episode we dive into the world dementia with it's unique challenges and considerations for creating intimate moments and meaningful connection. Our guest, Laurie Thompson, LMHC, DCS talks through some of the ways we can help our loved ones and ourselves navigate changing health, relationships, and consent, to allow for dignity and quality of life.
To learn more, visit www.eldercarecounselor.com. Their team is located in Olympia, and provide services in person or virtually for consulting, care management, therapy and coaching. Business owner, Laura Vaillancourt has a podcast, titled "Life On Repeat" specifically for dementia caregivers covering various topics to support those in their caregiver journey.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
March 13, 2024 at 4:00 AM UTC
Length
48 min
Season
2
Episode
7
Rating
Explicit

Facebook

profile.php?id=100025625778766 | Posted: Mar 13, 2024

System ID: 606794 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1324496335081213&id=100025625778766

After DOI

*Talked about vaginal strength training and was seen holding kegal balls, and mentioned talking to a pelvic floor therapist or medical professional before using "Ever thought about v@ginal strength training? Kegel balls are small, weighted balls that can be inserted into the v@gina for pelvic floor exercises or secsual stimulation. They’re designed to help strengthen the pelvic floor muscles, which can improve bladder control and sexual sensation. Health and pleasure. Note: Not everyone should use kegal balls. If you have a lot of down-there tension or in pain we definitely suggest talking to a pelvic floor therapist or medical professional before using. It’s worth mentioning that the purpose of these balls is YOUR health and pleasure. This isn’t about making your body meet someone else’s expectations IYKWIM. ♀ Shop in store or online. #welikeitslow #loveoly #kegalexercises #pelvicfloor #pelvicfloorexercises"

facebook.com/permalink.php?story_fbid=1324496335081213&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
March 13, 2024 ·

Ever thought about v@ginal strength training? Kegel balls are small, weighted balls that can be inserted into the v@gina for pelvic floor exercises or secsual stimulation. They're designed to help strengthen the pelvic floor muscles, which can improve bladder control and sexual sensation. Health and pleasure. 💃

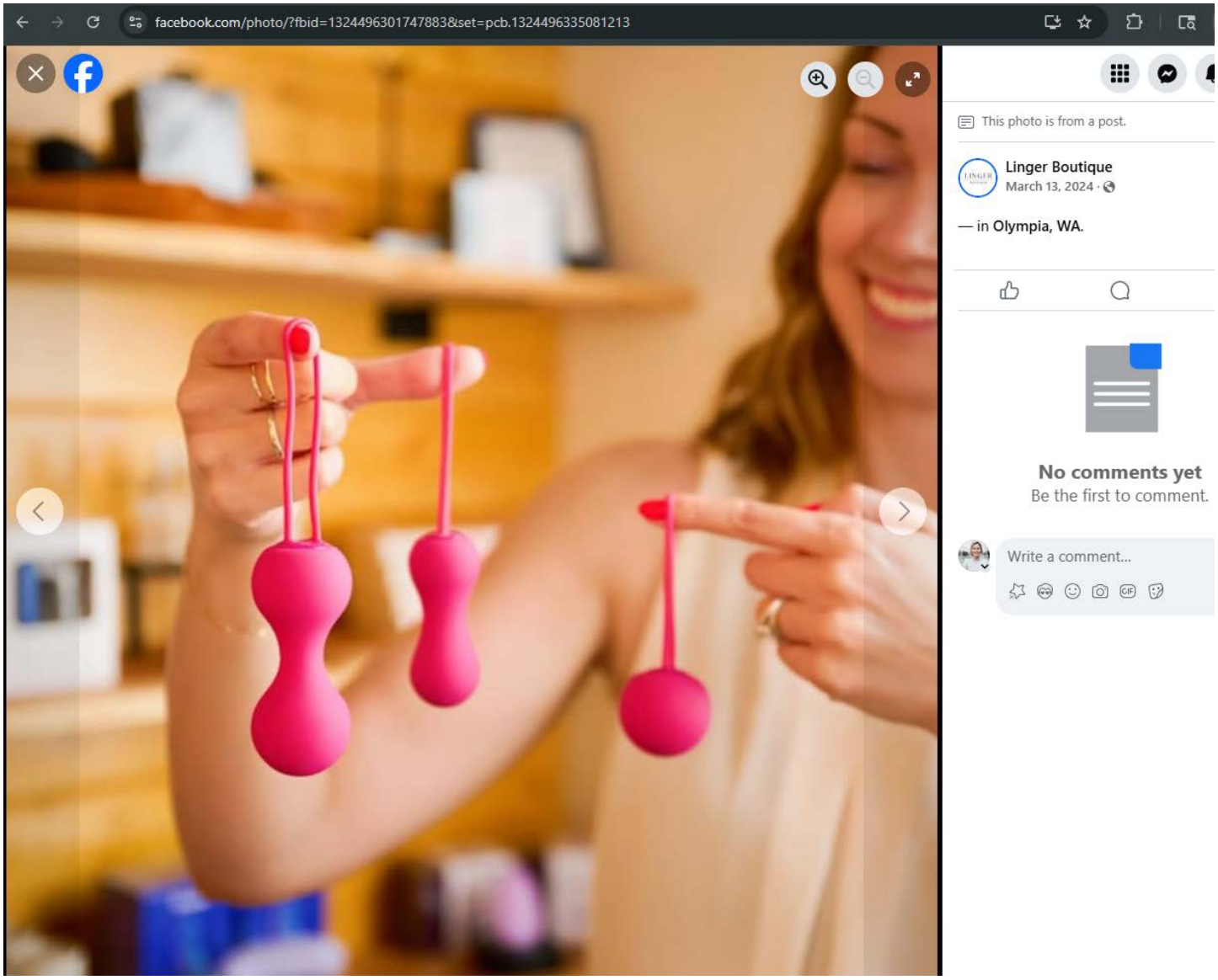
Note: Not everyone should use kegal balls. If you have a lot of down-there tension or in pain we definitely suggest talking to a pelvic floor therapist or medical professional before using. 👐

It's worth mentioning that the purpose of these balls is YOUR health and pleasure. This isn't about making your body meet someone else's expectations IYKWIM. 🤷‍♀️

Shop in store or online.

#welikeitslow #loveoly #kegalexercises #pelvicfloor #pelvicfloorexercises

1


facebook.com/photo/?fbid=1324496301747883&set=pcb.1324496335081213
This photo is from a post.
Linger Boutique
March 13, 2024 ·
— in Olympia, WA.
No comments yet
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Instagram

linger.u

Posted: Mar 20, 2024

System ID: 609570

Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/growing.conversations/p/C4uWNinOpaH

After DOI

*Tagged in a post about a workshop about Consent that was hosted by Linger Boutique "What counts as consent? How do we set clear and respectful boundaries? AND how do we talk to kids about all of it? Join us on March 27th when we will be discussing safety, consent, and boundaries. This workshop is for everyone! We will cover personal boundary setting, communication, and the elements of enthusiastic affirmative consent. Can’t wait to see you there! Hosted by @linger_boutique #olympiawa #tumwaterwa #parenteducation #sexpositiveeducation"

instagram.com/growing.conversations/p/C4uWNinOpaH

growing.conversati... and **linge...**
Olympia, Washington

growing.conversations What counts as consent? How do we set clear and respectful boundaries? AND how do we talk to kids about all of it?

Join us on March 27th when we will be discussing safety, consent, and boundaries. This workshop is for everyone! We will cover personal boundary setting, communication, and the elements of enthusiastic affirmative consent. Can't wait to see you there!

Hosted by @linger_boutique
#olympiawa #tumwaterwa
#parenteducation
#sexpositiveeducation

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38 likes
March 20, 2024

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Other

Apple Podcasts

Posted: Mar 20, 2024

System ID: 607537

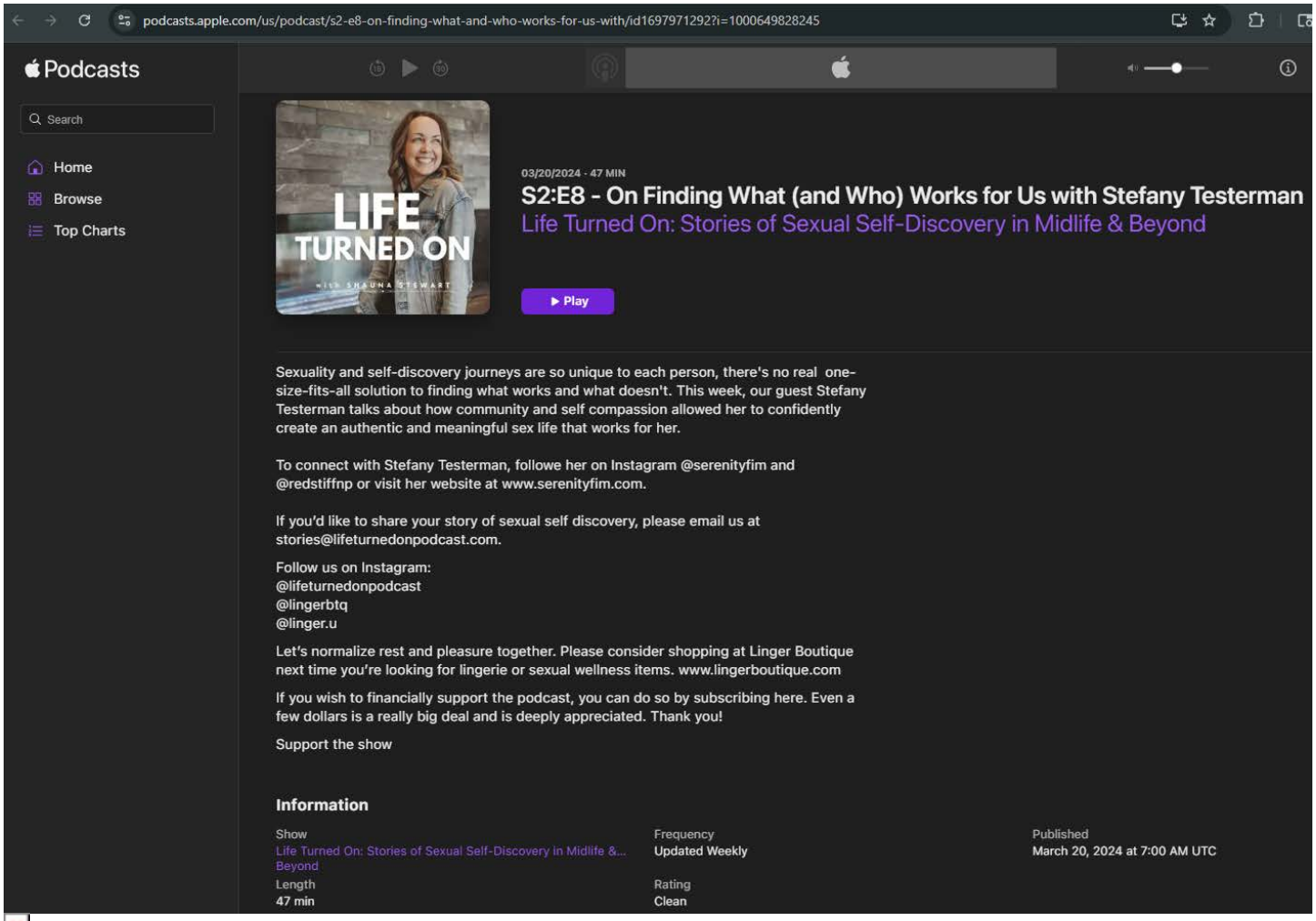
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e8-on-finding-what-and-who-works-for-us-with/id1697971292?i=1000649828245

After DOI

*Discussion with Nurse Practitioner, who was also in the process of becoming a Certified Sexual Health Counselor with the Sexual Health Alliance "S2:E8 - On Finding What (and Who) Works for Us with Stefany Testerman" "Sexuality and self-discovery journeys are so unique to each person, there's no real one-size-fits-all solution to finding what works and what doesn't. This week, our guest Stefany Testerman talks about how community and self compassion allowed her to confidently create an authentic and meaningful sex life that works for her. To connect with Stefany Testerman, followe her on Instagram @serenityfim and @redstiffnp or visit her website at www.serenityfim.com. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com If you wish to financially support the podcast, you can do so by subscribing here. Even a few dollars is a really big deal and is deeply appreciated. Thank you! Support the show"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LIFE TURNED ON
03/20/2024 - 47 MIN
S2:E8 - On Finding What (and Who) Works for Us with Stefany Testerman
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Sexuality and self-discovery journeys are so unique to each person, there's no real one-size-fits-all solution to finding what works and what doesn't. This week, our guest Stefany Testerman talks about how community and self compassion allowed her to confidently create an authentic and meaningful sex life that works for her.
To connect with Stefany Testerman, followe her on Instagram @serenityfim and @redstiffnp or visit her website at www.serenityfim.com.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast
@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
If you wish to financially support the podcast, you can do so by subscribing here. Even a few dollars is a really big deal and is deeply appreciated. Thank you!
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Information
Show
Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
March 20, 2024 at 7:00 AM UTC
Length
47 min
Rating
Clean

Facebook

profile.php?id=100025625778766 | Posted: Mar 22, 2024

System ID: 606801 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1329352461262267&id=100025625778766

After DOI

*Talked about Shabari, Japanese bondage often associated with BDSM and eroticism. She offered a workshop on skills and techniques "What is Shabari? Let us show you the ropes… □ Shibari is a form of Japanese bondage that involves tying someone up using intricate and decorative patterns of rope. The word “shibari” itself means “to tie” in Japanese. Shibari has evolved into a highly aesthetic and sensual practice often associated with □DSM and er*tic!sm. In shibari, the emphasis is not just on restraint but also on the beauty of the rope work and the connection between the person tying and the person being tied. It requires skill, patience, and trust between the participants. Shibari can be practiced for artistic, erotic, or meditative purposes. If you are interested in developing your own skills and techniques, we invite you to join us for a Shibari 101 workshop on 4/20 with Jonathan Ryan from @seattleshibari We sold out last time and are bringing it back by popular demand. Space is limited to 8 tying partners per workshop, so you’ll want to BOOK YOUR SPOT sooner rather than later. Tap link a scroll just a bit. DM us if you have any questions! #welikeitslow #loveoly #olympiawa #laceywa #tumwaterwa #shibari #shibaribondage #ropes"

facebook.com/permalink.php?story_fbid=1329352461262267&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
March 22, 2024 ·

What is Shabari? Let us show you the ropes... 🪢

Shibari is a form of Japanese bondage that involves tying someone up using intricate and decorative patterns of rope. The word "shibari" itself means "to tie" in Japanese.

Shibari has evolved into a highly aesthetic and sensual practice often associated with 🦋DSM and er*tic!sm. In shibari, the emphasis is not just on restraint but also on the beauty of the rope work and the connection between the person tying and the person being tied.

It requires skill, patience, and trust between the participants. Shibari can be practiced for artistic, erotic, or meditative purposes.

If you are interested in developing your own skills and techniques, we invite you to join us for a Shibari 101 workshop on 4/20 with Jonathan Ryan from @seattleshibari

We sold out last time and are bringing it back by popular demand. Space is limited to 8 tying partners per workshop, so you'll want to BOOK YOUR SPOT sooner rather than later.

Tap link a scroll just a bit. DM us if you have any questions!

#welikeitslow #loveoly #olympiawa #laceywa #tumwaterwa #shibari #shibaribondage #ropes

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System ID: 606808 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1330804857783694&id=100025625778766

After DOI

*Pictured holding lingerie "Starting your day with a touch of elegance and sensuality can set the tone for a day filled with confidence and empowerment. Selecting beautiful lingerie isn’t just about what others see; it’s about how it makes YOU feel from within. Take a moment each morning to indulge in the simple pleasure of choosing lingerie that speaks to your unique style and personality. Whether it’s lace, silk, or something bold and vibrant, your lingerie is FOR YOU! If your top drawer isn’t feeling very… inspiring, come see us! We’d love to help your days begin (and end) a little brighter. #welikeitslow #loveoly #lingerie"

facebook.com/permalink.php?story_fbid=1330804857783694&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
March 24, 2024 ·

Starting your day with a touch of elegance and sensuality can set the tone for a day filled with confidence and empowerment. Selecting beautiful lingerie isn't just about what others see; it's about how it makes YOU feel from within.

Take a moment each morning to indulge in the simple pleasure of choosing lingerie that speaks to your unique style and personality. Whether it's lace, silk, or something bold and vibrant, your lingerie is FOR YOU!

If your top drawer isn't feeling very... inspiring, come see us! We'd love to help your days begin (and end 😉) a little brighter.

#welikeitslow #loveoly #lingerie

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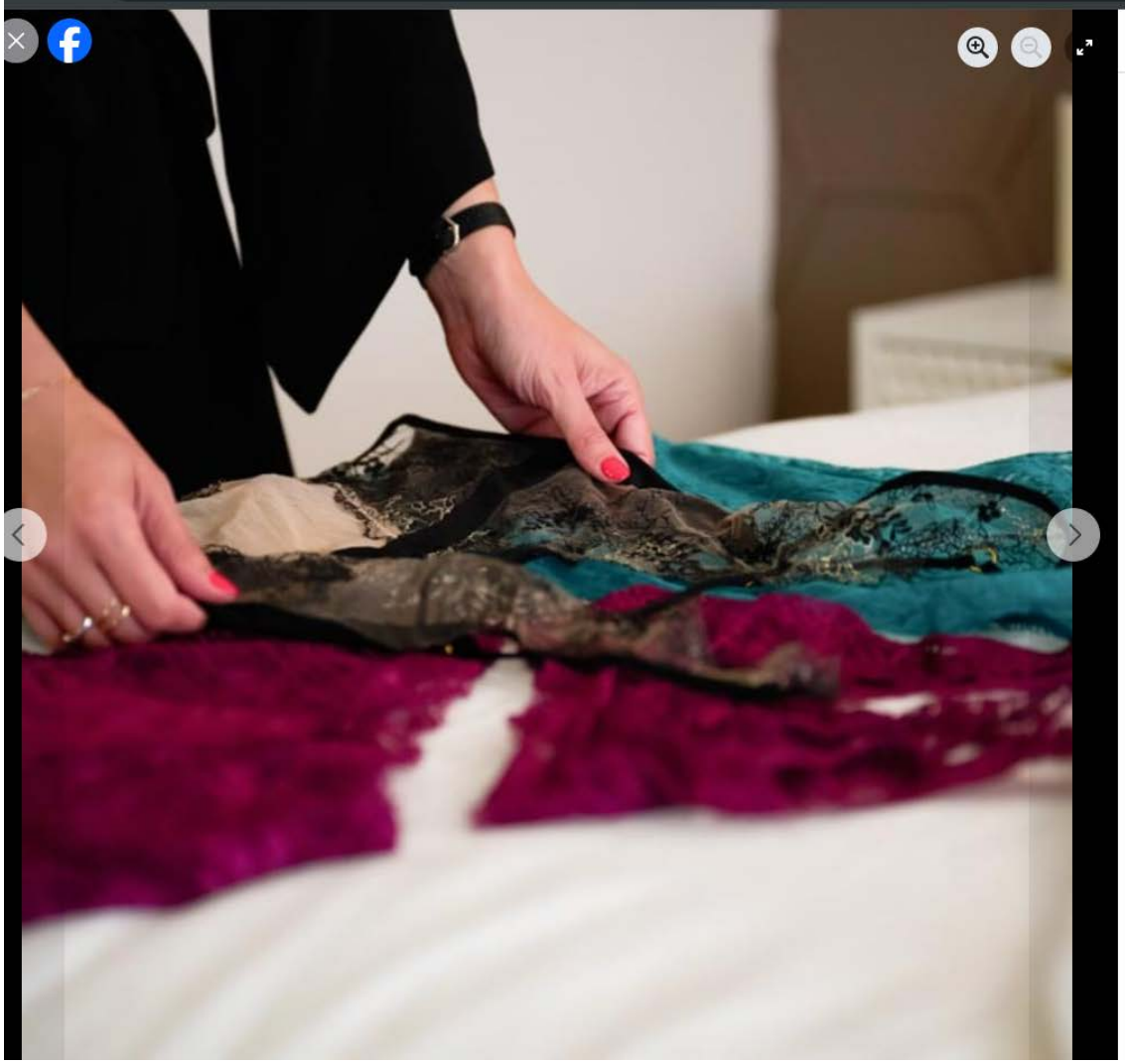

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March 24, 2024 ·

— in Olympia, WA.

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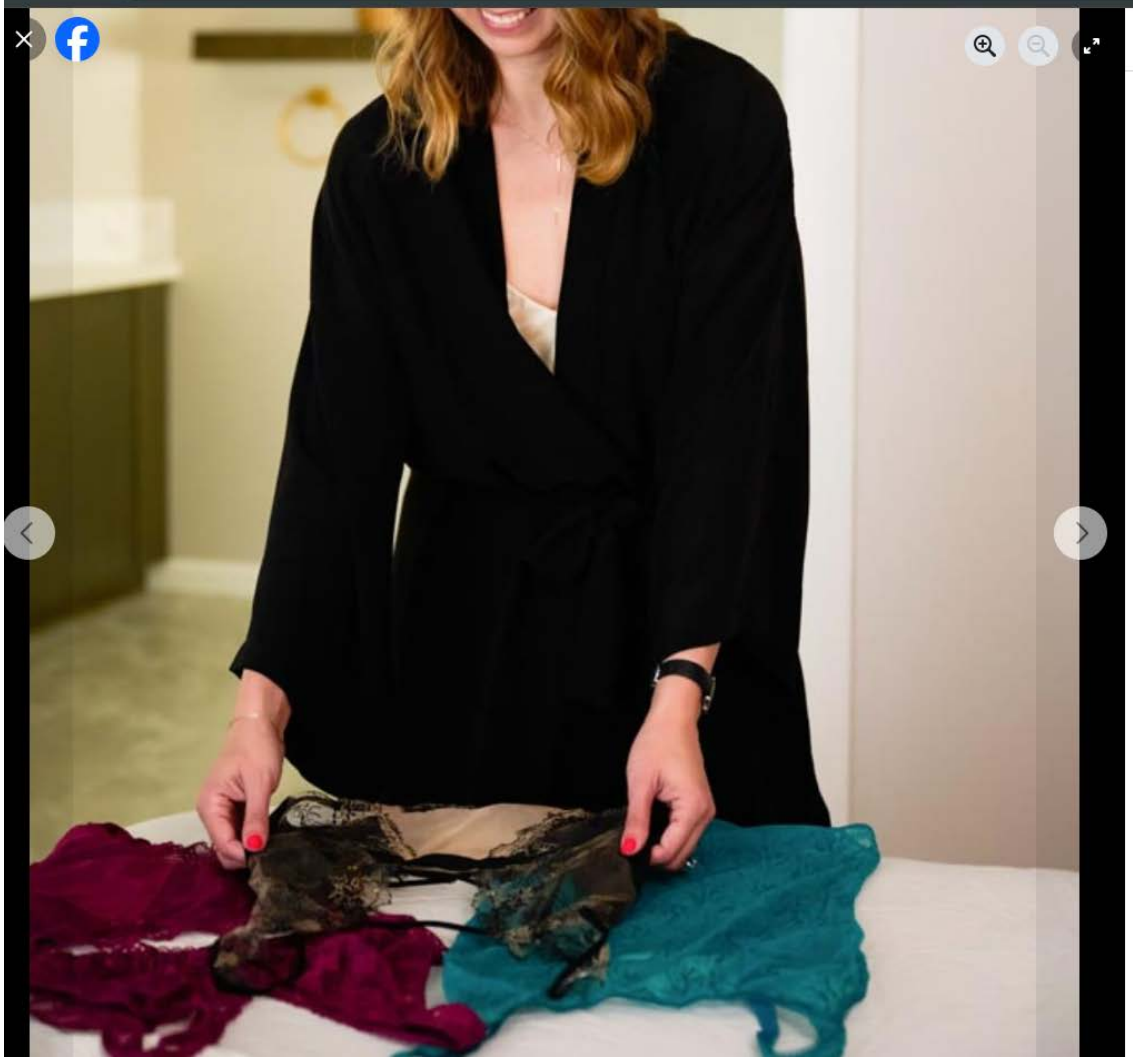

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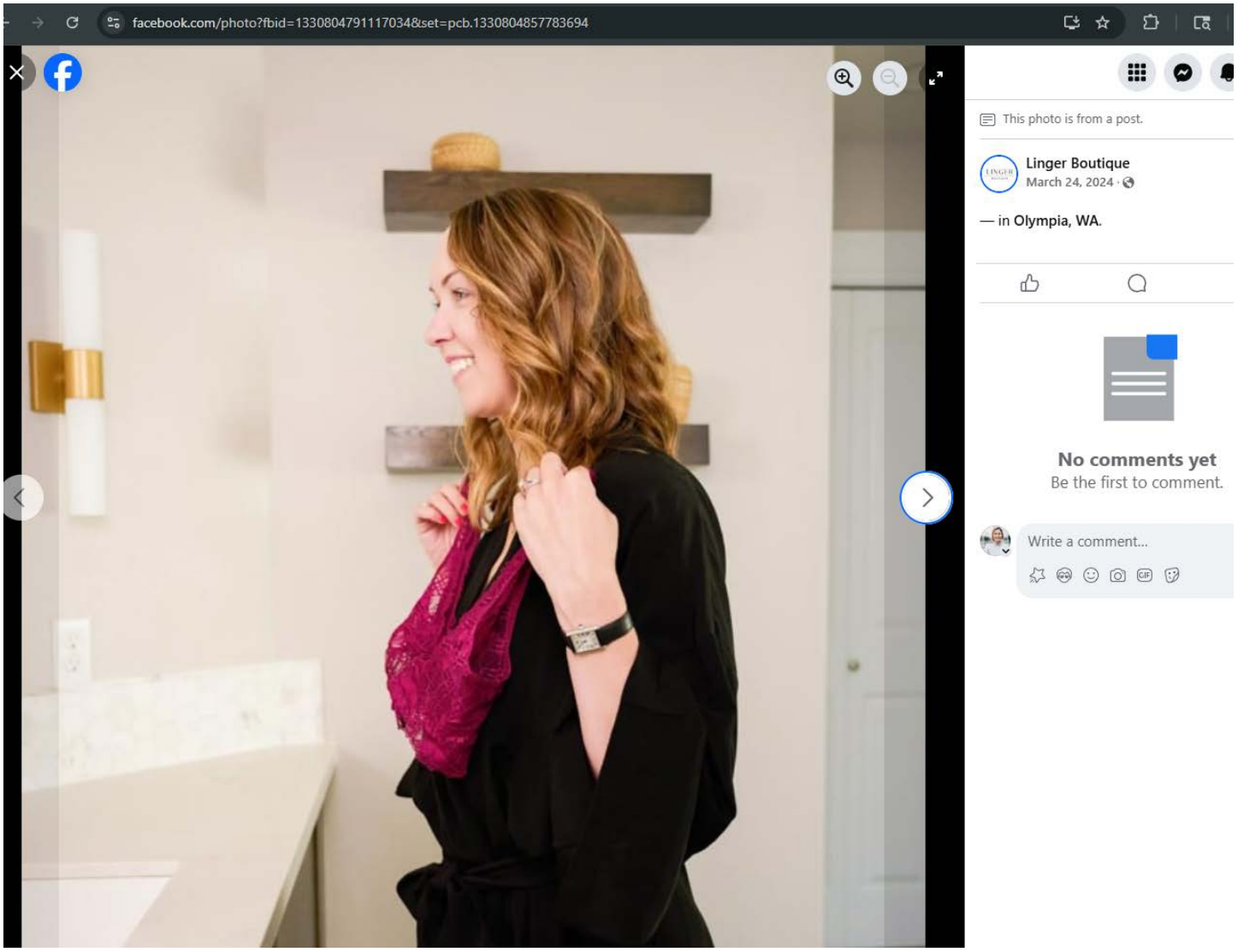
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Posted: Mar 26, 2024

System ID: 609514

Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/growing.conversations/p/C5AEpjPLgWh

After DOI

*Shared a picture that said "CONSENT EDUCATION IS SEXUAL VIOLENCE PREVENTION" "Consent is essential to ensuring that our experiences result in positive pleasurable outcomes! Modeling consensual touch, boundary setting, and welcoming conversations set the stage for our kids to feel confident and comfortable when they need it most! Join our Consent Workshop March 27th @linger_boutique #consentmatters #sexpositiveeducation #olympiawashington #tumwater"

instagram.com/growing.conversations/p/C5AEpjPLgWh

growing.conversati... and **linge...**

growing.conversations Consent is essential to ensuring that our experiences result in positive pleasurable outcomes! Modeling consensual touch, boundary setting, and welcoming conversations set the stage for our kids to feel confident and comfortable when they need it most!

Join our Consent Workshop March 27th @linger_boutique 💖

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Shauna Marie Stewart

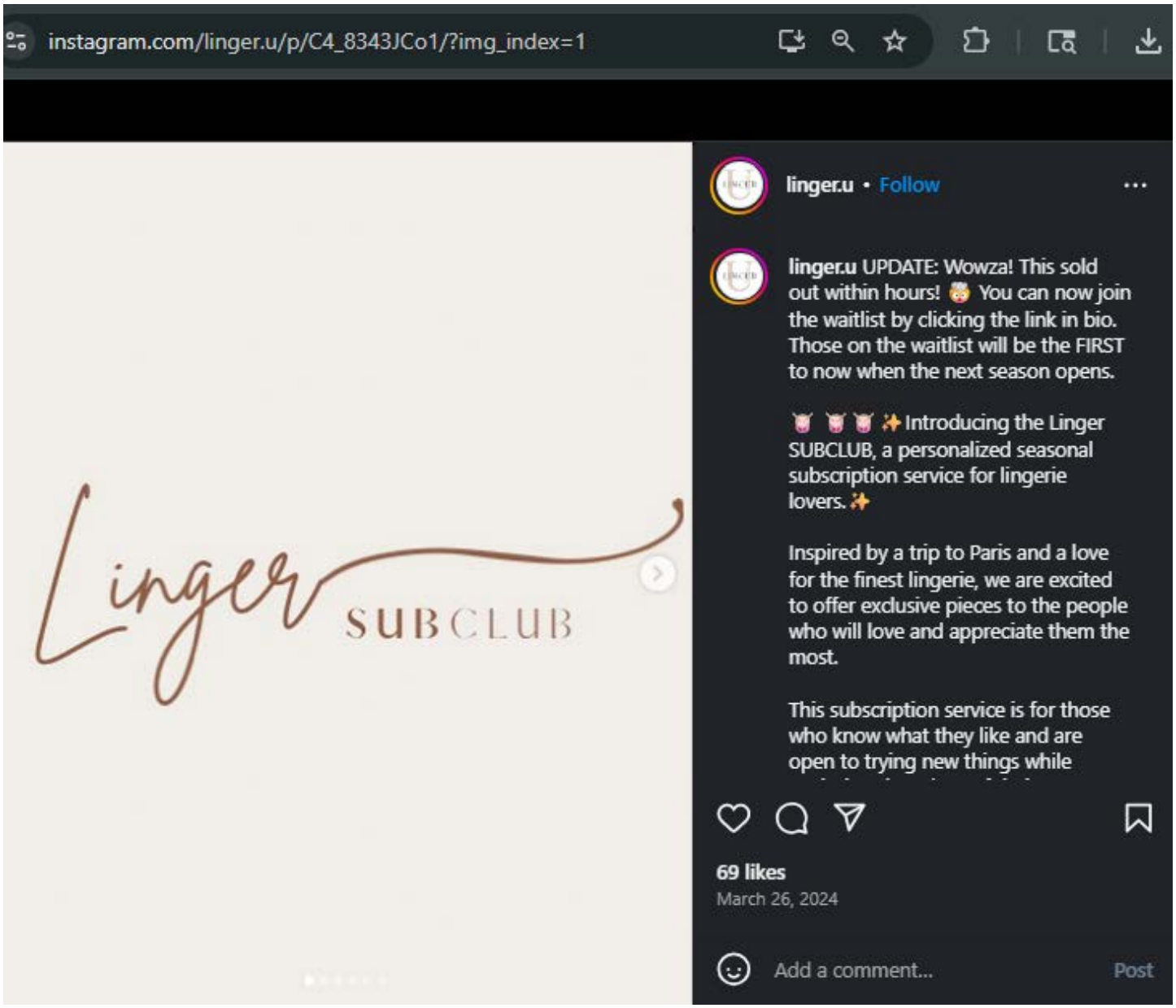
https://www.instagram.com/linger.u/p/C4_8343JCo1/?img_index=1

Posted: Mar 26, 2024

Captured: Jul 10, 2025

After DOI

*Introduced her personalized subscription service; it included a Welcome Appointment, exclusive items, and styling tips for seven members Post was edited after it was sold out within hours and people could join a waitlist "UPDATE: Wowza! This sold out within hours! □ You can now join the waitlist by clicking the link in bio. Those on the waitlist will be the FIRST to now when the next season opens. □ □□□Introducing the Linger SUBCLUB, a personalized seasonal subscription service for lingerie lovers.□ Inspired by a trip to Paris and a love for the finest lingerie, we are excited to offer exclusive pieces to the people who will love and appreciate them the most. This subscription service is for those who know what they like and are open to trying new things while exploring the edges of their undergarment comfort zone. THE LINGER SUBCLUB INCLUDES: □An in-person or virtual Welcome Appointment to get to know you, your measurements, and your style preferences □Exclusively selected pieces you won't find offered in our boutique □Personalized styling tips Each quarter, only seven lucky members are welcomed into the SUBCLUB. This gives us the ability to offer exceptional time and attention to each member, ensuring we can deliver the most personalized service and selections. Once filled for the season, we will start a waitlist. Those on the waitlist will get first access to the next season's entry. To learn more and join the club, click the link! We can't wait to shop for you!!! #welikeitslow #lingerielovers #personalshopping #lingeriesubscription #loveoly #olympiawa"


instagram.com/linger.u/p/C4_8343JCo1/?img_index=1
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linger.u UPDATE: Wowza! This sold out within hours! 🤯 You can now join the waitlist by clicking the link in bio. Those on the waitlist will be the FIRST to now when the next season opens.
😈 😈 😈 ✨Introducing the Linger SUBCLUB, a personalized seasonal subscription service for lingerie lovers.✨
Inspired by a trip to Paris and a love for the finest lingerie, we are excited to offer exclusive pieces to the people who will love and appreciate them the most.
This subscription service is for those who know what they like and are open to trying new things while
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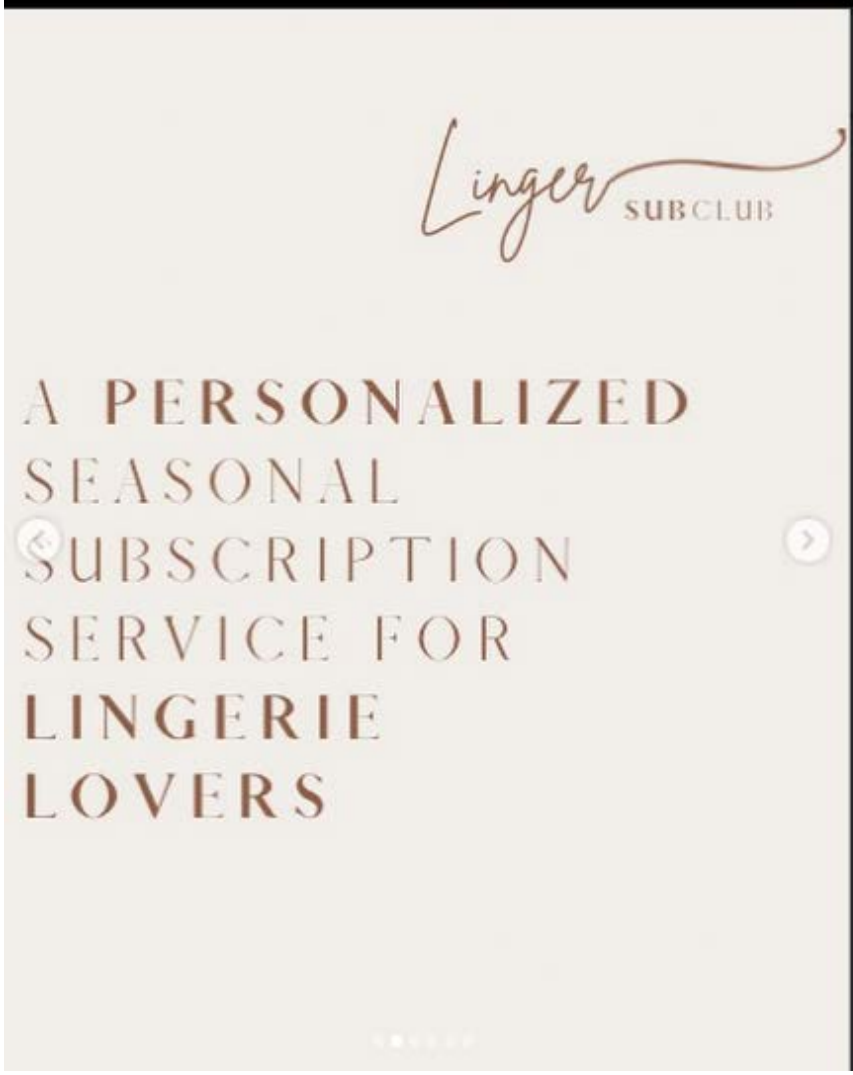

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open to trying new things while exploring the edges of their undergarment comfort zone.

THE LINGER SUBCLUB INCLUDES:

🥂 An in-person or virtual Welcome Appointment to get to know you, your measurements, and your style preferences

🎀 Exclusively selected pieces you won't find offered in our boutique

🖌️ Personalized styling tips

Each quarter, only seven lucky members are welcomed into the SUBCLUB. This gives us the ability to offer exceptional time and attention to each member, ensuring we can

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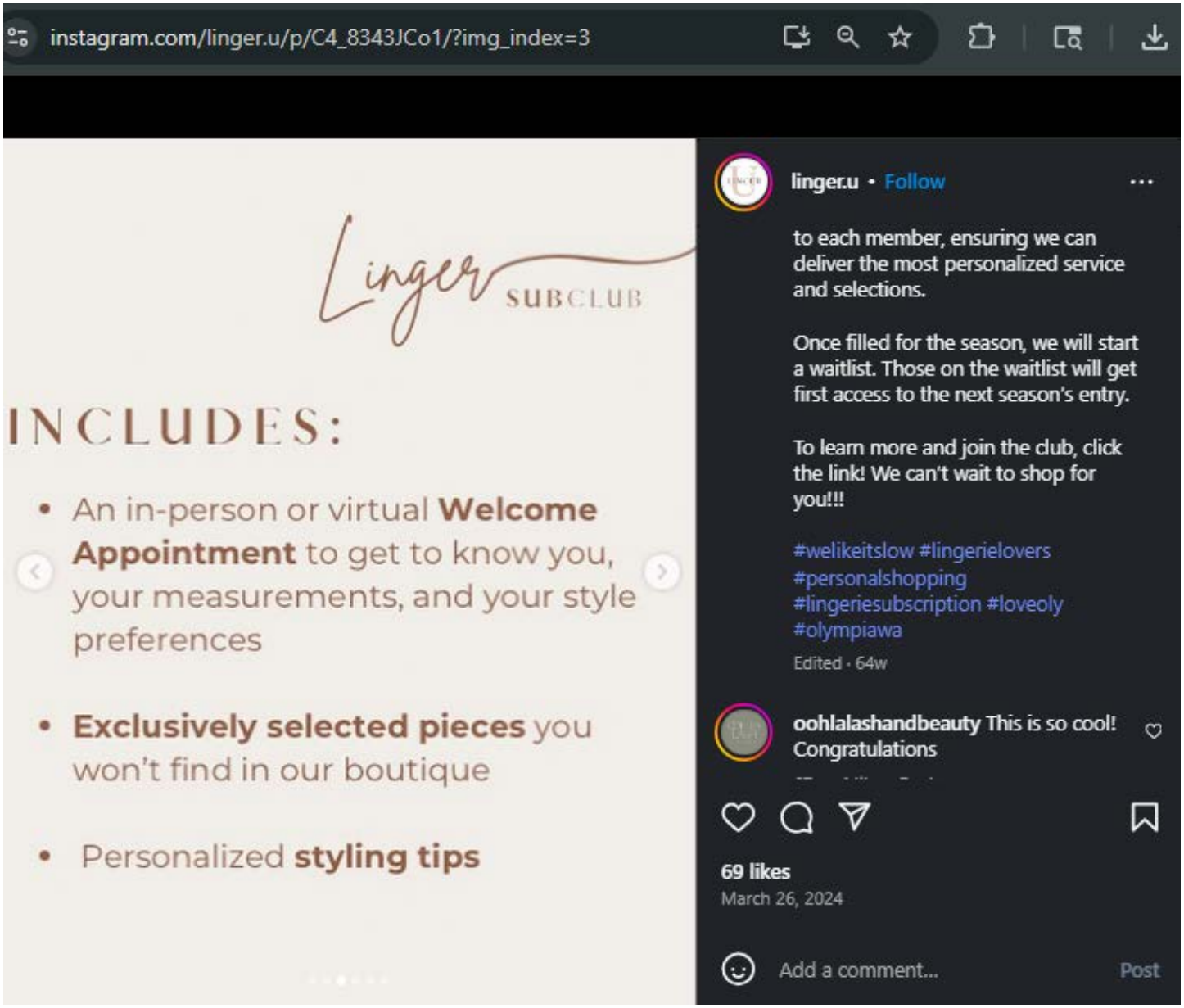
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SUBCLUB
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Once filled for the season, we will start a waitlist. Those on the waitlist will get first access to the next season's entry.
To learn more and join the club, click the link! We can't wait to shop for you!!!
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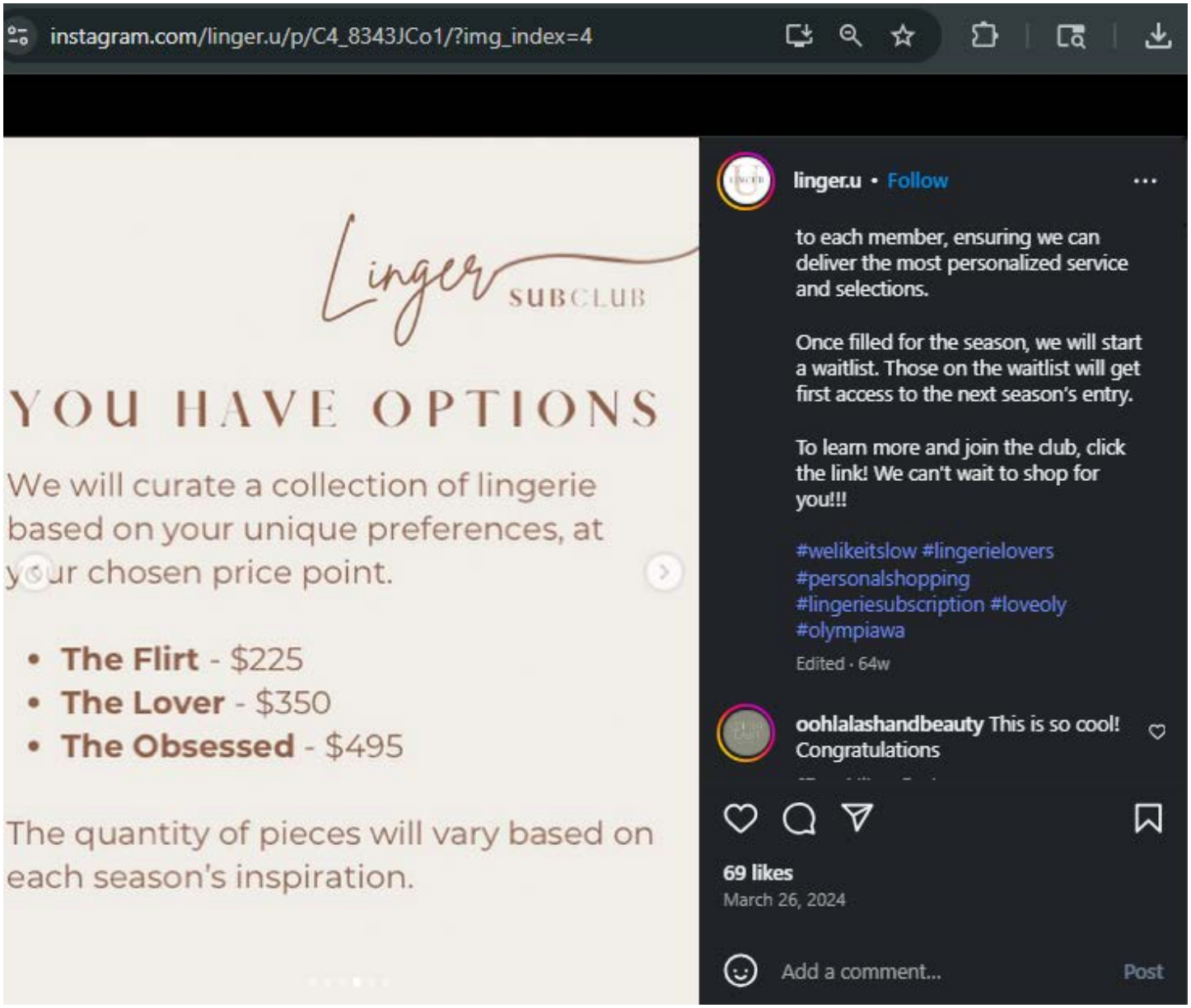
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Linger SUBCLUB
YOU HAVE OPTIONS
We will curate a collection of lingerie based on your unique preferences, at your chosen price point.
• The Flirt - $225
• The Lover - $350
• The Obsessed - $495
The quantity of pieces will vary based on each season's inspiration.
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to each member, ensuring we can deliver the most personalized service and selections.
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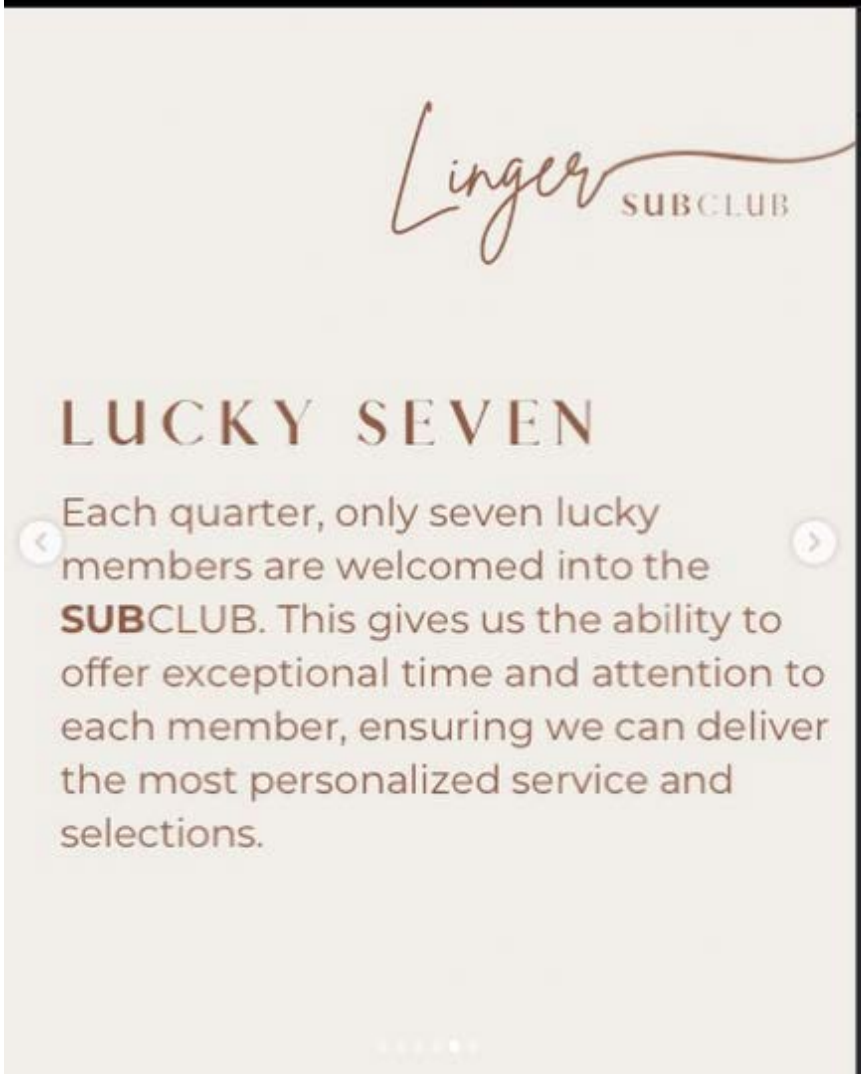

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#welikeitslow #lingerielovers #personalshopping #lingeriesubscription #loveoly #olympiawa

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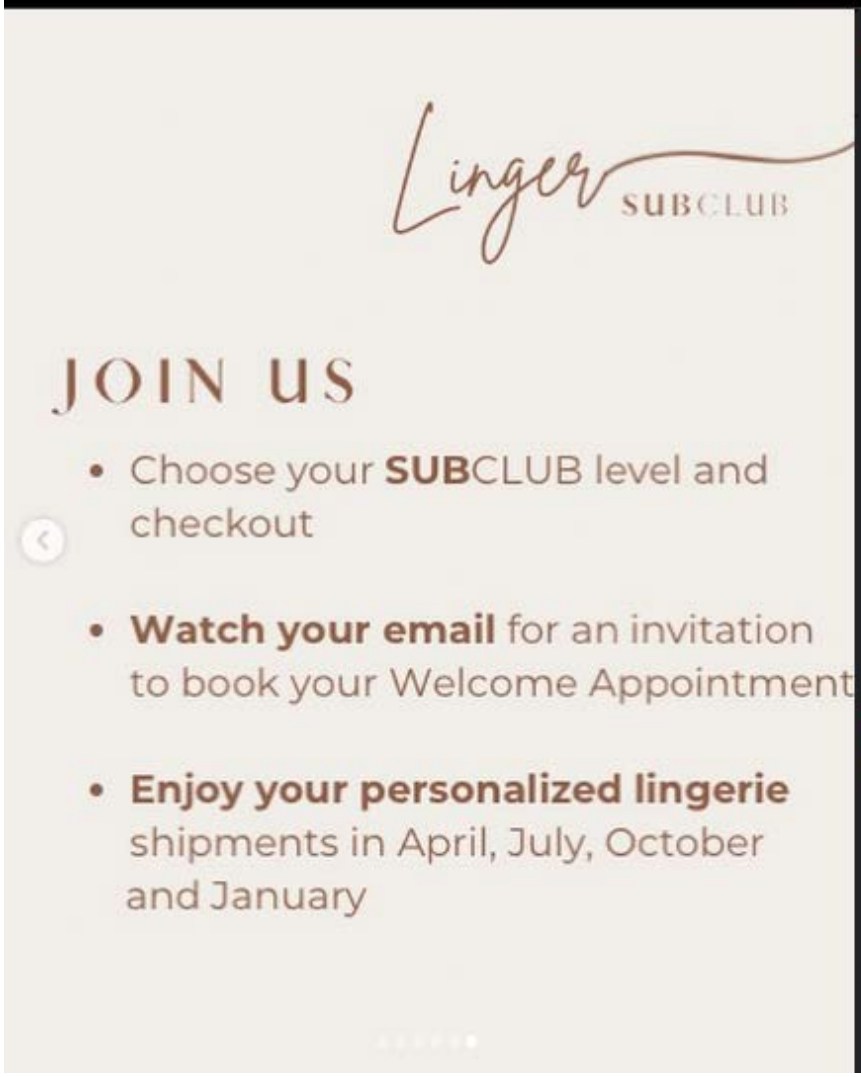

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March 26, 2024

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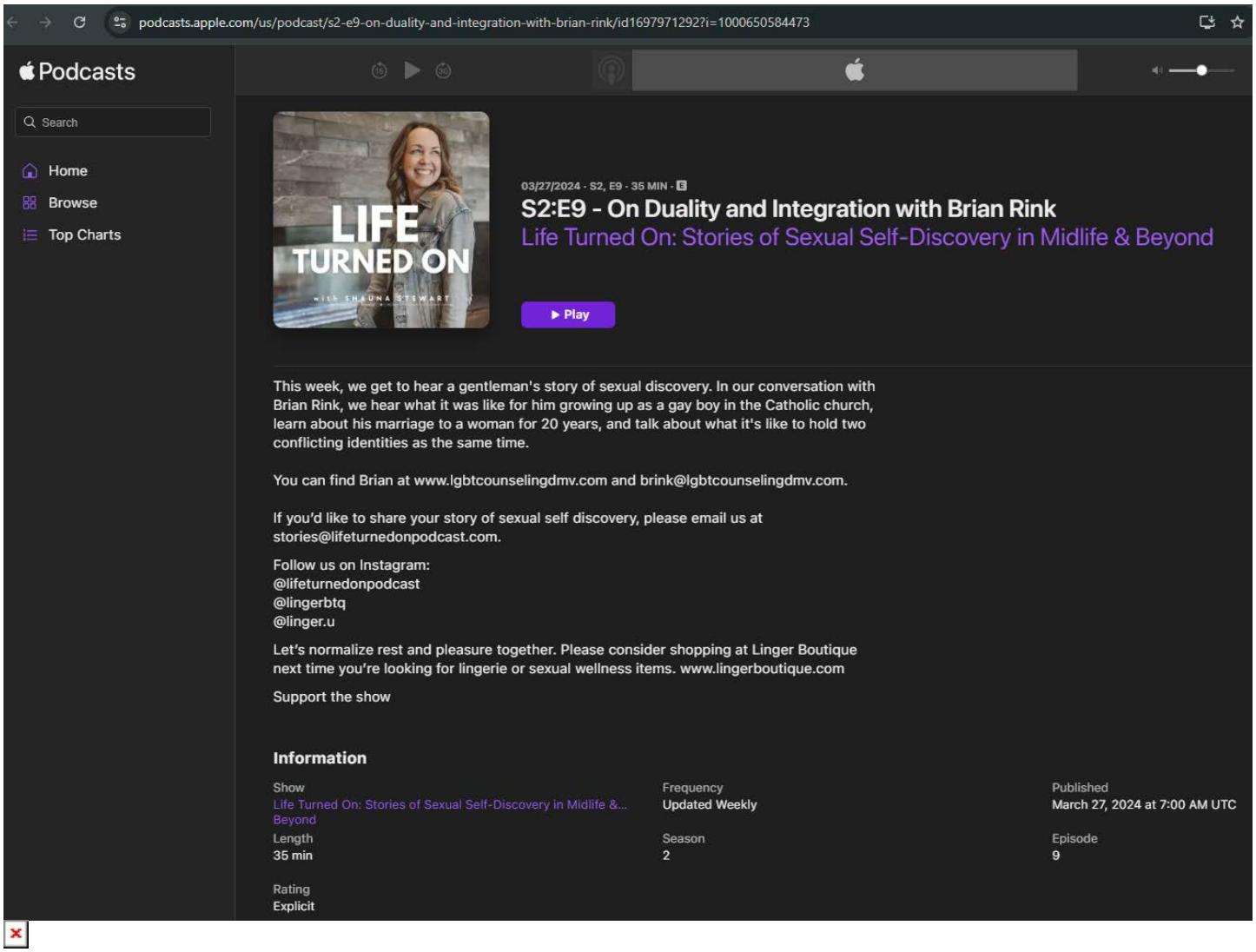
Posted: Mar 27, 2024
System ID: 607532
Captured: Jul 08, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/s2-e9-on-duality-and-integration-with-brian-rink/id1697971292?i=1000650584473

After DOI

"S2:E9 - On Duality and Integration with Brian Rink" "This week, we get to hear a gentleman's story of sexual discovery. In our conversation with Brian Rink, we hear what it was like for him growing up as a gay boy in the Catholic church, learn about his marriage to a woman for 20 years, and talk about what it's like to hold two conflicting identities as the same time. You can find Brian at www.lgbtcounselingdmv.com and brink@lgbtcounselingdmv.com. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s2-e9-on-duality-and-integration-with-brian-rink/id1697971292?i=1000650584473
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LIFE TURNED ON
03/27/2024 · S2, E9 · 35 MIN · E
S2:E9 - On Duality and Integration with Brian Rink
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
This week, we get to hear a gentleman's story of sexual discovery. In our conversation with Brian Rink, we hear what it was like for him growing up as a gay boy in the Catholic church, learn about his marriage to a woman for 20 years, and talk about what it's like to hold two conflicting identities as the same time.
You can find Brian at www.lgbtcounselingdmv.com and brink@lgbtcounselingdmv.com.
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Follow us on Instagram:
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
March 27, 2024 at 7:00 AM UTC
Length
35 min
Season
2
Episode
9
Rating
Explicit

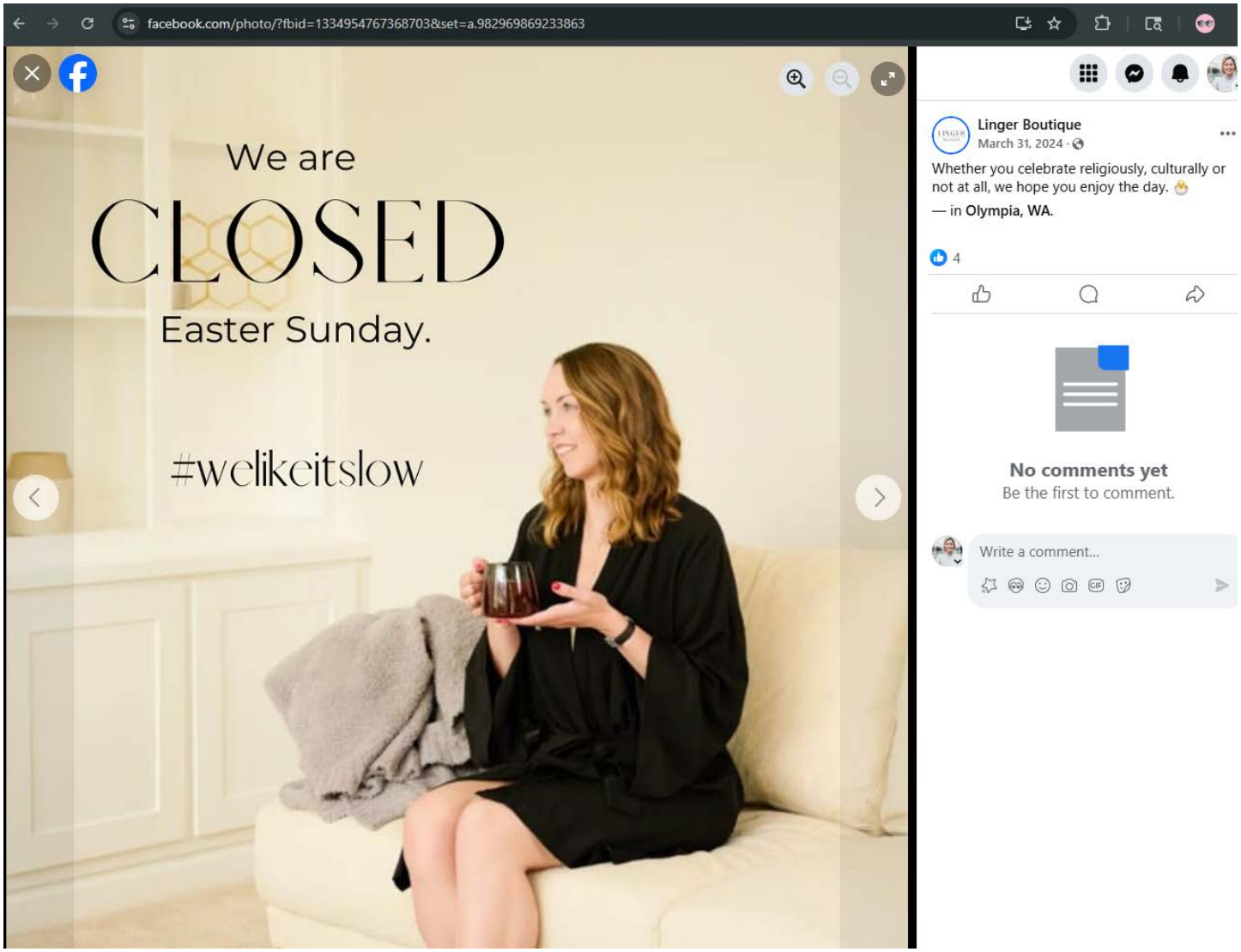
Facebook

profile.php?id=100025625778766
System ID: 606828
Shauna Marie Stewart
https://www.facebook.com/photo/?fbid=1334954767368703&set=a.982969869233863

Posted: Mar 31, 2024
Captured: Jul 07, 2025

After DOI

*Pictured sitting and mentioned that she would be closed on Easter "Whether you celebrate religiously, culturally or not at all, we hope you enjoy the day. "


facebook.com/photo/?fbid=1334954767368703&set=a.982969869233863
We are
CLOSED
Easter Sunday.
#welikeitslow
Linger Boutique
March 31, 2024 ·
Whether you celebrate religiously, culturally or not at all, we hope you enjoy the day.
— in Olympia, WA.
4
No comments yet
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System ID: 606832
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1335587703972076&id=100025625778766

Posted: Apr 01, 2024
Captured: Jul 07, 2025

After DOI

*Talked about people exploring fantasies, desires, and behaviors with their partner(s) "Exploring fantasies, desires and behaviors with your partner(s) can deepen your intimacy and connection. And, let’s be real, sometimes it can feel scary or awkward to have these conversations. Here are a few tips that can serve as, well... conversation lubricant. Start with Clarity: Use the definitions above to guide your conversation with clarity and compassion. Be clear and honest with yourself first. What do you want to learn about your partner? What do you want to share about yourself? There’s a difference between asking someone what they think about versus what they actually want and are interested in doing. Be Curious & Listen: Approach the conversation with genuine curiosity about your partner’s fantasies and desires. Ask open-ended questions and listen attentively to their responses without interrupting. Validate their feelings and show empathy towards their desires, even if they differ from yours. Consider Using a Yes, No, Maybe List: This is essentially a long list of lots of the fun activities that are available to explore. You can search the internet and find them pretty easily. Take turns marking each item individually and then share your answers with each other. It’s totally normal and okay to not align everything, remember not to shame! Keep the Conversation Going: Communication is an ongoing process. Check in with each other regularly to see how you’re both feeling about your secsual relationship. Be open to adjusting and evolving your desires and boundaries over time as it makes sense to you, without shame or pressure. Remember, talking about fantasies and desires can be a beautiful way to deepen intimacy and connection with your partner. Even if you choose not to take action on any of your fantasies or desires, it can be so much fun to just talk about! □□"

facebook.com/permalink.php?story_fbid=1335587703972076&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
April 1, 2024 ·

Exploring fantasies, desires and behaviors with your partner(s) can deepen your intimacy and connection. And, let's be real, sometimes it can feel scary or awkward to have these conversations. Here are a few tips that can serve as, well... conversation lubricant.

Start with Clarity: Use the definitions above to guide your conversation with clarity and compassion. Be clear and honest with yourself first. What do you want to learn about your partner? What do you want to share about yourself?

There's a difference between asking someone what they think about versus what they actually want and are interested in doing.

Be Curious & Listen: Approach the conversation with genuine curiosity about your partner's fantasies and desires. Ask open-ended questions and listen attentively to their responses without interrupting. Validate their feelings and show empathy towards their desires, even if they differ from yours.

Consider Using a Yes, No, Maybe List: This is essentially a long list of lots of the fun activities that are available to explore. You can search the internet and find them pretty easily. Take turns marking each item individually and then share your answers with each other. It's totally normal and okay to not align everything, remember not to shame!

Keep the Conversation Going: Communication is an ongoing process. Check in with each other regularly to see how you're both feeling about your secsual relationship. Be open to adjusting and evolving your desires and boundaries over time as it makes sense to you, without shame or pressure.

Remember, talking about fantasies and desires can be a beautiful way to deepen intimacy and connection with your partner. Even if you choose not to take action on any of your fantasies or desires, it can be so much fun to just talk about! 💌💖

facebook.com/permalink.php?story_fbid=1335587703972076&id=100025625778766

Linger Boutique's post

DESIRES

Behaviors

WHAT'S THE **DIFFERENCE?**

@linger_boutique

that is secsually arousing or er*tic to the individual.

Almost everyone has them.

@linger_boutique

>>>

DESIRES are wants. It's a strong wish or want for something.

Fantasies are often - but not always - desires. Thinking about something doesn't mean you want it to happen. That said, 79% of people say they *want* to act on their favorite fantasy.

@linger_boutique

>>>

BEHAVIORS are actions. This is what you actually do in real life.

23% have of people have actually **acted on their favorite fantasy.**

@linger_boutique

>>>

Interested in learning more?

Consider picking up this book at Linger Boutique.

@linger_boutique

1

Other

Apple Podcasts

Posted: Apr 03, 2024

System ID: 607498

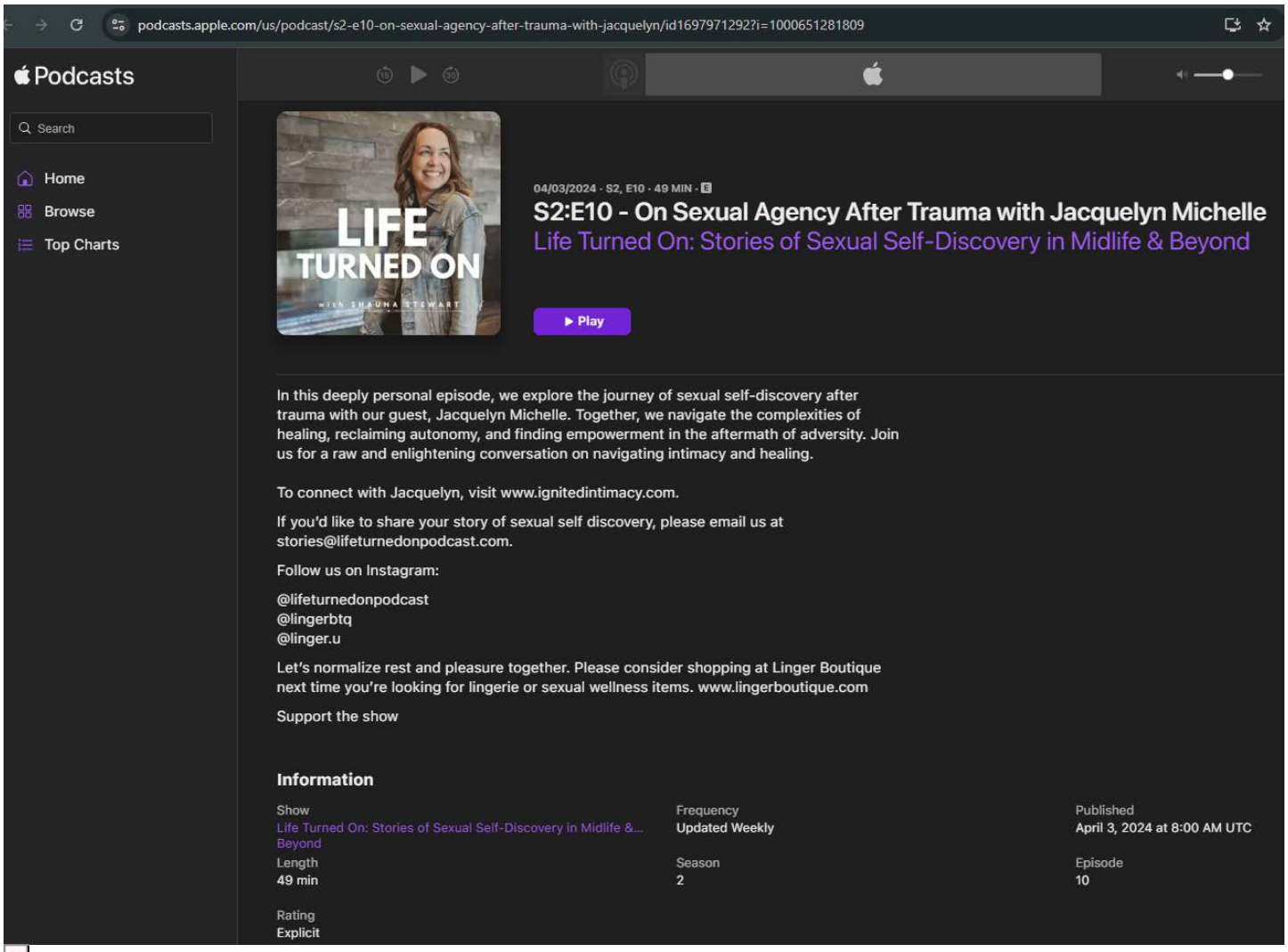
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e10-on-sexual-agency-after-trauma-with-jacquelyn/id1697971292?i=1000651281809

After DOI

*Discussion with a Licensed Professional Counselor that specialized in trauma and sex therapy Mentioned that she was a "freezer" when experiencing trauma (17:19) "S2:E10 - On Sexual Agency After Trauma with Jacquelyn Michelle" "In this deeply personal episode, we explore the journey of sexual self-discovery after trauma with our guest, Jacquelyn Michelle. Together, we navigate the complexities of healing, reclaiming autonomy, and finding empowerment in the aftermath of adversity. Join us for a raw and enlightening conversation on navigating intimacy and healing. To connect with Jacquelyn, visit www.ignitedintimacy.com. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s2-e10-on-sexual-agency-after-trauma-with-jacquelyn/id1697971292?i=1000651281809
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LIFE TURNED ON
04/03/2024 · S2, E10 · 49 MIN · E
S2:E10 - On Sexual Agency After Trauma with Jacquelyn Michelle
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
In this deeply personal episode, we explore the journey of sexual self-discovery after trauma with our guest, Jacquelyn Michelle. Together, we navigate the complexities of healing, reclaiming autonomy, and finding empowerment in the aftermath of adversity. Join us for a raw and enlightening conversation on navigating intimacy and healing.
To connect with Jacquelyn, visit www.ignitedintimacy.com.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
April 3, 2024 at 8:00 AM UTC
Length
49 min
Season
2
Episode
10
Rating
Explicit

Instagram

linger.u

System ID: 609521

Shauna Marie Stewart

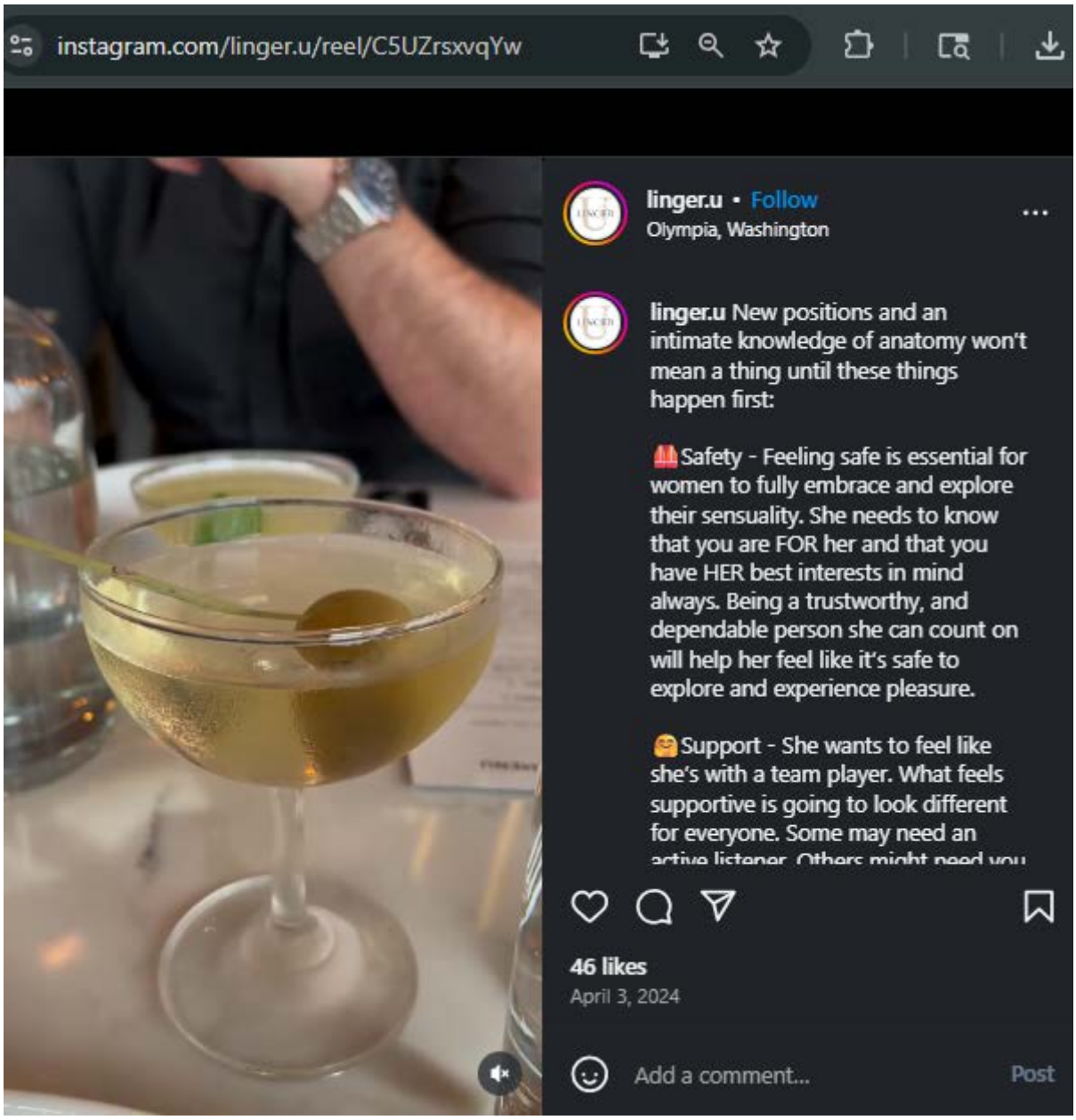
https://www.instagram.com/linger.u/reel/C5UZrsxvqYw

Posted: Apr 03, 2024

Captured: Jul 10, 2025

After DOI

*Video a her husband and their drinks at a restaurant "New positions and an intimate knowledge of anatomy won’t mean a thing until these things happen first: Safety - Feeling safe is essential for women to fully embrace and explore their sensuality. She needs to know that you are FOR her and that you have HER best interests in mind always. Being a trustworthy, and dependable person she can count on will help her feel like it’s safe to explore and experience pleasure. Support - She wants to feel like she’s with a team player. What feels supportive is going to look different for everyone. Some may need an active listener. Others might need you to unload the dishwasher without being asked or would love for you to take full responsibility (without prompts) for all the kids’ dentist appointments until the end of time. Or maybe, it’s knowing that you’re working on yourself while she’s doing the same. Only she can tell you what she really needs, but it’s probably all of the above. (More in the comments.)"



[Link to download video]

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System ID: 606836

Shauna Marie Stewart

Posted: Apr 07, 2024

Captured: Jul 07, 2025

https://www.facebook.com/permalink.php?story_fbid=1339196983611148&id=100025625778766

After DOI

*Pictured holding lube "Finally, a personal lubricant made just for you! If you are perimenopausal and beyond, or have health issues resulting in dryness and itchiness, we invite you to consider upgrading your lube. Made with natural ingredients and specially formulated to work WITH your body, Beloved is a luxurious intimacy serum and personal moisturizer that can be used throughout the day and for play. With its discreet, sophisticated packaging, taking care of you has never been so... pleasurable. Find it in-store and online. #welikeitslow #loveoly #olympiawa #pleasureishealth #luxurylubricant"

facebook.com/permalink.php?story_fbid=1339196983611148&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
April 7, 2024 ·

Finally, a personal lubricant made just for you! If you are perimenopausal and beyond, or have health issues resulting in dryness and itchiness, we invite you to consider upgrading your lube.

Made with natural ingredients and specially formulated to work WITH your body, Beloved is a luxurious intimacy serum and personal moisturizer that can be used throughout the day and for play.

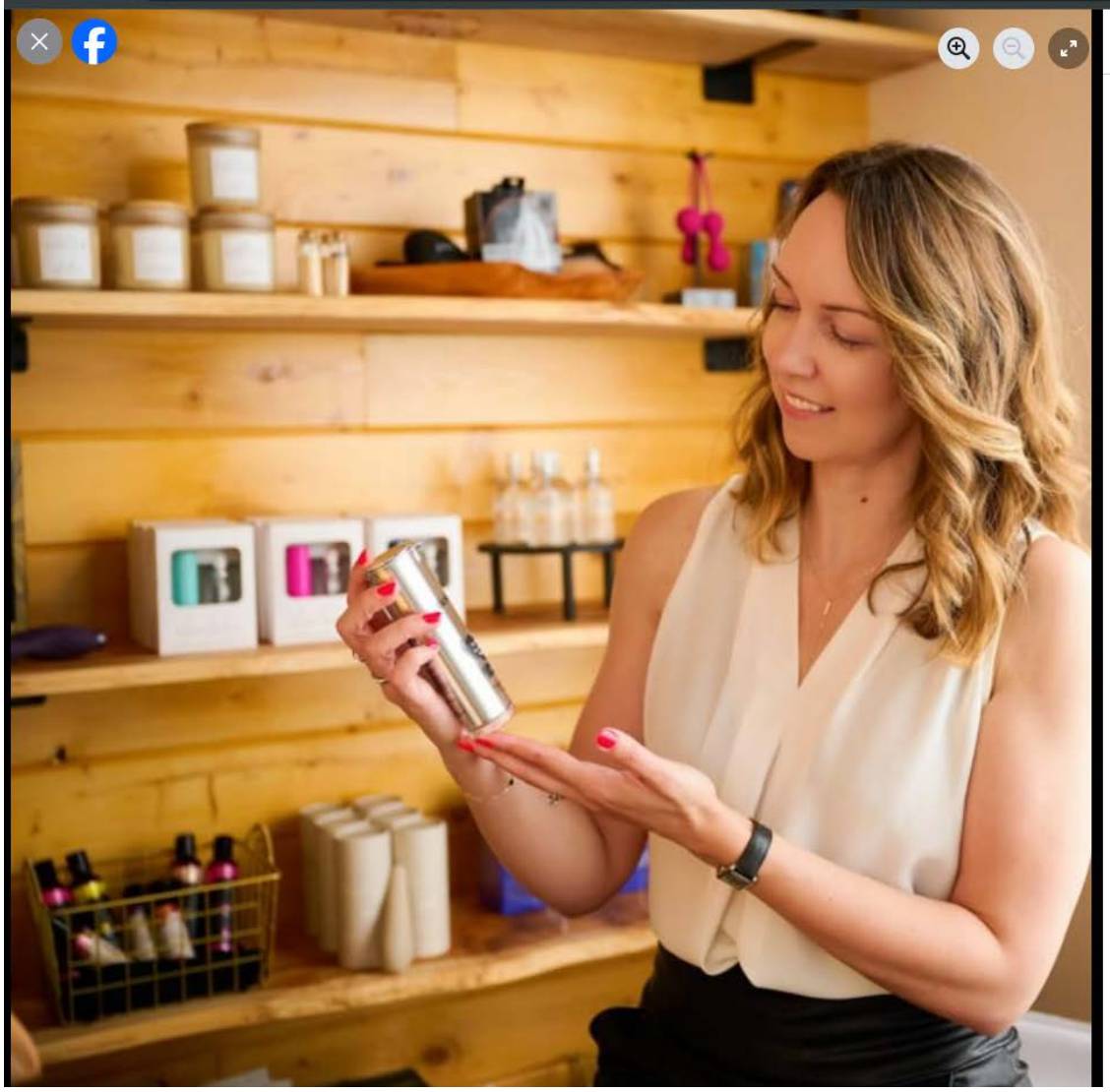
With its discreet, sophisticated packaging, taking care of you has never been so... pleasurable.

Find it in-store and online.

#welikeitslow #loveoly #olympiawa #pleasureishealth #luxurylubricant

4

facebook.com/photo/?fbid=1339196960277817&set=pcb.1339196983611148



This photo is from a post.

Linger Boutique
April 7, 2024 ·

— in Olympia, WA.

No comments yet
Be the first to comment.

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Other

Apple Podcasts

System ID: 607475

Posted: Apr 10, 2024

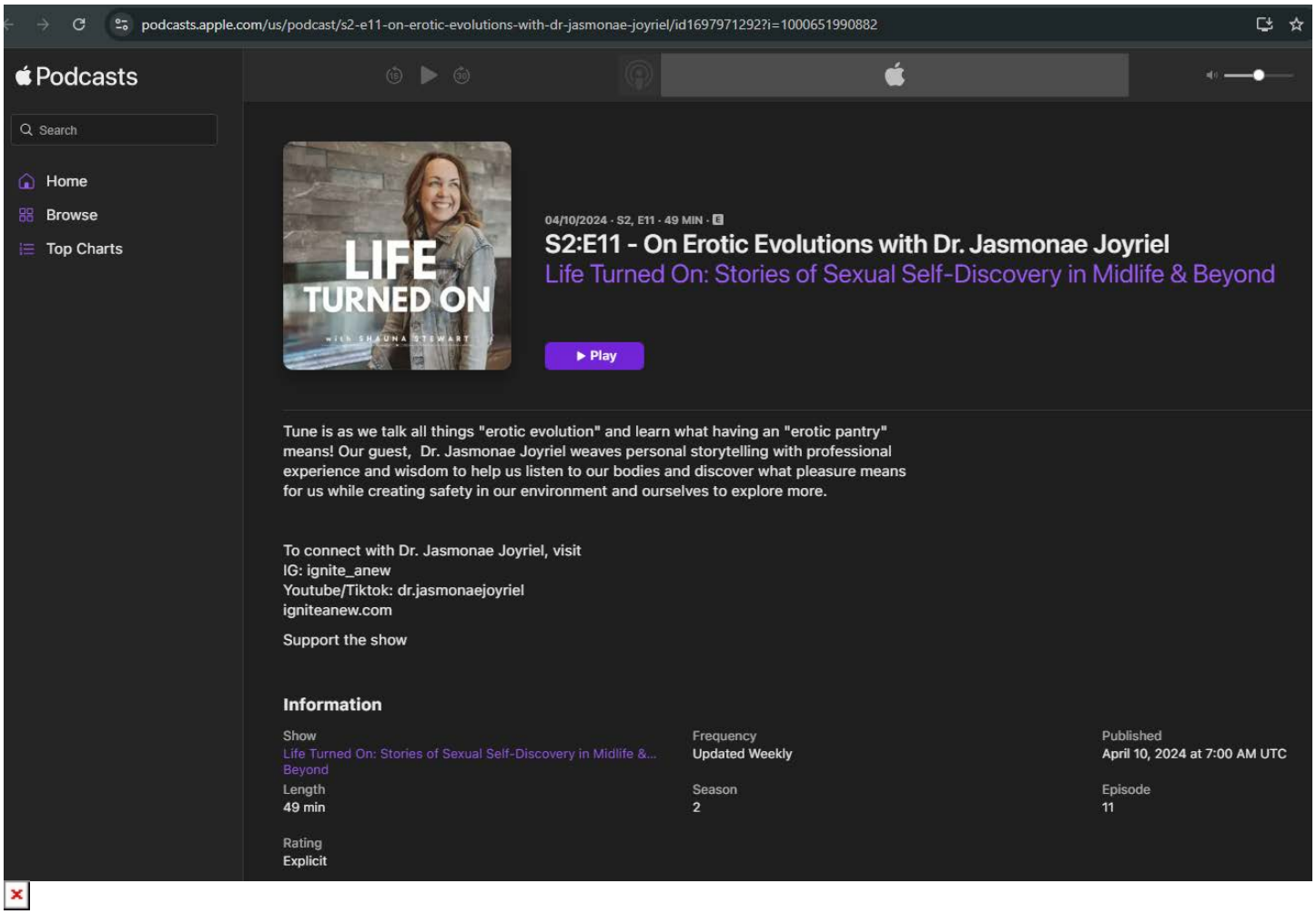
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e11-on-erotic-evolutions-with-dr-jasmonae-joyriel/id1697971292?i=1000651990882

After DOI

*Discussion with the person running an Austin-based therapy practice working with people in the areas of trauma, sex and intimacy, and career navigation "S2:E11 - On Erotic Evolutions with Dr. Jasmonae Joyriel" "Tune is as we talk all things "erotic evolution" and learn what having an "erotic pantry" means! Our guest, Dr. Jasmonae Joyriel weaves personal storytelling with professional experience and wisdom to help us listen to our bodies and discover what pleasure means for us while creating safety in our environment and ourselves to explore more. To connect with Dr. Jasmonae Joyriel, visit IG: ignite_anew Youtube/Tiktok: dr.jasmonaejoyriel igniteanew.com Support the show"


podcasts.apple.com/us/podcast/s2-e11-on-erotic-evolutions-with-dr-jasmonae-joyriel/id1697971292?i=1000651990882
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04/10/2024 · S2, E11 · 49 MIN · E
S2:E11 - On Erotic Evolutions with Dr. Jasmonae Joyriel
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Tune is as we talk all things "erotic evolution" and learn what having an "erotic pantry" means! Our guest, Dr. Jasmonae Joyriel weaves personal storytelling with professional experience and wisdom to help us listen to our bodies and discover what pleasure means for us while creating safety in our environment and ourselves to explore more.
To connect with Dr. Jasmonae Joyriel, visit
IG: ignite_anew
Youtube/Tiktok: dr.jasmonaejoyriel
igniteanew.com
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Information
Show
Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
April 10, 2024 at 7:00 AM UTC
Length
49 min
Season
2
Episode
11
Rating
Explicit

Instagram

linger.u

Posted: Apr 13, 2024

System ID: 609534

Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/C5tveBySOay

After DOI

*Advertised the Shibari workshop and mentioned consent and communication She edited the post to say that it was sold out and encouraged people to message her directly to join a waitlist "Update: SOLD OUT! DM us to join the waitlist. Japanese-style rope b-ndage is hot, beautiful, and intense. Come learn the basics in a fun, supportive environment with Seattle Shibari! In this three-hour workshop, we'll explore the fundamentals of Shibari. Expect quality instruction in: Consent & Communication Rope Handling Skills Foundational Shibari Ties and Knots Iddas for Rope Play We'll also examine anatomy & safety issues associated with rope bondage, and learn tips & tricks for tying your partner smoothly. Each duo/couple will receive a handout to accompany the workshop. To ensure quality instruction for each student, this workshop is limited to 8 tying pairs. Prerequisite: None. This workshop is appropriate for all genders, sexual orientations, and body types. The workshop will be located @swantowninn. We have two spots left at 2pm on 4/20. in b"

instagram.com/linger.u/p/C5tveBySOay

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linger.u Update: SOLD OUT! DM us to join the waitlist.

Japanese-style rope b-ndage is hot, beautiful, and intense. Come learn the basics in a fun, supportive environment with Seattle Shibari!

In this three-hour workshop, we'll explore the fundamentals of Shibari. Expect quality instruction in:

🟣 Consent & Communication
🪢 Rope Handling Skills
😳 Foundational Shibari Ties and Knots
💡 Iddas for Rope Play

We'll also examine anatomy & safety issues associated with rope bondage,

44 likes
April 13, 2024

Add a comment... Post

instagram.com/linger.u/p/C5tveBySOay

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Prerequisite: None. This workshop is appropriate for all genders, sexual orientations, and body types.

The workshop will be located @swantowninn. We have two spots left at 2pm on 4/20. 🔗 in b👀

Edited · 64w

nota.lux This is so cool!!!! ❤️ 👏

64w 1 like Reply

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linger.u #loveoly #olympiawa #olympiawashington #laceywa #tumwaterwa

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44 likes

April 13, 2024

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Instagram

linger.u

Posted: Apr 14, 2024

System ID: 609499

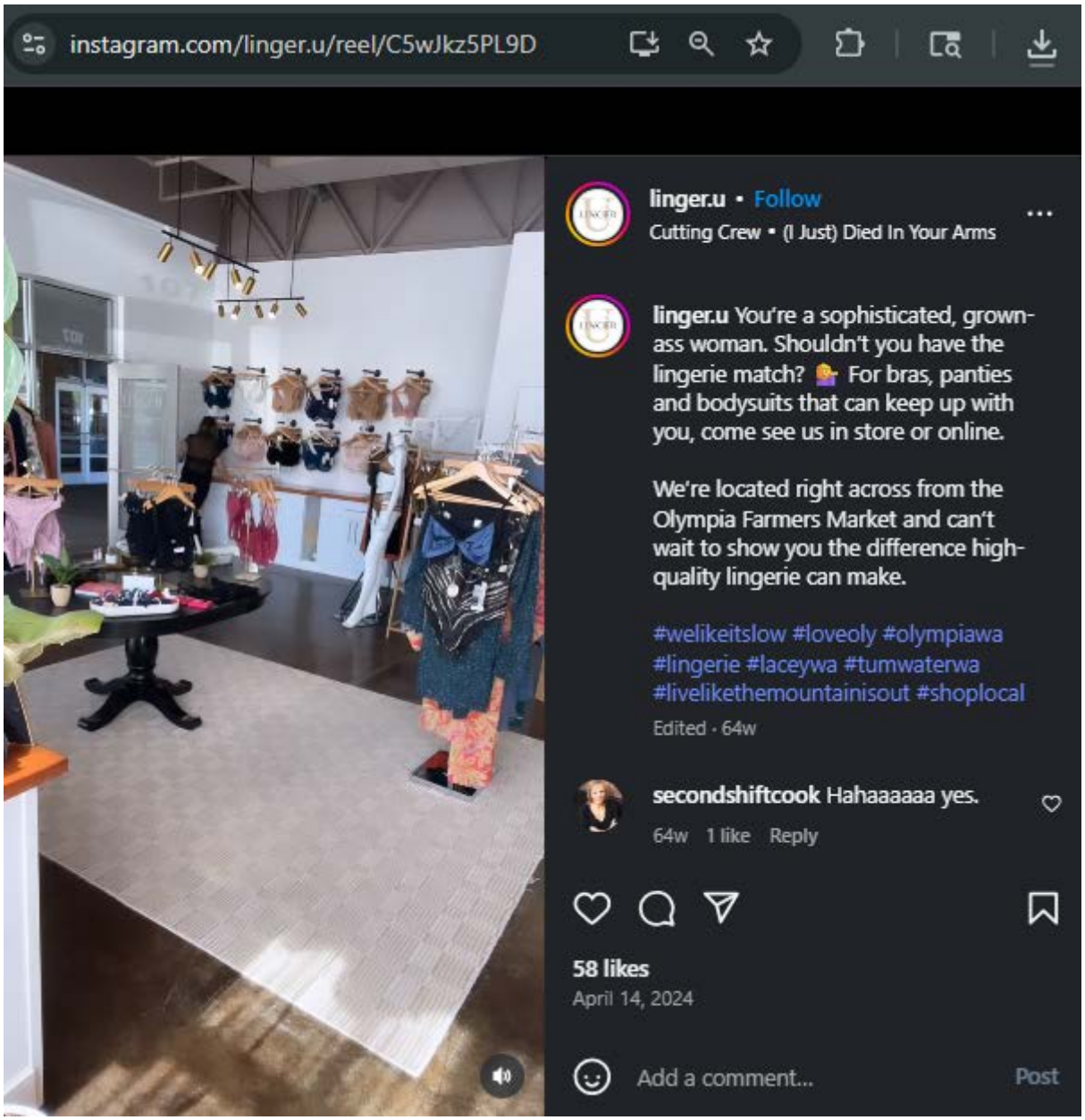
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/C5wJkz5PL9D

After DOI

*Seen walking around Linger Boutique "You’re a sophisticated, grown-ass woman. Shouldn’t you have the lingerie match? □♀ For bras, panties and bodysuits that can keep up with you, come see us in store or online. We’re located right across from the Olympia Farmers Market and can’t wait to show you the difference high-quality lingerie can make. #welikeitslow #loveoly #olympiawa #lingerie #laceywa #tumwaterwa #livelikethemountainisout #shoplocal"



Link to download video

Other

Apple Podcasts

Posted: Apr 17, 2024

System ID: 607460

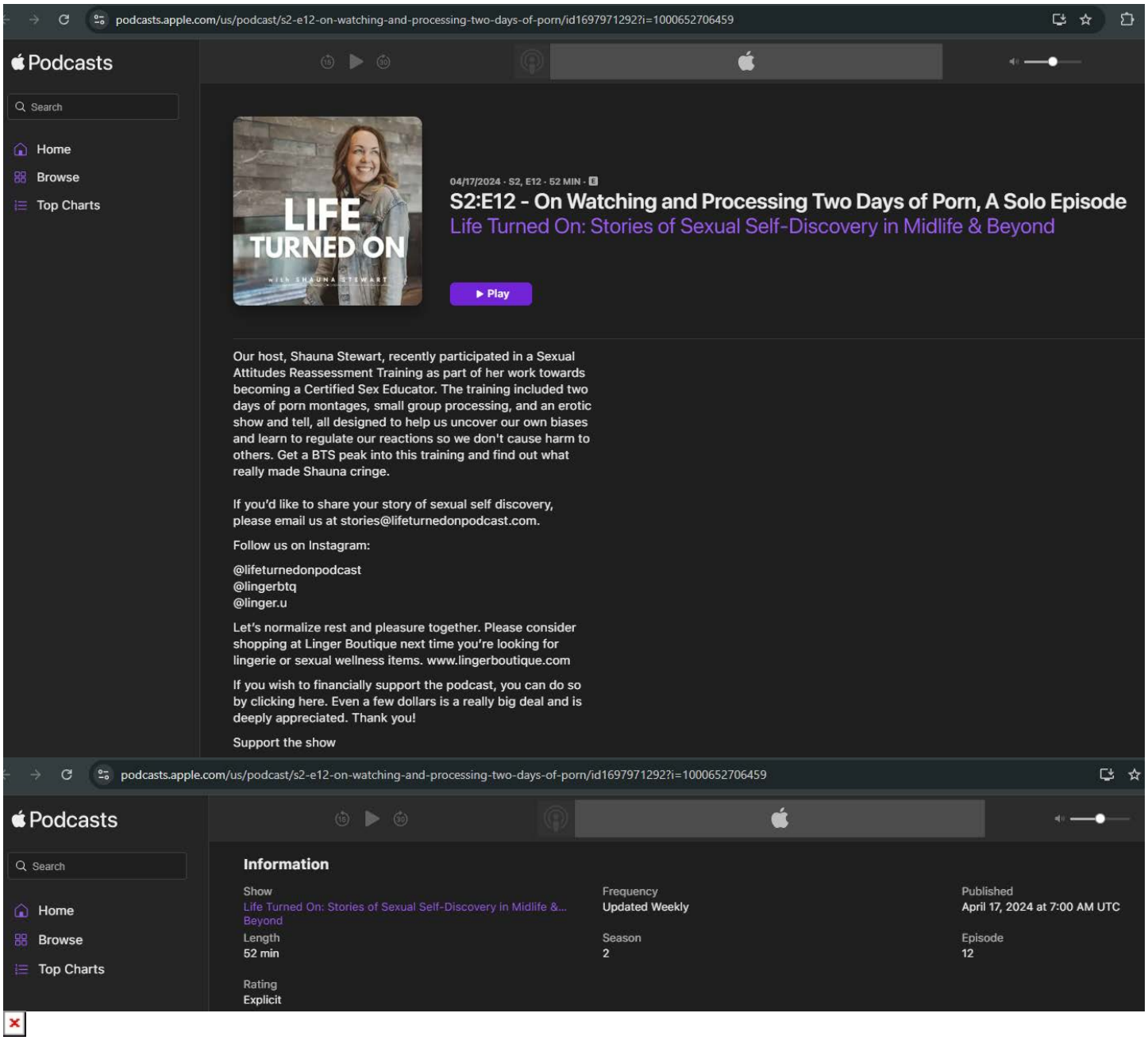
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e12-on-watching-and-processing-two-days-of-porn/id1697971292?i=1000652706459

After DOI

*Solo episode talking about her Sexual Attitudes Reassessment training she attended while working on her Sex Educator Certification "S2:E12 - On Watching and Processing Two Days of Porn, A Solo Episode" "Our host, Shauna Stewart, recently participated in a Sexual Attitudes Reassessment Training as part of her work towards becoming a Certified Sex Educator. The training included two days of porn montages, small group processing, and an erotic show and tell, all designed to help us uncover our own biases and learn to regulate our reactions so we don't cause harm to others. Get a BTS peak into this training and find out what really made Shauna cringe. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com If you wish to financially support the podcast, you can do so by clicking here. Even a few dollars is a really big deal and is deeply appreciated. Thank you! Support the show"


podcasts.apple.com/us/podcast/s2-e12-on-watching-and-processing-two-days-of-porn/id1697971292?i=1000652706459
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LIFE TURNED ON
WITH SHAUNA STEWART
04/17/2024 · S2, E12 · 52 MIN · E
S2:E12 - On Watching and Processing Two Days of Porn, A Solo Episode
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Follow us on Instagram:
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@lingerbtq
@linger.u
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
April 17, 2024 at 7:00 AM UTC
Length
52 min
Season
2
Episode
12
Rating
Explicit

Instagram

linger.u

System ID: 609453

Shauna Marie Stewart

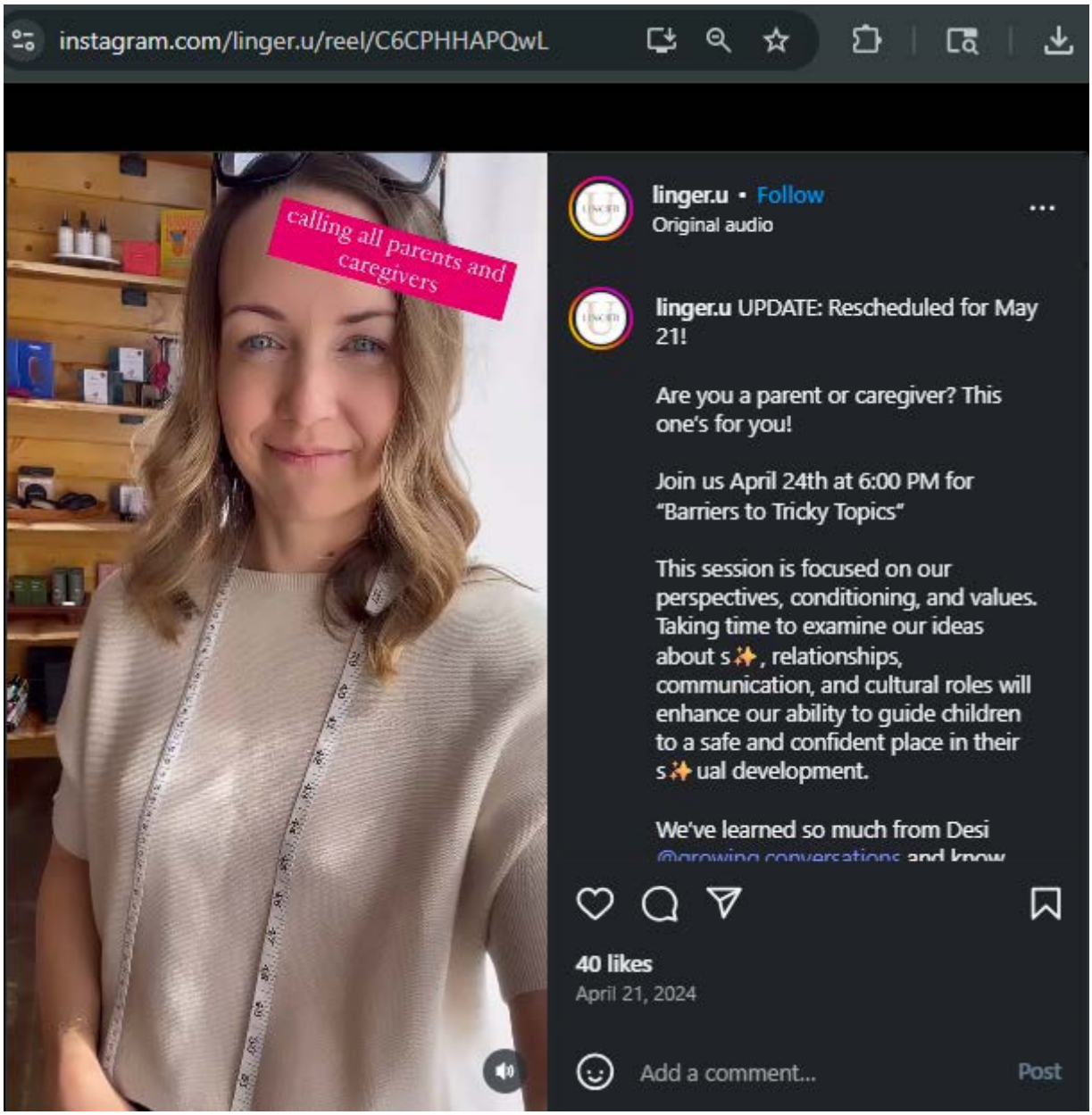
https://www.instagram.com/linger.u/reel/C6CPHHAPQwL

Posted: Apr 21, 2024

Captured: Jul 10, 2025

After DOI

*Shared her conversations with her children about periods and consent "UPDATE: Rescheduled for May 21! Are you a parent or caregiver? This one’s for you! Join us April 24th at 6:00 PM for “Barriers to Tricky Topics” This session is focused on our perspectives, conditioning, and values. Taking time to examine our ideas about s□, relationships, communication, and cultural roles will enhance our ability to guide children to a safe and confident place in their s□ual development. We’ve learned so much from Desi @growing.conversations and know you will too! □ in b□ #welikeitslow #loveoly #olympiawa #parentmap #parentwashington"



Link to download video

Other

Apple Podcasts

System ID: 607424

Posted: Apr 24, 2024

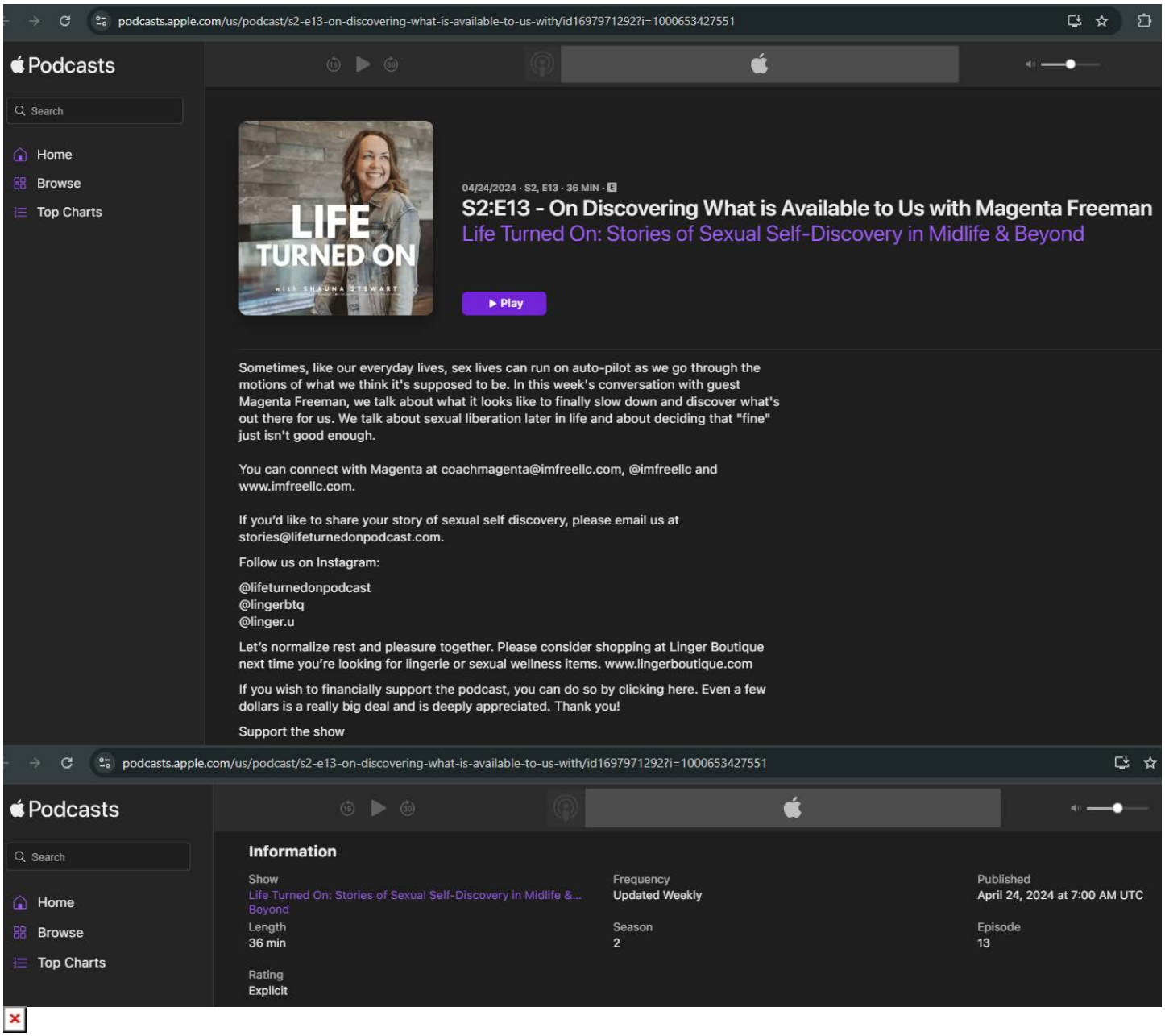
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e13-on-discovering-what-is-available-to-us-with/id1697971292?i=1000653427551

After DOI

*Discussion with an Independent Coach and Consultant "S2:E13 - On Discovering What is Available to Us with Magenta Freeman" "Sometimes, like our everyday lives, sex lives can run on auto-pilot as we go through the motions of what we think it's supposed to be. In this week's conversation with guest Magenta Freeman, we talk about what it looks like to finally slow down and discover what's out there for us. We talk about sexual liberation later in life and about deciding that "fine" just isn't good enough. You can connect with Magenta at coachmagenta@imfreellc.com, @imfreellc and www.imfreellc.com. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com If you wish to financially support the podcast, you can do so by clicking here. Even a few dollars is a really big deal and is deeply appreciated. Thank you! Support the show"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Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Sometimes, like our everyday lives, sex lives can run on auto-pilot as we go through the motions of what we think it's supposed to be. In this week's conversation with guest Magenta Freeman, we talk about what it looks like to finally slow down and discover what's out there for us. We talk about sexual liberation later in life and about deciding that "fine" just isn't good enough.
You can connect with Magenta at coachmagenta@imfreellc.com, @imfreellc and www.imfreellc.com.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
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@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
If you wish to financially support the podcast, you can do so by clicking here. Even a few dollars is a really big deal and is deeply appreciated. Thank you!
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
April 24, 2024 at 7:00 AM UTC
Length
36 min
Season
2
Episode
13
Rating
Explicit

Facebook

profile.php?id=100025625778766
System ID: 606852
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1349190105945169&id=100025625778766

Posted: Apr 24, 2024
Captured: Jul 07, 2025

After DOI

*Shared her Mother's Day Collection and talked about an advertisement that she had ran on a local Facebook page. She was accused of sexualizing women and mentioned that people made innappropriate comments about moms and sex toys. People could save 10-15% when pre-ordering "MOTHER’S DAY PRE-SALE! But first, a story…. This time last year, we ran an advertisement on a local organization’s Facebook page in hopes of connecting moms with the coziest sleepwear in town. We were promoting robes and pajama sets and people lost their minds! The comments section accused us of secsualizing women (we weren’t), or they themselves made things creepy by making inappropriate comments about moms and secs toys. (I suppose the ad worked, because they had to click through to know we sold these.) Culture has a way of claiming women’s experiences, twisting them and making them their own through objectification and oppression. Needless to say, the ad was removed and I... well... I decided that this year, we are going all in on showing the world that mom’s like pleasure too. That it is for them, and they deserve to be seen on their terms. From wearable pleasure jewelry to luxurious silks, this Mother’s Day Collection is a moment. Our 2024 Mother’s Day Collection is iconic and expressive, inviting mothers to make a statement all their own. We’re celebrating moms as whole beings, as uncensored, powerful humans fully deserving of all things lavish and pleasurable. You can too. Treat a mother in your life (including yourself) to a luxe gift that celebrates who she is as a whole human, rich with depth and desires all her own. DEFY EXPECTATIONS. Choose your style and color and save 10-15% when you pre-order your Mother’s Day gifts. Orders due by end of day Sunday, April 28th. Shop in b"

facebook.com/permalink.php?story_fbid=1349190105945169&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
April 24, 2024 ·

MOTHER'S DAY PRE-SALE! But first, a story....

This time last year, we ran an advertisement on a local organization's Facebook page in hopes of connecting moms with the coziest sleepwear in town. We were promoting robes and pajama sets and people lost their minds!

The comments section accused us of secsualizing women (we weren't), or they themselves made things creepy by making inappropriate comments about moms and secs toys. (I suppose the ad worked, because they had to click through to know we sold these.)

Culture has a way of claiming women's experiences, twisting them and making them their own through objectification and oppression.

Needless to say, the ad was removed and I... well... I decided that this year, we are going all in on showing the world that mom's like pleasure too. That it is for them, and they deserve to be seen on their terms.

From wearable pleasure jewelry to luxurious silks, this Mother's Day Collection is a moment.

✨Our 2024 Mother's Day Collection is iconic and expressive, inviting mothers to make a statement all their own. We're celebrating moms as whole beings, as uncensored, powerful humans fully deserving of all things lavish and pleasurable. ✨

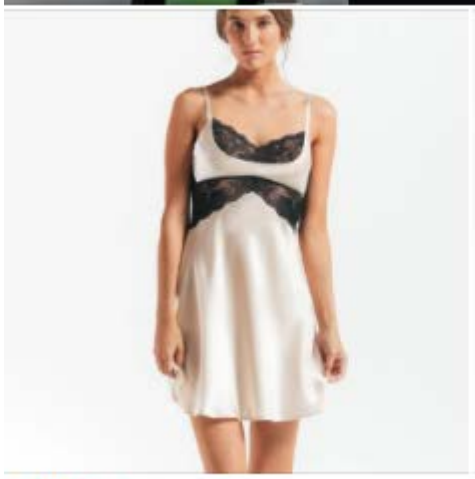
You can too. Treat a mother in your life (including yourself) to a luxe gift that celebrates who she is as a whole human, rich with depth and desires all her own.

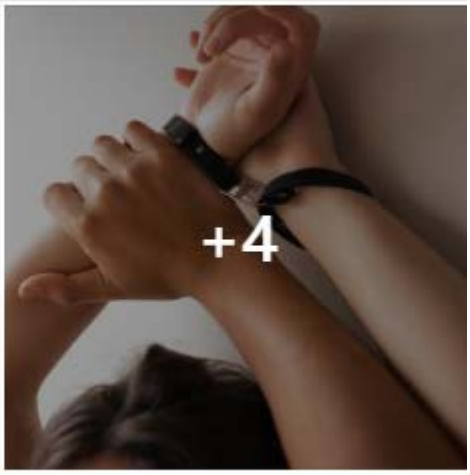
DEFY EXPECTATIONS. Choose your style and color and save 10-15% when you pre-order your Mother's Day gifts. Orders due by end of day Sunday, April 28th.

Shop 🔗 in b👀

facebook.com/permalink.php?story_fbid=1349190105945169&id=100025625778766

Linger Boutique's post





5

Instagram

linger.u

Posted: Apr 25, 2024

System ID: 609466

Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/thebeautyboost_silverdale/p/C6Me3X3P3Z5

After DOI

*Tagged in a post - she would be hosting a Small Circle Chat at the Signature Event Women of Wellness about health and pleasure. The event was held at Marina Square in Bremerton, Washingtonon April 25, 2024 "Ready to step into your Wellness Era but don’t know where to start?! Check out our NEWEST Signature Event Women of Wellness where you will have a chance to join in several Small Circle Chats to discuss and ask questions with industry experts! You can choose from the following circle chats: □“Clearing Pelvic Bowl Ritual” with @hshfitness Cleansing the pelvic bowl ritual is a combination of meditation, journaling and action. As a result you’ll have the space in your bowl for your creative energy to flow naturally in a radiant space. □“Somatic Emotional Liberation” Mini Session with @lonateachesbliss Let go of those difficult emotions. Join in a mini somatic healing practice and learn how to release those feelings that may be hard or holding you back! □“Pleasure First” with @linger_boutique Learn how sexual wellness is connected to overall wellness and how prioritizing pleasure can help your health □”You’re Hot and Then Cold” with @triadwellnesswa You are hot and then cold, but in a good way. There are many physical and mental benefits of thermotherapy with cold plunging and sauna! □”Get Your Groove Back” with @glowvibepoulsbo Ready to get your groove back? We have discovered vaginal rejuvenation and would love to share how you can experience it as well! PLUS several experience stations to try out and chances to meet friends old and new! Join us THURSDAY APRIL 25th at @marinasquarebremerton . The full lineup and to grab your ticket head to our bio. Or if this is your FIRST Beauty Boost event comment below for your complimentary ticket. . . . “The Beauty Boost Jo’s a community for women to connect and feel empowered, healthy and beautiful through monthly events and experiences” #thebeautyboost #eventsforwomen #kitsaphapps #kitsapcounty"

instagram.com/thebeautyboost_silverdale/p/C6Me3X3P3Z5

thebeautyboost_silv... and **ling...**
Bremerton, Washington

thebeautyboost_silverdale Ready to step into your Wellness Era but don't know where to start?!

Check out our NEWEST Signature Event Women of Wellness where you will have a chance to join in several Small Circle Chats to discuss and ask questions with industry experts!

You can choose from the following circle chats:

✨"Clearing Pelvic Bowl Ritual" with @hshfitness
Cleansing the pelvic bowl ritual is a combination of meditation, journaling and action. As a result you'll have the space in your bowl for your creative energy to flow naturally in a radiant

33 likes
April 25, 2024

Add a comment... Post

Instagram

linger.u

System ID: 609473

Shauna Marie Stewart

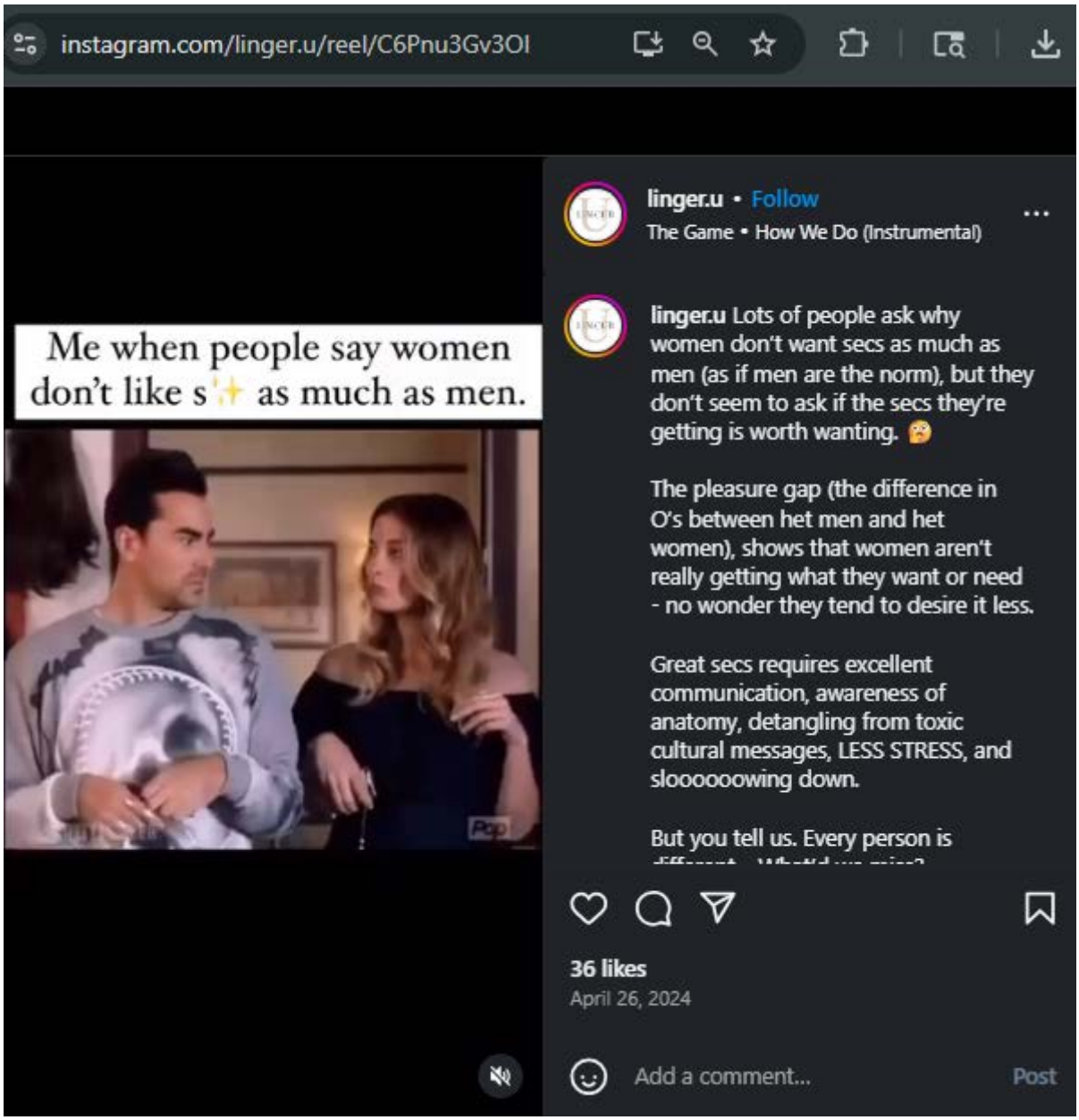
https://www.instagram.com/linger.u/reel/C6Pnu3Gv3Ol

Posted: Apr 26, 2024

Captured: Jul 10, 2025

After DOI

*Video compilation of meme's with clips from a TV Show "Lots of people ask why women don’t want secs as much as men (as if men are the norm), but they don’t seem to ask if the secs they’re getting is worth wanting. The pleasure gap (the difference in O’s between het men and het women), shows that women aren’t really getting what they want or need - no wonder they tend to desire it less. Great secs requires excellent communication, awareness of anatomy, detangling from toxic cultural messages, LESS STRESS, and slooooooowing down. But you tell us. Every person is different… What’d we miss? #welikeitslow #couples #loveoly"



[Link to download video]

Facebook

profile.php?id=100025625778766

System ID: 606853

Shauna Marie Stewart

Posted: Apr 29, 2024

Captured: Jul 07, 2025

https://www.facebook.com/permalink.php?story_fbid=1352375202293326&id=100025625778766

After DOI

*Shared customer reviews "Totally NOT crying over here… □□□ If you've enjoyed shopping with us, I'd love it if you could leave a review on Google. It really helps more people find us, supporting not only our small business, but also the people we serve. Thank you!! □ #welikeitslow #loveoly #olympiawa #tumwaterwa #laceywardrobe"

facebook.com/permalink.php?story_fbid=1352375202293326&id=100025625778766

Linger Boutique's post

Linger Boutique
April 29, 2024 ·

Totally NOT crying over here... 😭😭😭

If you've enjoyed shopping with us, I'd love it if you could leave a review on Google. It really helps more people find us, supporting not only our small business, but also the people we serve.

Thank you!! 😘

#welikeitslow #loveoly #olympiawa #tumwaterwa #laceywardrobe

Other

Apple Podcasts

Posted: May 01, 2024

System ID: 607418

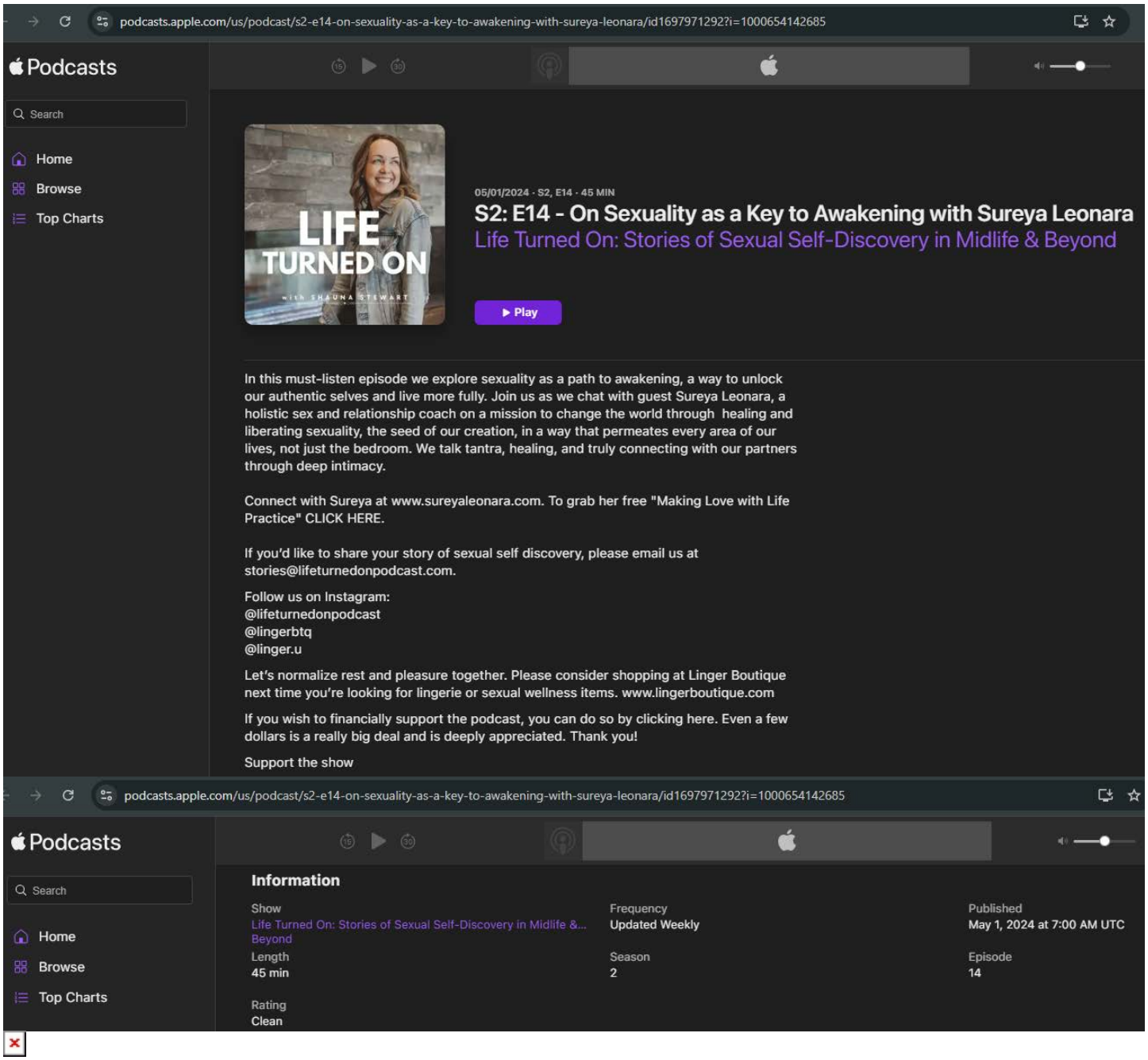
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e14-on-sexuality-as-a-key-to-awakening-with-sureya-leonara/id1697971292?i=1000654142685

After DOI

*Discussion with a Holistic Sex and Relationship Coach and Writer "S2: E14 - On Sexuality as a Key to Awakening with Sureya Leonara" "In this must-listen episode we explore sexuality as a path to awakening, a way to unlock our authentic selves and live more fully. Join us as we chat with guest Sureya Leonara, a holistic sex and relationship coach on a mission to change the world through healing and liberating sexuality, the seed of our creation, in a way that permeates every area of our lives, not just the bedroom. We talk tantra, healing, and truly connecting with our partners through deep intimacy. Connect with Sureya at www.sureyaleonara.com. To grab her free "Making Love with Life Practice" CLICK HERE. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com If you wish to financially support the podcast, you can do so by clicking here. Even a few dollars is a really big deal and is deeply appreciated. Thank you! Support the show"


podcasts.apple.com/us/podcast/s2-e14-on-sexuality-as-a-key-to-awakening-with-sureya-leonara/id1697971292?i=1000654142685
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LIFE TURNED ON
with SHAUNA STEWART
05/01/2024 · S2, E14 · 45 MIN
S2: E14 - On Sexuality as a Key to Awakening with Sureya Leonara
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
In this must-listen episode we explore sexuality as a path to awakening, a way to unlock our authentic selves and live more fully. Join us as we chat with guest Sureya Leonara, a holistic sex and relationship coach on a mission to change the world through healing and liberating sexuality, the seed of our creation, in a way that permeates every area of our lives, not just the bedroom. We talk tantra, healing, and truly connecting with our partners through deep intimacy.
Connect with Sureya at www.sureyaleonara.com. To grab her free "Making Love with Life Practice" CLICK HERE.
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Updated Weekly
Published
May 1, 2024 at 7:00 AM UTC
Length
45 min
Season
2
Episode
14
Rating
Clean

Facebook

profile.php?id=100025625778766 | Posted: May 06, 2024

System ID: 606248 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1356922458505267&id=100025625778766

After DOI

*Invited Sexual Wellness Professionals in the Olympia, Washington area to gather and mingle together at Linger Boutique on June 6th "Calling all Olympia area Sexual Wellness Professionals! None of us can do it all, but together we can do so much more. Join us for an evening of connection and networking at Linger Boutique to meet and learn from others in our community. June 6th at 6 pm. Please spread the word and email to rsvp!"

facebook.com/permalink.php?story_fbid=1356922458505267&id=100025625778766

Linger Boutique's post

Linger Boutique
May 6, 2024 ·

📣Calling all Olympia area Sexual Wellness Professionals!📣

None of us can do it all, but together we can do so much more. Join us for an evening of connection and networking at Linger Boutique to meet and learn from others in our community.

June 6th at 6 pm.

Please spread the word and email to rsvp!

Other

Apple Podcasts

System ID: 607413

Posted: May 08, 2024

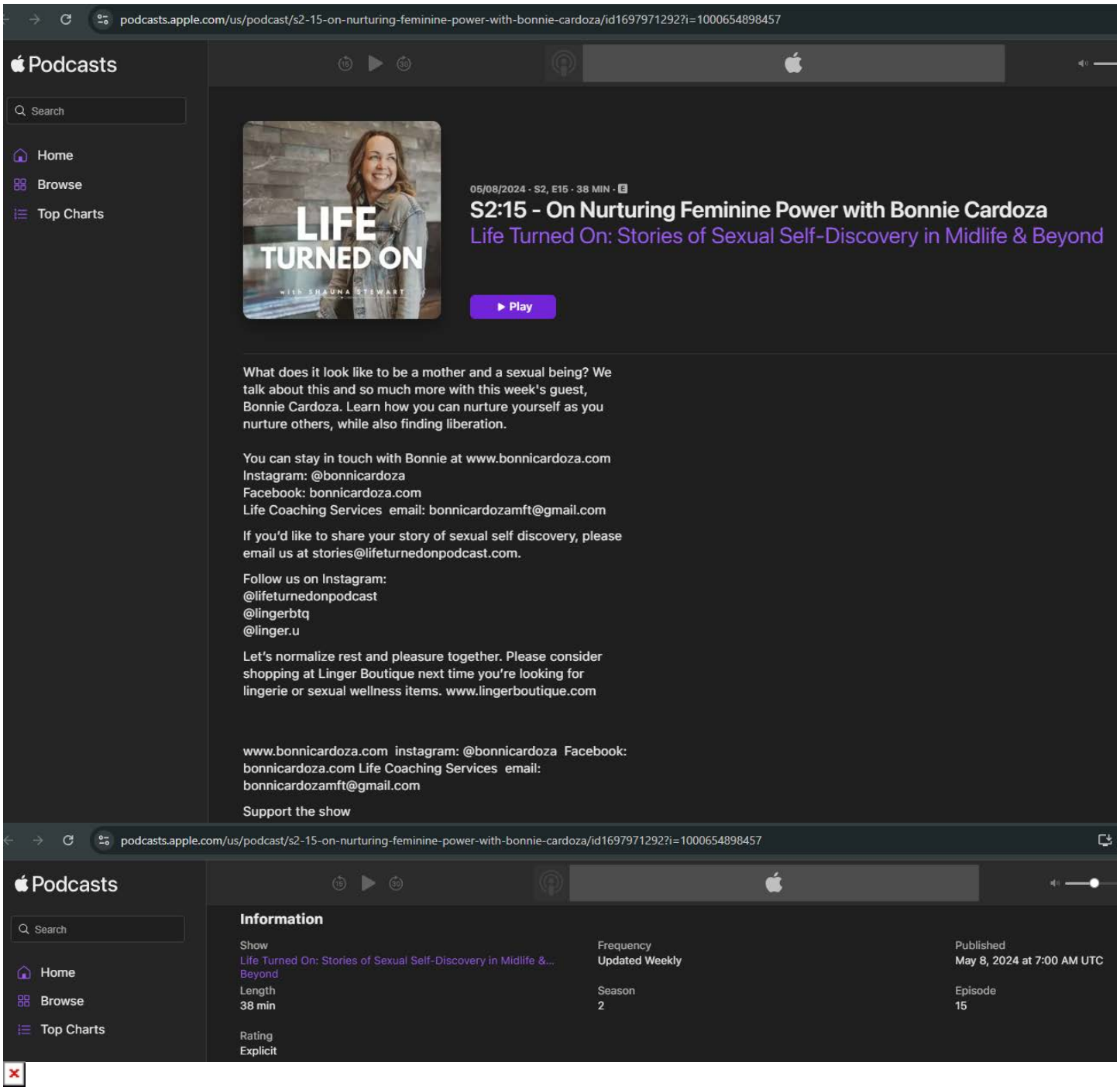
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-15-on-nurturing-feminine-power-with-bonnie-cardoza/id1697971292?i=1000654898457

After DOI

*Discussion with a Licensed Marriage and Family Therapist, Life Coach, and in the process of becoming an ASEC Certified Sex Therapist through the Sexual Health Alliance "S2:15 - On Nurturing Feminine Power with Bonnie Cardoza" "What does it look like to be a mother and a sexual being? We talk about this and so much more with this week's guest, Bonnie Cardoza. Learn how you can nurture yourself as you nurture others, while also finding liberation. You can stay in touch with Bonnie at www.bonnicardoza.com Instagram: @bonnicardoza Facebook: bonnicardoza.com Life Coaching Services email: bonnicardozamft@gmail.com If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com www.bonnicardoza.com instagram: @bonnicardoza Facebook: bonnicardoza.com Life Coaching Services email: bonnicardozamft@gmail.com Support the show"


podcasts.apple.com/us/podcast/s2-15-on-nurturing-feminine-power-with-bonnie-cardoza/id1697971292?i=1000654898457
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WITH SHAUNA STEWART
05/08/2024 · S2, E15 · 38 MIN ·
S2:15 - On Nurturing Feminine Power with Bonnie Cardoza
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
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What does it look like to be a mother and a sexual being? We talk about this and so much more with this week's guest, Bonnie Cardoza. Learn how you can nurture yourself as you nurture others, while also finding liberation.
You can stay in touch with Bonnie at www.bonnicardoza.com
Instagram: @bonnicardoza
Facebook: bonnicardoza.com
Life Coaching Services email: bonnicardozamft@gmail.com
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May 8, 2024 at 7:00 AM UTC
Episode
15

Instagram

linger.u

System ID: 609483

Shauna Marie Stewart

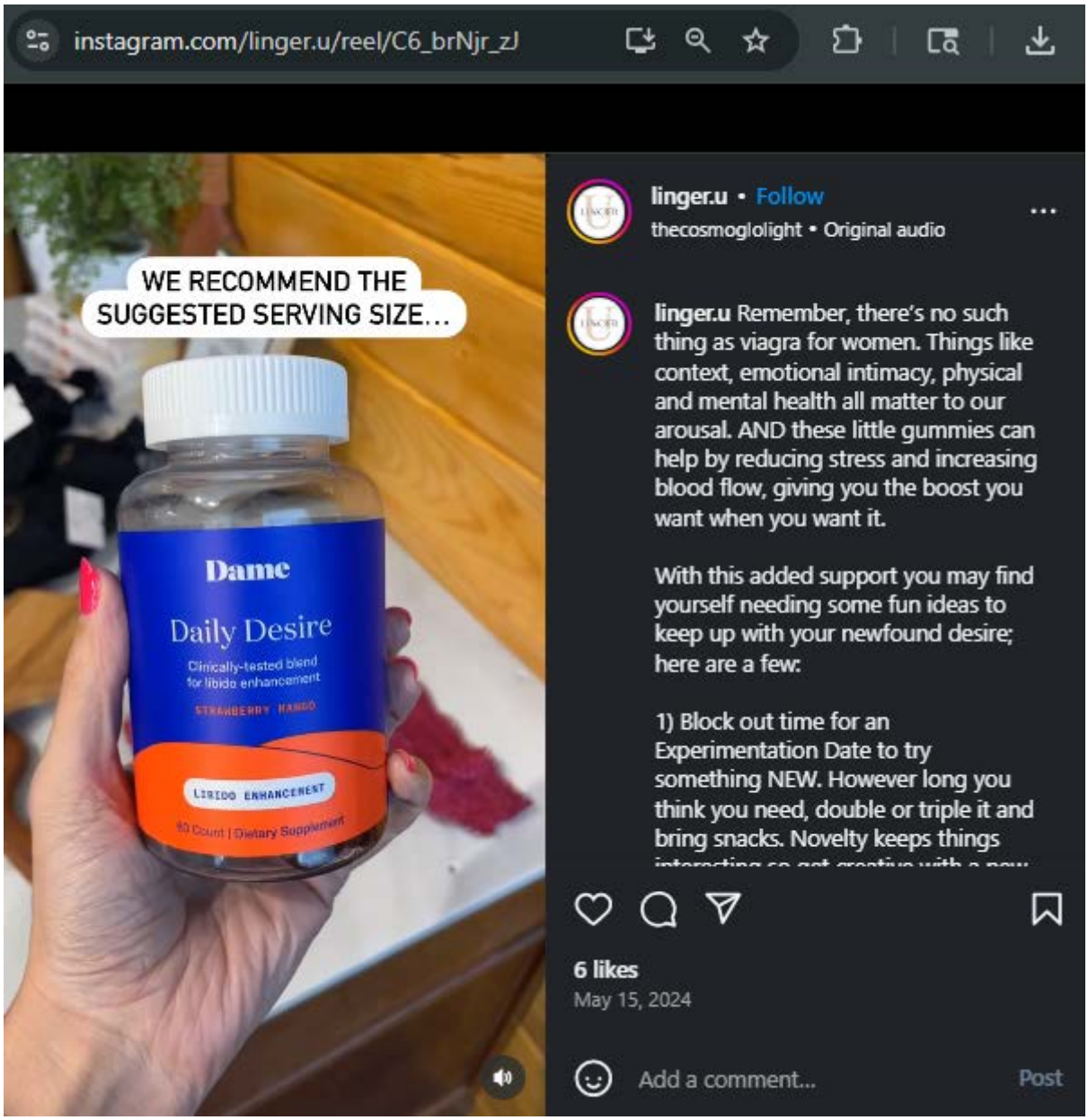
https://www.instagram.com/linger.u/reel/C6_brNjr_zJ

Posted: May 15, 2024

Captured: Jul 10, 2025

After DOI

*Video about libido enhancement "Remember, there’s no such thing as viagra for women. Things like context, emotional intimacy, physical and mental health all matter to our arousal. AND these little gummies can help by reducing stress and increasing blood flow, giving you the boost you want when you want it. With this added support you may find yourself needing some fun ideas to keep up with your newfound desire; here are a few: 1) Block out time for an Experimentation Date to try something NEW. However long you think you need, double or triple it and bring snacks. Novelty keeps things interesting so get creative with a new toy, practice your negotiation skills with impact play, or see how many senses you can tease. 2) Take intercourse off the table for a night, a week or a month and see how creative you can get. Remember making out? Enjoy the moment and see how long that lingerie can stay ON! 3) Try mutual self pleasure. May is Masterbation Month so go on and celebrate! Not only can this be hot, you can also teach and learn from each other along the way. Desire gummies are available in store and online. #welikeitslow #desire #dameproducts #loveoly #laceywa #olympiawa"



[Link to download video]

Other

Apple Podcasts

Posted: May 15, 2024

System ID: 607403

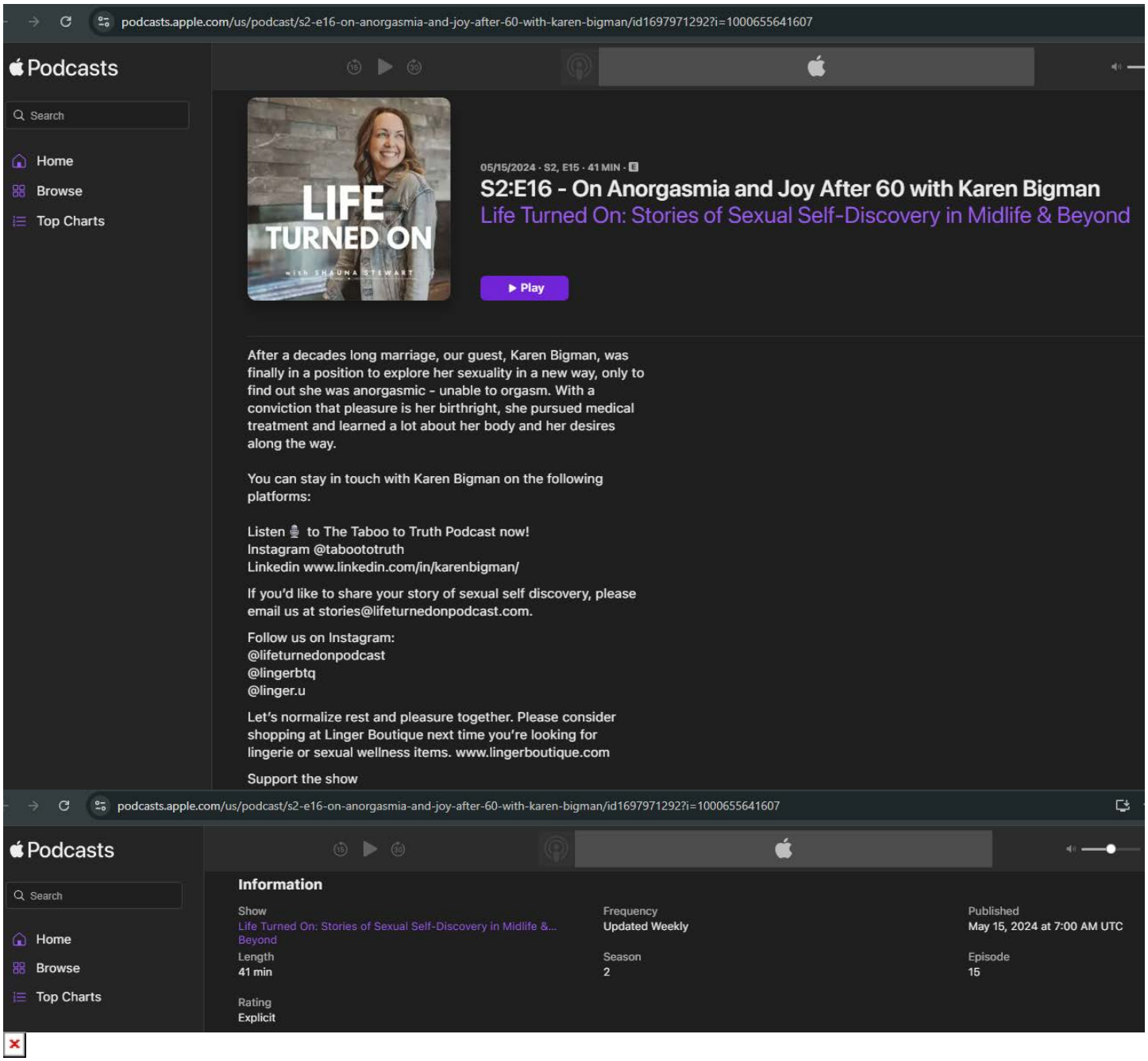
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e16-on-anorgasmia-and-joy-after-60-with-karen-bigman/id1697971292?i=1000655641607

After DOI

*Discussion with another podcast host, Certified Menopause Coach, and Menopause and Sexuality Educator "S2:E16 - On Anorgasmia and Joy After 60 with Karen Bigman" "After a decades long marriage, our guest, Karen Bigman, was finally in a position to explore her sexuality in a new way, only to find out she was anorgasmic - unable to orgasm. With a conviction that pleasure is her birthright, she pursued medical treatment and learned a lot about her body and her desires along the way. You can stay in touch with Karen Bigman on the following platforms: Listen to The Taboo to Truth Podcast now! Instagram @taboototruth Linkedin www.linkedin.com/in/karenbigman/ If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s2-e16-on-anorgasmia-and-joy-after-60-with-karen-bigman/id1697971292?i=1000655641607
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05/15/2024 · S2, E15 · 41 MIN · E
S2:E16 - On Anorgasmia and Joy After 60 with Karen Bigman
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
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You can stay in touch with Karen Bigman on the following platforms:
Listen to The Taboo to Truth Podcast now!
Instagram @taboototruth
Linkedin www.linkedin.com/in/karenbigman/
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Frequency
Updated Weekly
Published
May 15, 2024 at 7:00 AM UTC
Length
41 min
Season
2
Episode
15
Rating
Explicit

Facebook

profile.php?id=100025625778766

System ID: 606253

Posted: May 16, 2024

Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1363175461213300&id=100025625778766

After DOI

*Mentioned micro-dosing on mushrooms and shared the information for a workshop "Microdosing is becoming widely recognized for its powerful healing benefits; mentally, emotionally, physically and spiritually. It’s a deconditioning agent where it can also decondition you from habitual patterns, thinking and ways of being that are in the way of you experiencing intimacy in your life. In this workshop learn the science, benefits, and implementation of this Medicine and how it can support happiness, connection, and intimacy. You will come away with an understanding of how to implement, tools, and resources. Join @erickadayrising for this enlightening workshop on Wednesday, June 5 at 6 pm. #welikeitslow #loveoly #olympiawa #laceywa #tumwaterwa"

facebook.com/permalink.php?story_fbid=1363175461213300&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
May 16, 2024 ·

Microdosing 🍄 is becoming widely recognized for its powerful healing benefits; mentally, emotionally, physically and spiritually.

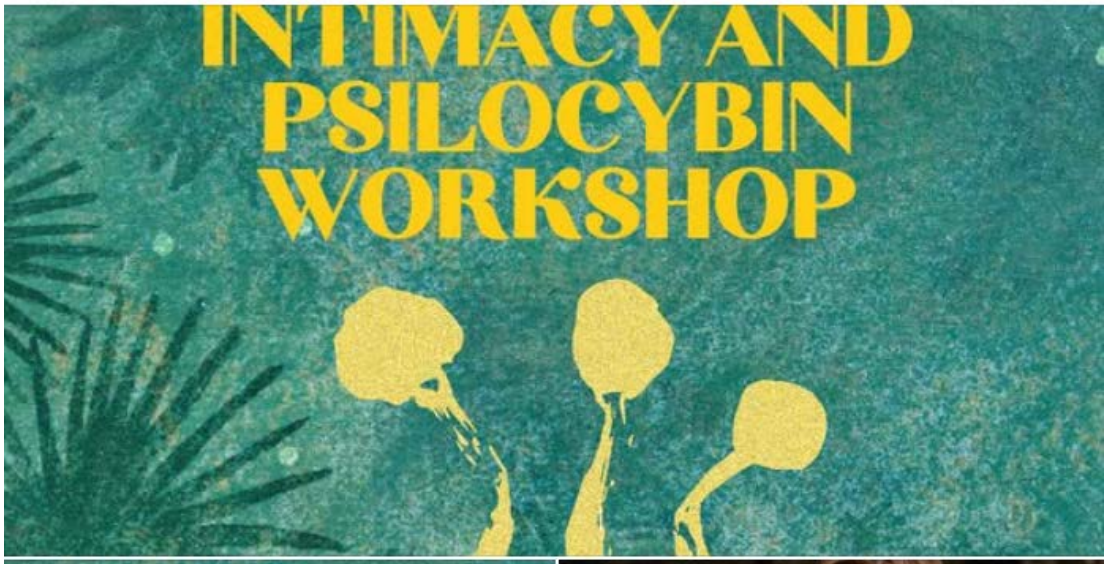
It's a deconditioning agent where it can also decondition you from habitual patterns, thinking and ways of being that are in the way of you experiencing intimacy in your life.

In this workshop learn the science, benefits, and implementation of this Medicine and how it can support happiness, connection, and intimacy.

You will come away with an understanding of how to implement, tools, and resources.

Join @erickadayrising for this enlightening workshop on Wednesday, June 5 at 6 pm.

#welikeitslow #loveoly #olympiawa #laceywa #tumwaterwa



Facebook

profile.php?id=100025625778766 | Posted: May 22, 2024

System ID: 606256 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://www.facebook.com/permalink.php?story_fbid=1367096684154511&id=100025625778766

After DOI

*Mentioned masturbation and shared ways for people to start "Masterbation is good for you! In addition to giving you confidence and personal intimacy, it can also improve sleep, reduce stress, put you in a better mood and relieve pain. Need some ideas to get started? Swipe and learn and don’t forget the lube.
#welikeitslow"

facebook.com/permalink.php?story_fbid=1367096684154511&id=100025625778766

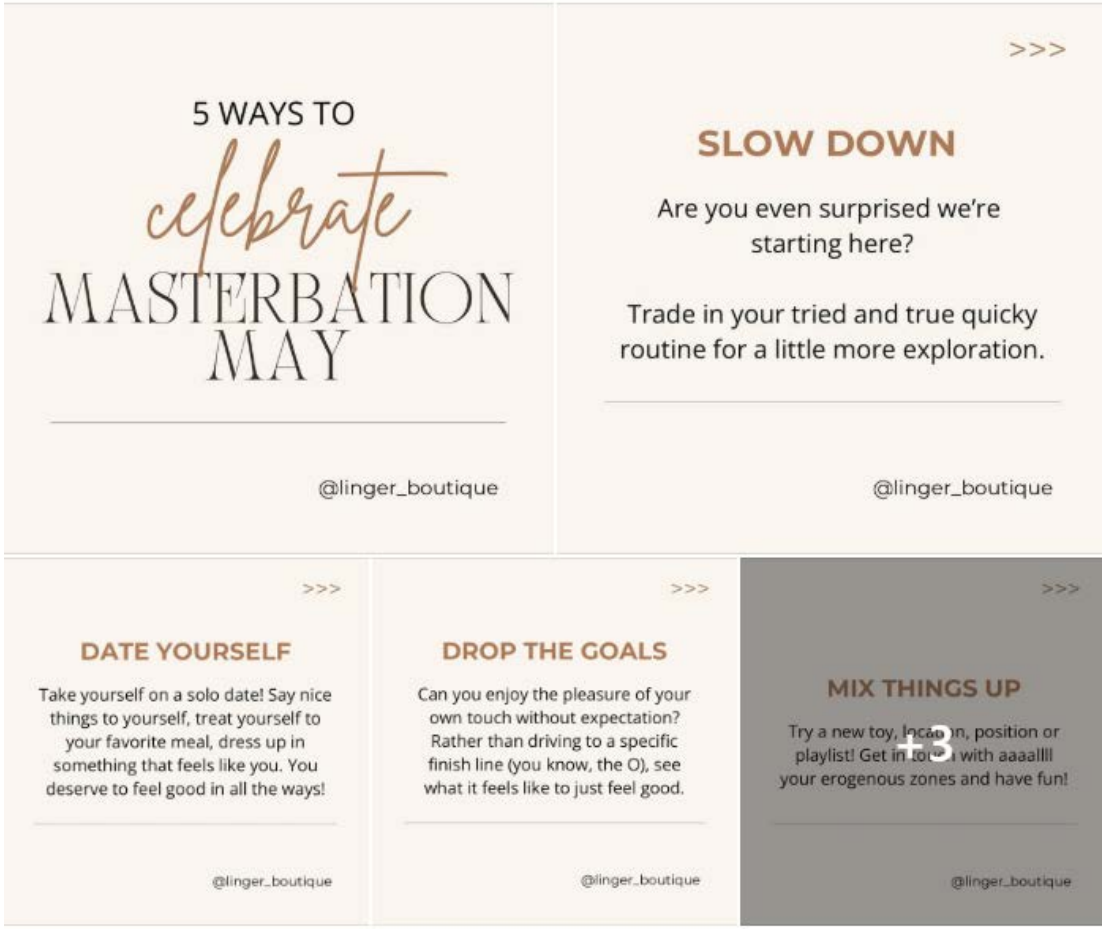
Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
May 22, 2024 ·

Masterbation is good for you! In addition to giving you confidence and personal intimacy, it can also improve sleep, reduce stress, put you in a better mood and relieve pain.

Need some ideas to get started? Swipe and learn and don't forget the lube. 😉

#welikeitslow



Other

Apple Podcasts

System ID: 607399

Posted: May 22, 2024

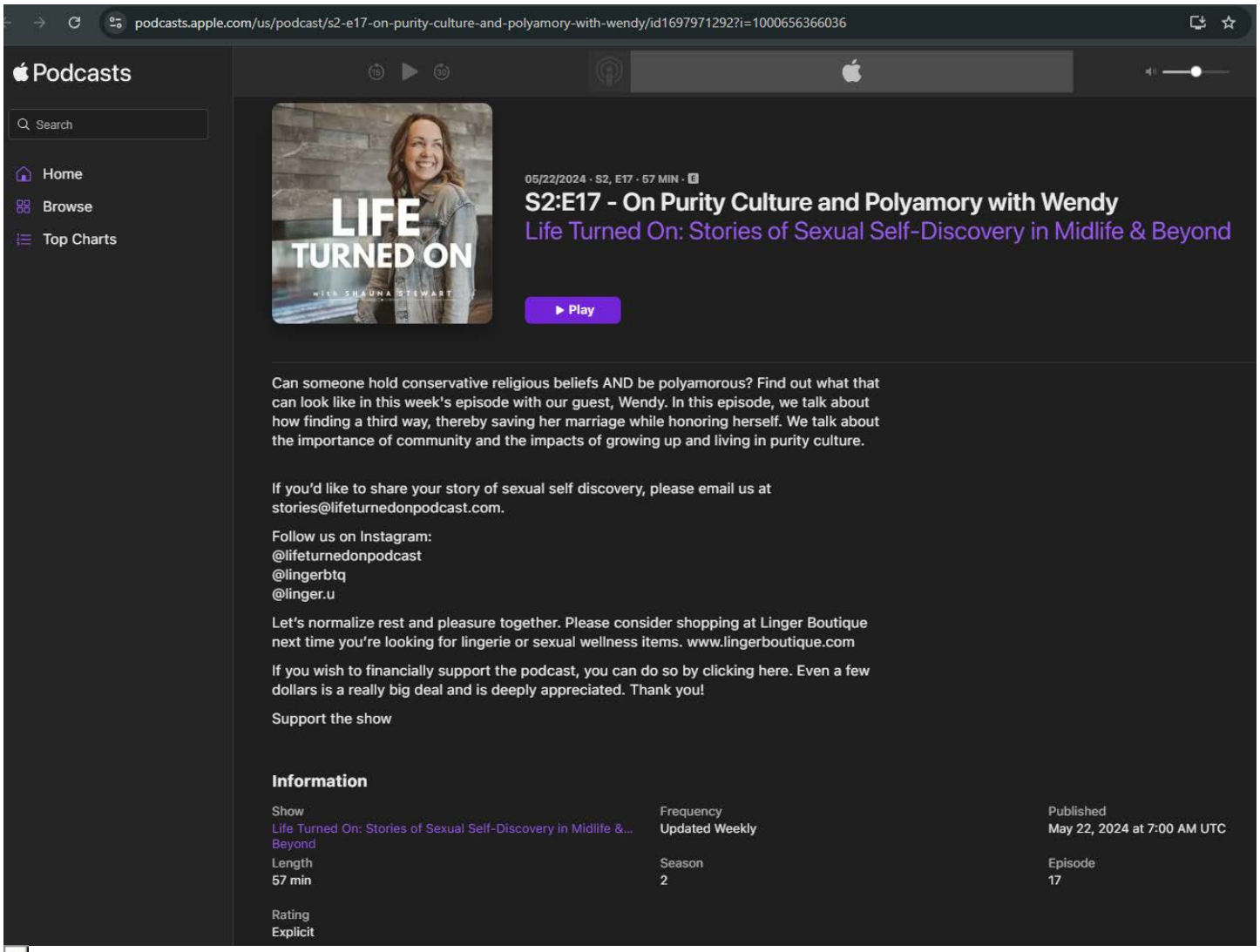
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e17-on-purity-culture-and-polyamory-with-wendy/id1697971292?i=1000656366036

After DOI

*Discussion with a Sexuality Educator and Consultant "S2:E17 - On Purity Culture and Polyamory with Wendy" "Can someone hold conservative religious beliefs AND be polyamorous? Find out what that can look like in this week's episode with our guest, Wendy. In this episode, we talk about how finding a third way, thereby saving her marriage while honoring herself. We talk about the importance of community and the impacts of growing up and living in purity culture. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com If you wish to financially support the podcast, you can do so by clicking here. Even a few dollars is a really big deal and is deeply appreciated. Thank you! Support the show"


podcasts.apple.com/us/podcast/s2-e17-on-purity-culture-and-polyamory-with-wendy/id1697971292?i=1000656366036
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05/22/2024 · S2, E17 · 57 MIN ·
S2:E17 - On Purity Culture and Polyamory with Wendy
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Can someone hold conservative religious beliefs AND be polyamorous? Find out what that can look like in this week's episode with our guest, Wendy. In this episode, we talk about how finding a third way, thereby saving her marriage while honoring herself. We talk about the importance of community and the impacts of growing up and living in purity culture.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
May 22, 2024 at 7:00 AM UTC
Length
57 min
Season
2
Episode
17
Rating
Explicit

Instagram

linger.u

System ID: 609488

Shauna Marie Stewart

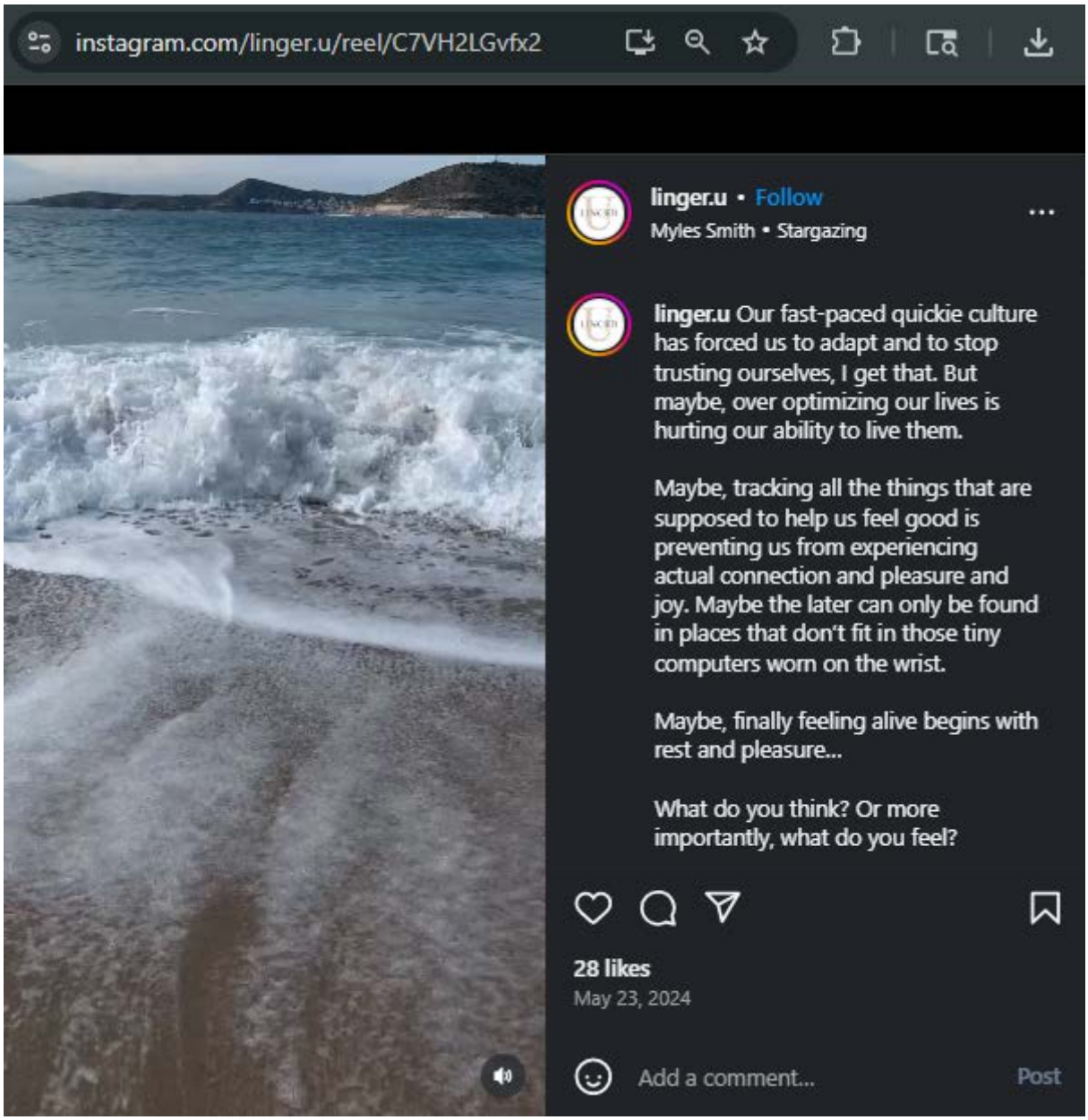
https://www.instagram.com/linger.u/reel/C7VH2LGvfx2

Posted: May 23, 2024

Captured: Jul 10, 2025

After DOI

*Video of a beach "Our fast-paced quickie culture has forced us to adapt and to stop trusting ourselves, I get that. But maybe, over optimizing our lives is hurting our ability to live them. Maybe, tracking all the things that are supposed to help us feel good is preventing us from experiencing actual connection and pleasure and joy. Maybe the later can only be found in places that don’t fit in those tiny computers worn on the wrist. Maybe, finally feeling alive begins with rest and pleasure… What do you think? Or more importantly, what do you feel? #welikeitslow #loveoly #wellnessculture #slowliving #slowpleasure #rest #connection #feelalive"



[Link to download video]

Other

Apple Podcasts

Posted: May 29, 2024

System ID: 607395

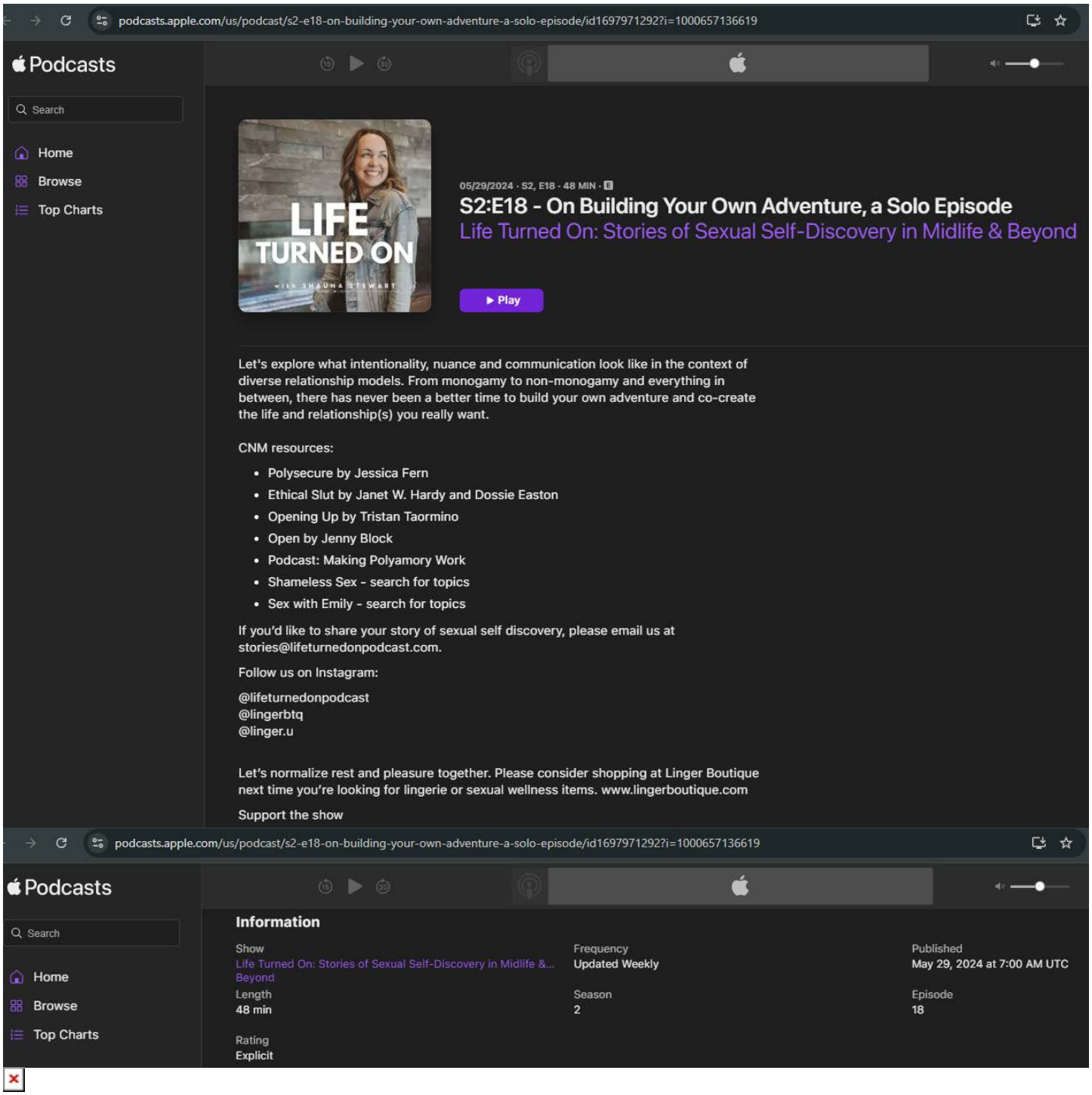
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e18-on-building-your-own-adventure-a-solo-episode/id1697971292?i=1000657136619

After DOI

"S2:E18 - On Building Your Own Adventure, a Solo Episode" "Let's explore what intentionality, nuance and communication look like in the context of diverse relationship models. From monogamy to non-monogamy and everything in between, there has never been a better time to build your own adventure and co-create the life and relationship(s) you really want. CNM resources: Polysecure by Jessica Fern Ethical Slut by Janet W. Hardy and Dossie Easton Opening Up by Tristan Taormino Open by Jenny Block Podcast: Making Polyamory Work Shameless Sex - search for topics Sex with Emily - search for topics If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s2-e18-on-building-your-own-adventure-a-solo-episode/id1697971292?i=1000657136619
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05/29/2024 · S2, E18 · 48 MIN · E
S2:E18 - On Building Your Own Adventure, a Solo Episode
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Let's explore what intentionality, nuance and communication look like in the context of diverse relationship models. From monogamy to non-monogamy and everything in between, there has never been a better time to build your own adventure and co-create the life and relationship(s) you really want.
CNM resources:
Polysecure by Jessica Fern
Ethical Slut by Janet W. Hardy and Dossie Easton
Opening Up by Tristan Taormino
Open by Jenny Block
Podcast: Making Polyamory Work
Shameless Sex - search for topics
Sex with Emily - search for topics
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
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Updated Weekly
Published
May 29, 2024 at 7:00 AM UTC
Length
48 min
Season
2
Episode
18
Rating
Explicit

Facebook

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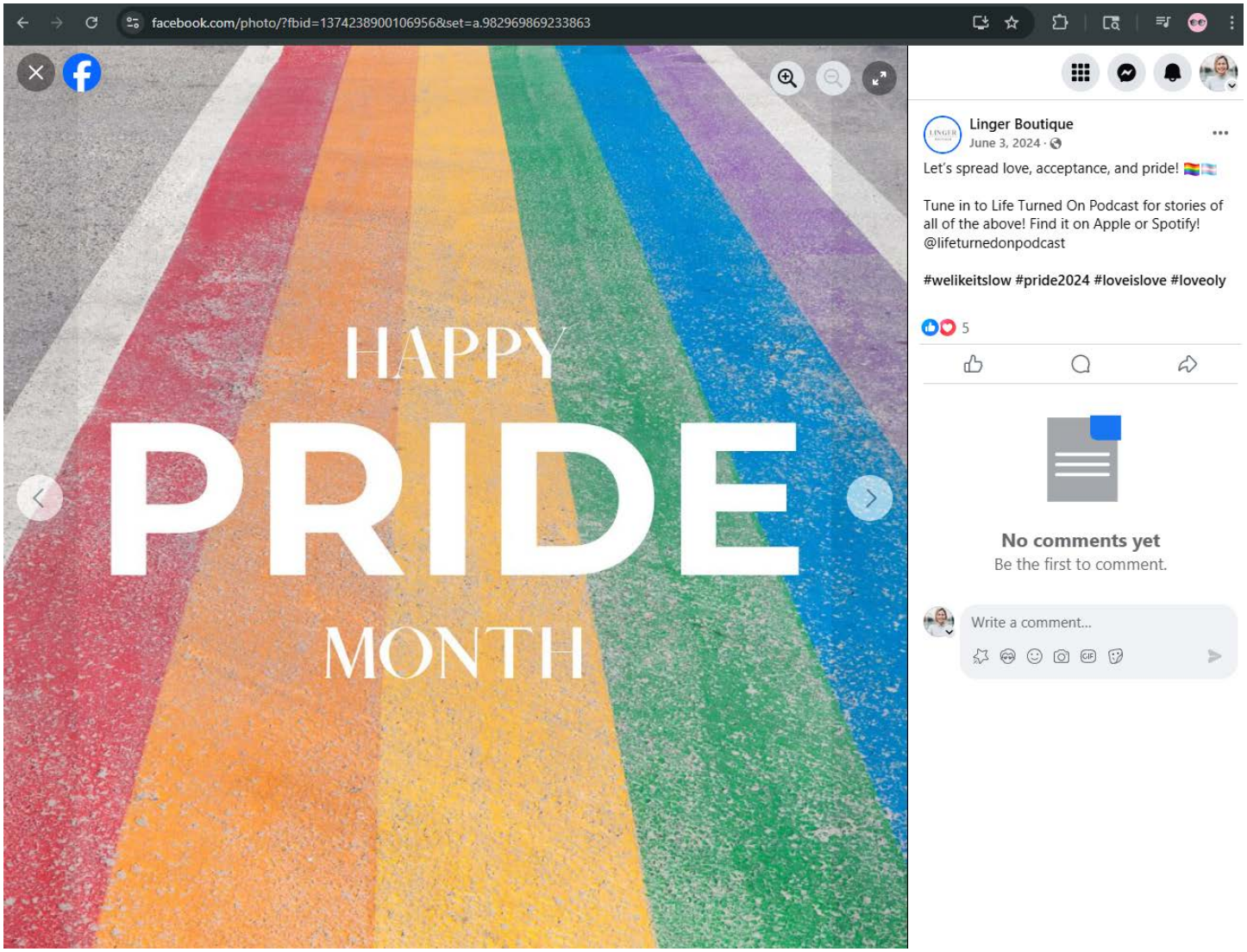
System ID: 606236
Shauna Marie Stewart
https://www.facebook.com/photo/?fbid=1374238900106956&set=a.982969869233863

Posted: Jun 03, 2024
Captured: Jul 07, 2025

After DOI

*Advertised Life Turned On Podcast "Let’s spread love, acceptance, and pride! □□□⚧ Tune in to Life Turned On Podcast for stories of all of the above! Find it on Apple or Spotify! @lifeturnedonpodcast #welikeitslow #pride2024 #loveislove #loveoly"


facebook.com/photo/?fbid=1374238900106956&set=a.982969869233863
HAPPY
PRIDE
MONTH
Linger Boutique
June 3, 2024 ·
Let's spread love, acceptance, and pride! 🏳️‍🌈🏳️‍⚧️
Tune in to Life Turned On Podcast for stories of all of the above! Find it on Apple or Spotify! @lifeturnedonpodcast
#welikeitslow #pride2024 #loveislove #loveoly
5
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System ID: 606227

Shauna Marie Stewart

Posted: Jun 04, 2024

Captured: Jul 07, 2025

https://www.facebook.com/permalink.php?story_fbid=1374811693383010&id=100025625778766

After DOI

*Bra-fitting advertisement "Which do you need most? Drop a 1, 2, or 3 below then come see us! 1 - Confidence Boost 2 - Posture Perfection 3 - Comfor Upgrade ☺ #welikeitslow #brafitter #brafittings #loveoly #laceywa #olympiawa #tumwaterwa #shoplocal #womanowned"

facebook.com/permalink.php?story_fbid=1374811693383010&id=100025625778766

Linger Boutique's post

Linger Boutique
June 4, 2024 ·

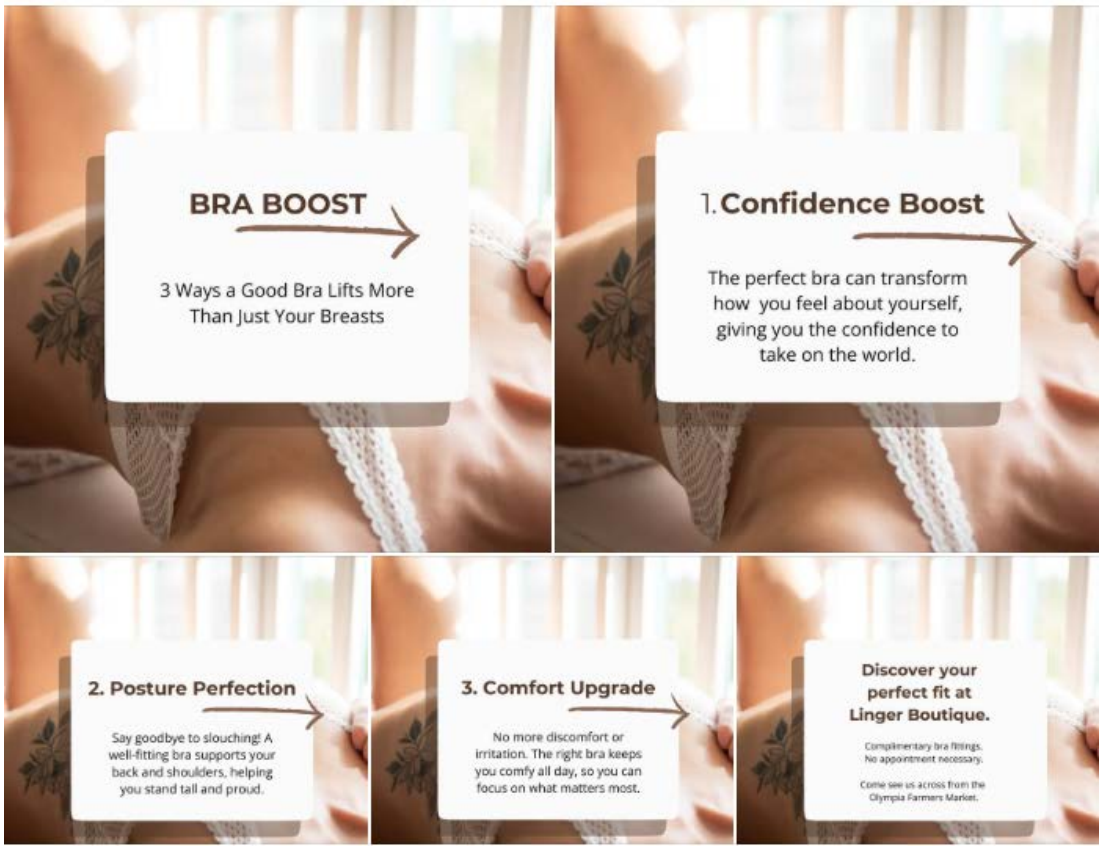
Which do you need most? Drop a 1, 2, or 3 below then come see us!

1 - Confidence Boost 😎

2 - Posture Perfection 🪛

3 - Comfor Upgrade 😊

#welikeitslow #brafitter #brafittings #loveoly #laceywa #olympiawa #tumwaterwa #shoplocal #womanowned



Other

Apple Podcasts

Posted: Jun 05, 2024

System ID: 607391

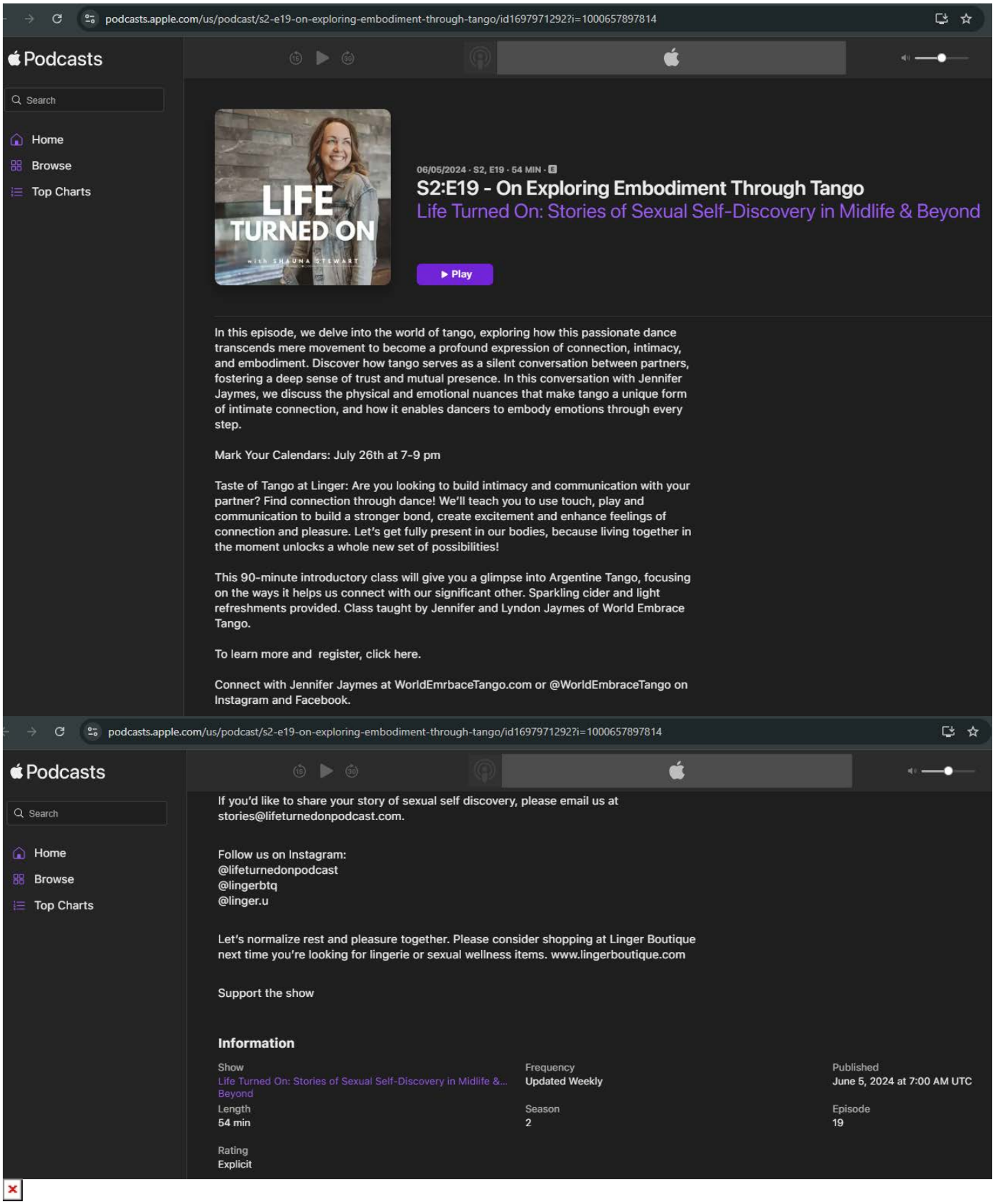
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e19-on-exploring-embodiment-through-tango/id1697971292?i=1000657897814

After DOI

*Discussion with a dancer from Olympia, Washington "S2:E19 - On Exploring Embodiment Through Tango" "In this episode, we delve into the world of tango, exploring how this passionate dance transcends mere movement to become a profound expression of connection, intimacy, and embodiment. Discover how tango serves as a silent conversation between partners, fostering a deep sense of trust and mutual presence. In this conversation with Jennifer Jaymes, we discuss the physical and emotional nuances that make tango a unique form of intimate connection, and how it enables dancers to embody emotions through every step. Mark Your Calendars: July 26th at 7-9 pm Taste of Tango at Linger: Are you looking to build intimacy and communication with your partner? Find connection through dance! We'll teach you to use touch, play and communication to build a stronger bond, create excitement and enhance feelings of connection and pleasure. Let's get fully present in our bodies, because living together in the moment unlocks a whole new set of possibilities! This 90-minute introductory class will give you a glimpse into Argentine Tango, focusing on the ways it helps us connect with our significant other. Sparkling cider and light refreshments provided. Class taught by Jennifer and Lyndon Jaymes of World Embrace Tango. To learn more and register, click here. Connect with Jennifer Jaymes at WorldEmrbaceTango.com or @WorldEmbraceTango on Instagram and Facebook. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s2-e19-on-exploring-embodiment-through-tango/id1697971292?i=1000657897814
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with SHAUNA STEWART
06/05/2024 · S2, E19 · 54 MIN · E
S2:E19 - On Exploring Embodiment Through Tango
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
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Taste of Tango at Linger: Are you looking to build intimacy and communication with your partner? Find connection through dance! We'll teach you to use touch, play and communication to build a stronger bond, create excitement and enhance feelings of connection and pleasure. Let's get fully present in our bodies, because living together in the moment unlocks a whole new set of possibilities!
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To learn more and register, click here.
Connect with Jennifer Jaymes at WorldEmrbaceTango.com or @WorldEmbraceTango on Instagram and Facebook.
podcasts.apple.com/us/podcast/s2-e19-on-exploring-embodiment-through-tango/id1697971292?i=1000657897814
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Updated Weekly
Published
June 5, 2024 at 7:00 AM UTC
Length
54 min
Season
2
Episode
19
Rating
Explicit

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System ID: 606206
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1375965476600965&id=100025625778766

Posted: Jun 06, 2024
Captured: Jul 07, 2025

After DOI

*Sex-toy advertisement and pictured holding them "Are you ready to meet the top-selling toys our community can’t get enough of? Here are the stars of our collection, guaranteed to elevate your most intimate moments: Aer - Mimics the flutter of a tongue and the suction of a mouth—perfect if sends you over the edge. Vibe - A discreet, easy-to-use 3-speed personal massager for internal and external use. Drop - Fits easily in your palm for versatile all-over stimulation. Intended as an all-body, erogenous zone body massager. Pom - Bending to your every whim, Pom is soft and flexible enough to conform to your hip movements and snuggle close to your . Ready to treat yourself or surprise your partner? Head to our bio link to shop now! Or come see us - we’re located right across from the Olympia Farmer’s Market."

facebook.com/permalink.php?story_fbid=1375965476600965&id=100025625778766

Linger Boutique's post

Linger Boutique
June 6, 2024 ·

Are you ready to meet the top-selling toys our community can't get enough of? Here are the stars of our collection, guaranteed to elevate your most intimate moments:

Aer - Mimics the flutter of a tongue and the suction of a mouth—perfect if 👅 sends you over the edge.

Vibe - A discreet, easy-to-use 3-speed personal massager for internal and external use.

Drop - Fits easily in your palm for versatile all-over stimulation. Intended as an all-body, erogenous zone body massager.

Pom - Bending to your every whim, Pom is soft and flexible enough to conform to your hip movements and snuggle close to your 😈.

Ready to treat yourself or surprise your partner? Head to our bio link to shop now! 🛒 Or come see us - we're located right across from the Olympia Farmer's Market.

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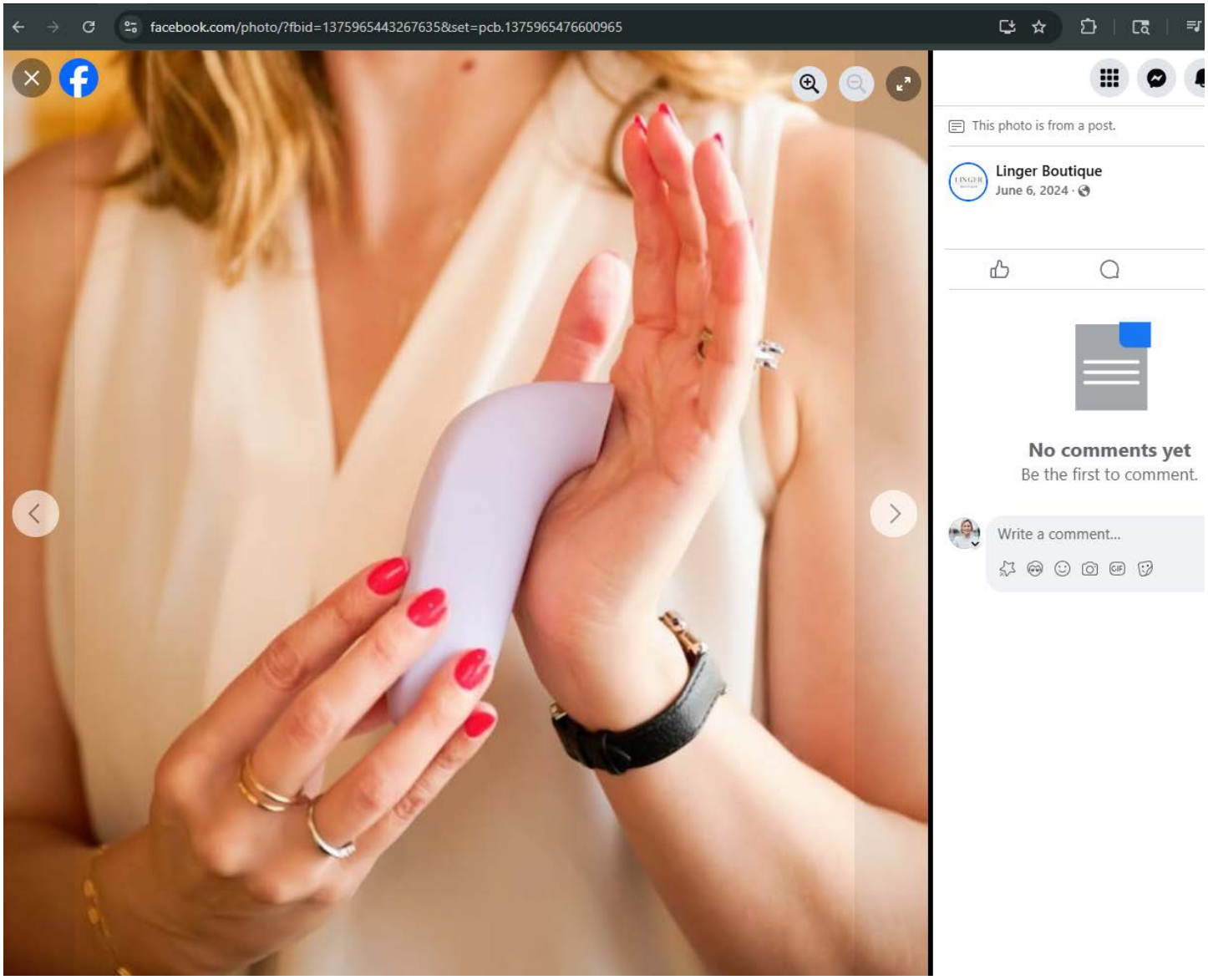
Linger Boutique's post

2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Linger Boutique
June 6, 2024 ·
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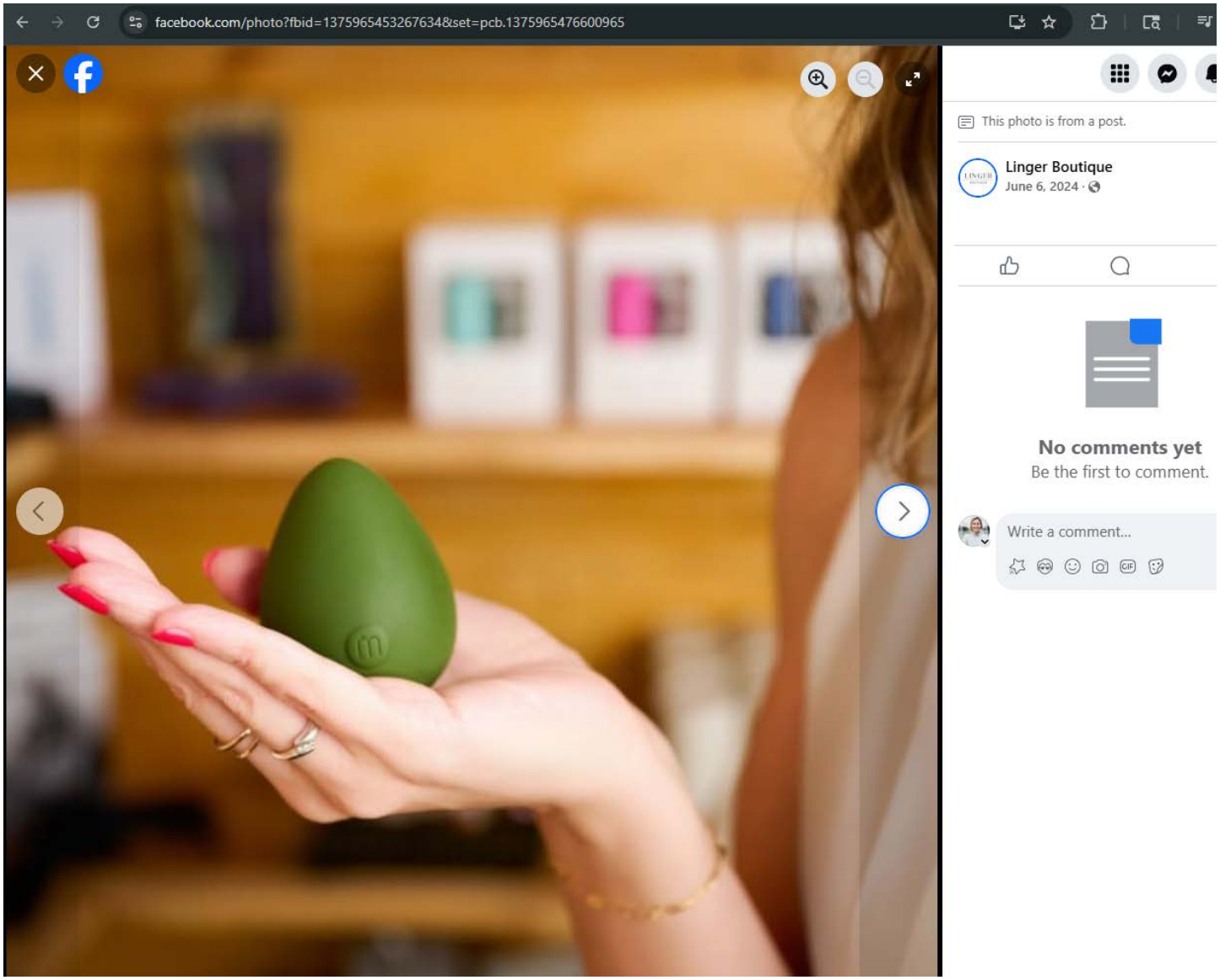
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Linger Boutique
June 6, 2024 ·
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System ID: 606200
Captured: Jul 07, 2025
Shauna Marie Stewart
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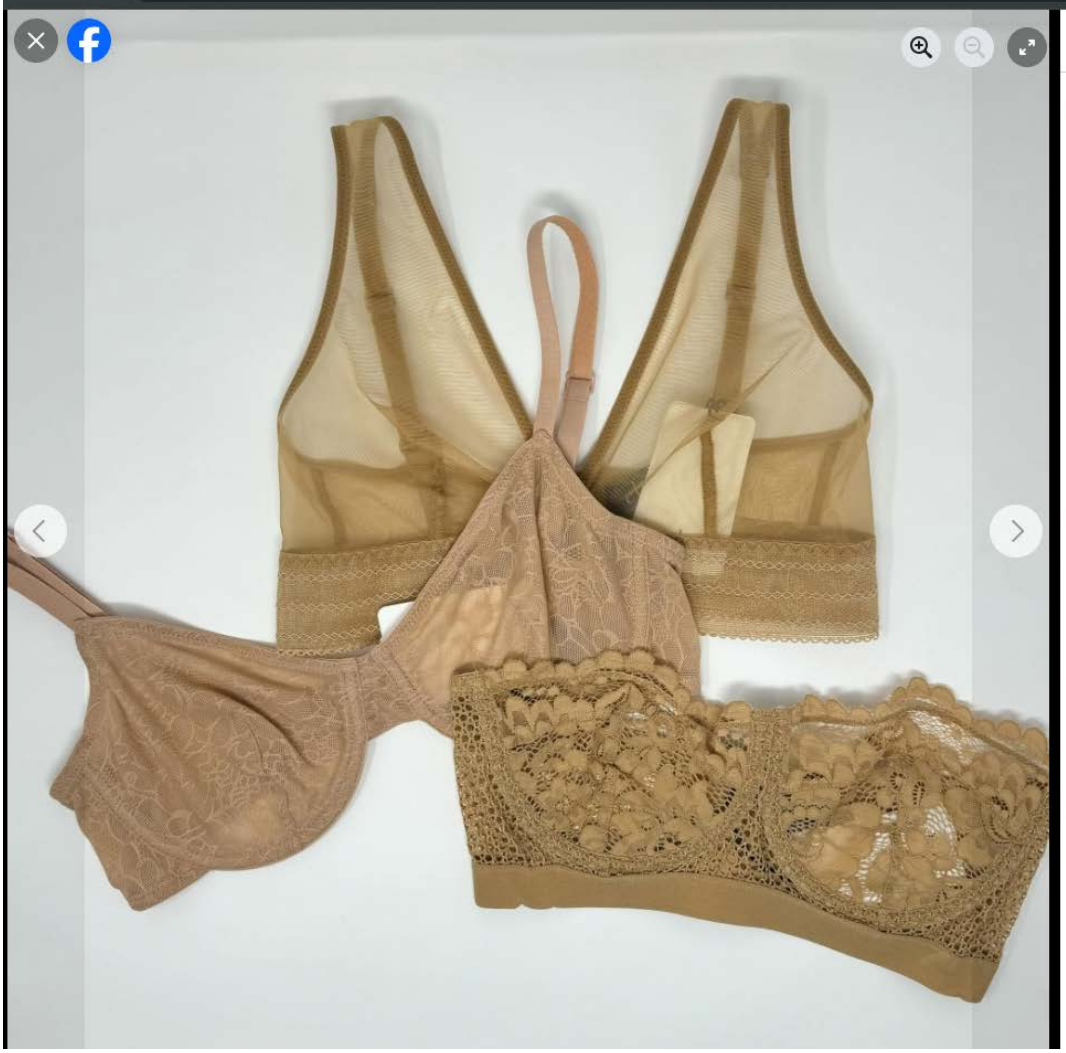
After DOI

*Lingerie advertisement and mentioned the benefits of being naked (confidence, enhanced well-being, body acceptance and natural connection) "Guess what? Spending more time naked (or close to it) can bring some pretty amazing benefits for your mind, body, and spirit. □ Boosts Confidence: Rocking your birthday suit helps you feel great about yourself, boosting that self-love. □ Enhances Well-being: Letting the sun and breeze kiss your skin can seriously lift your spirits and melt away stress. □♀ Promotes Body Acceptance: Being nude encourages you to appreciate all body types, leading to a healthier relationship with yourself and others. □ Natural Connection: It deepens our bond with nature, reminding us of our inherent freedom and beauty. For those days you can't frolic naked through a meadow, (we all have those, right?□) we have a beautiful collection of lingerie that help you feel fabulous and free. □ Shop in store or online! #welikeitslow #loveoly"

facebook.com/photo/?fbid=1377694173094762&set=a.982969869233863



Linger Boutique
June 9, 2024 ·

Guess what? Spending more time naked (or close to it) can bring some pretty amazing benefits for your mind, body, and spirit.

✨ Boosts Confidence: Rocking your birthday suit helps you feel great about yourself, boosting that self-love.

🌞 Enhances Well-being: Letting the sun and breeze kiss your skin can seriously lift your spirits and melt away stress.

🧘 Promotes Body Acceptance: Being nude encourages you to appreciate all body types, leading to a healthier relationship with yourself and others.

🌿 Natural Connection: It deepens our bond with nature, reminding us of our inherent freedom and beauty.

For those days you can't frolic naked through a meadow, (we all have those, right?😉) we have a beautiful collection of lingerie that help you feel fabulous and free. 😘

Shop in store or online!

#welikeitslow #loveoly See less
— in **Olympia, WA**.

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Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1379279176269595&id=100025625778766

Posted: Jun 12, 2024
Captured: Jul 07, 2025

After DOI

*Candle advertisement and mentioned that they can set the mood for romance and relaxation, and that connection end intimacy take time "Engaging the five senses can help quiet busy minds by bringing us back into our bodies. Massage candles tap into three of them: Sight: Candlelight can transform the ambiance of a room, setting the mood for romance and relaxation Scent: Take in the warming notes developed in a master scent house in Brooklyn (if you prefer unscented candles, you can skip this step but we've still got you covered) Touch: The softening jojoba oil can be poured gently onto the body and used as a massage oil, allowing your mind to wander to the sensations on your body, rather than that to-do list. Connection and intimacy take time, massage candles offer a lovely way to slow down and spend that time together. Available in store and online soon."

facebook.com/permalink.php?story_fbid=1379279176269595&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
June 12, 2024 ·

Engaging the five senses can help quiet busy minds by bringing us back into our bodies. Massage candles tap into three of them:

👀 Sight: Candlelight can transform the ambiance of a room, setting the mood for romance and relaxation

👃 Scent: Take in the warming notes developed in a master scent house in Brooklyn (if you prefer unscented candles, you can skip this step but we've still got you covered)

🖐 Touch: The softening jojoba oil can be poured gently onto the body and used as a massage oil, allowing your mind to wander to the sensations on your body, rather than that to-do list.

Connection and intimacy take time, massage candles offer a lovely way to slow down and spend that time together.

Available in store and online soon.

Other

Apple Podcasts | Posted: Jun 12, 2024

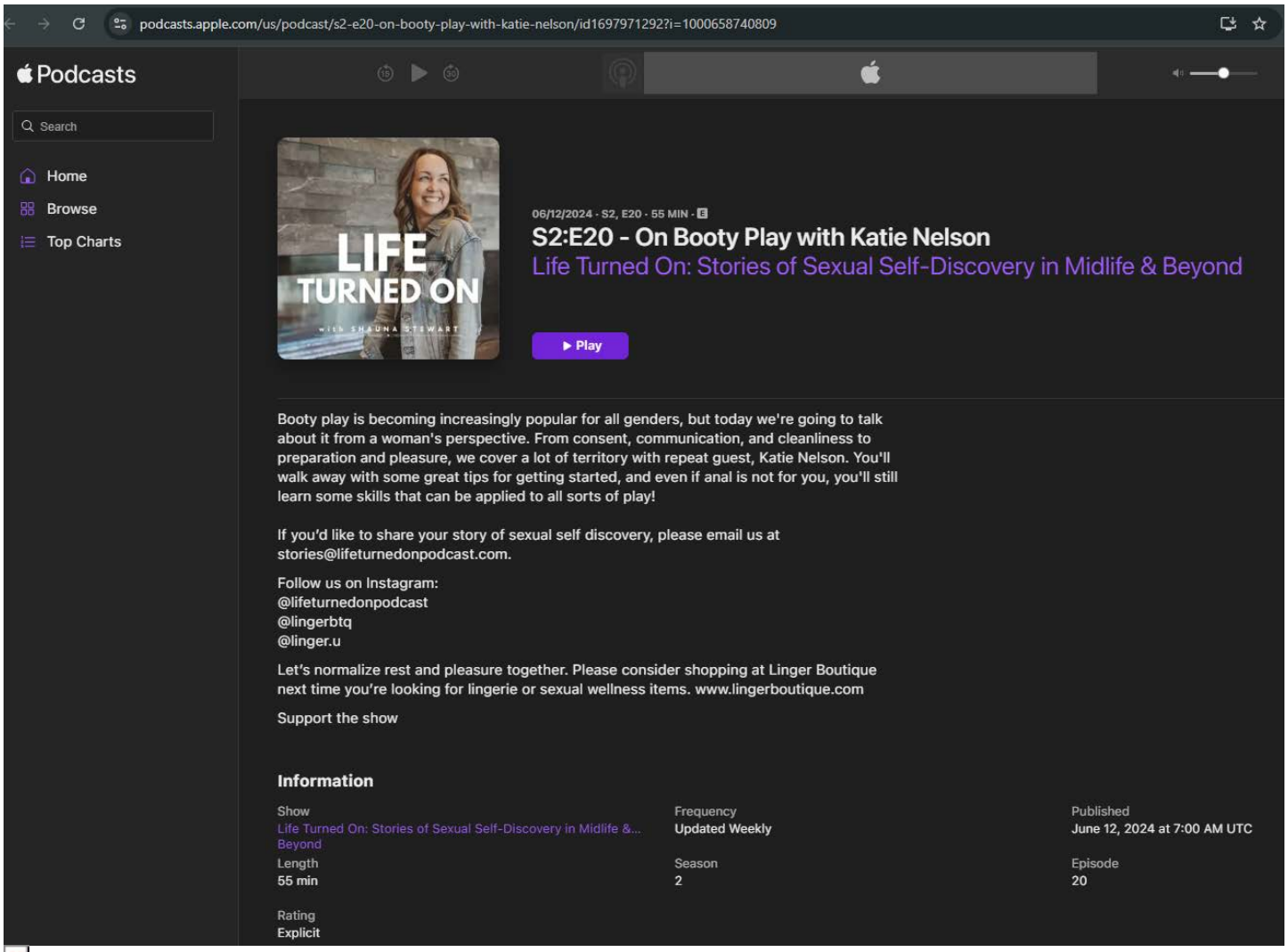
System ID: 607387 | Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e20-on-booty-play-with-katie-nelson/id1697971292?i=1000658740809

After DOI

"S2:E20 - On Booty Play with Katie Nelson" "Booty play is becoming increasingly popular for all genders, but today we're going to talk about it from a woman's perspective. From consent, communication, and cleanliness to preparation and pleasure, we cover a lot of territory with repeat guest, Katie Nelson. You'll walk away with some great tips for getting started, and even if anal is not for you, you'll still learn some skills that can be applied to all sorts of play! If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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06/12/2024 · S2, E20 · 55 MIN · E
S2:E20 - On Booty Play with Katie Nelson
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Play
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If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Episode
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Rating
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Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1380449036152609&id=100025625778766

Posted: Jun 14, 2024
Captured: Jul 07, 2025

After DOI

*Sleepwear advertisement "The set they’re talking about when they say, “get your beauty sleep.” Made with a flattering tulip racer back design and matching mid-rise bottoms with tulip hemming, you’ll feel extra flowy and breezy (aka, it’s made to move with every sleep position). Constructed of 100% Mulberry Washable Silk with naturally thermoregulating properties, you’re channeling that “not too hot, not too cold” kinda perfection. AND THAT COLOR!! □□□ Shop in store or online. #welikeitslow #loveoly rest #pajamas #sleepwear #laceywa #olympiawa #downtownolympia #tumwaterwa #tenino #tacoma #dupontwa"

facebook.com/permalink.php?story_fbid=1380449036152609&id=100025625778766

Linger Boutique's post

Linger Boutique
June 14, 2024 ·

The set they're talking about when they say, "get your beauty sleep."

Made with a flattering tulip racer back design and matching mid-rise bottoms with tulip hemming, you'll feel extra flowy and breezy (aka, it's made to move with every sleep position).

Constructed of 100% Mulberry Washable Silk with naturally thermoregulating properties, you're channeling that "not too hot, not too cold" kinda perfection.

AND THAT COLOR!! 🤩🤩🤩

Shop in store or online.

#welikeitslow #loveoly rest #pajamas #sleepwear #laceywa #olympiawa #downtownolympia #tumwaterwa #tenino #tacoma #dupontwa

facebook.com/permalink.php?story_fbid=1380449036152609&id=100025625778766

Linger Boutique's post

1

Facebook

profile.php?id=100025625778766
System ID: 606183
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1383717095825803&id=100025625778766

Posted: Jun 19, 2024
Captured: Jul 07, 2025

After DOI

*Shared information for her personalized subscription service; it included a Welcome Appointment, exclusive items, styling tips, free shipping. It was limited to seven members "NOW WELCOMING NEW MEMBERS! The Linger SUBCLUB, a personalized seasonal subscription service for lingerie lovers. Consider this your invitation into an intimate journey of fine lingerie. This seasonal subscription service is for those who know what they like and are open to exploring new things while testing the edges of their comfort zone. As your SUBCLUB guide, I'll get to know what you like, what you don't, and ask for your trust as I curate your lingerie collection with a thoughtful range of pieces, exclusively available to SUBCLUB members. THE LINGER SUBCLUB INCLUDES: An in-person or virtual Welcome Appointment to get to know you, your measurements, and your style preferences Exclusively selected pieces you won't find offered in our boutique Personalized styling tips Free shipping LUCKY SEVEN Each quarter, only seven lucky members are welcomed into the SUBCLUB. This gives us the ability to offer exceptional time and attention to each member, ensuring we can deliver the most personalized service and selections. Once filled for the season, we will start a waitlist. Those on the waitlist will get first access to the next season's entry. JOIN US Tap the link in bio to become a member now! #welikeitslow #loveoly #lingerielover #laceywa #tumwaterwa #olympiawa"

facebook.com/permalink.php?story_fbid=1383717095825803&id=100025625778766

Linger Boutique's post

Linger Boutique
June 19, 2024 ·

NOW WELCOMING NEW MEMBERS! The Linger SUBCLUB, a personalized seasonal subscription service for lingerie lovers.

Consider this your invitation into an intimate journey of fine lingerie.

This seasonal subscription service is for those who know what they like and are open to exploring new things while testing the edges of their comfort zone.

As your SUBCLUB guide, I'll get to know what you like, what you don't, and ask for your trust as I curate your lingerie collection with a thoughtful range of pieces, exclusively available to SUBCLUB members.

THE LINGER SUBCLUB INCLUDES:

An in-person or virtual Welcome Appointment to get to know you, your measurements, and your style preferences

Exclusively selected pieces you won't find offered in our boutique

Personalized styling tips

Free shipping

LUCKY SEVEN

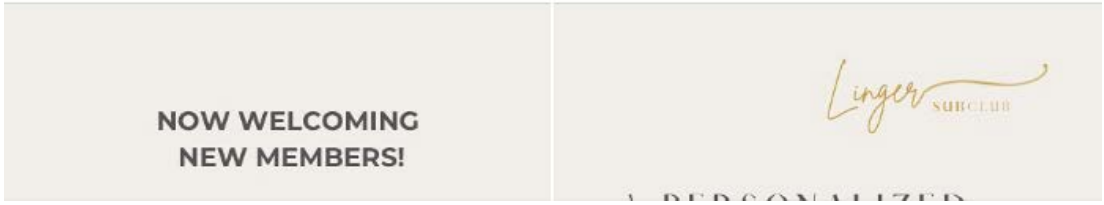
Each quarter, only seven lucky members are welcomed into the SUBCLUB. This gives us the ability to offer exceptional time and attention to each member, ensuring we can deliver the most personalized service and selections.

Once filled for the season, we will start a waitlist. Those on the waitlist will get first access to the next season's entry.

JOIN US

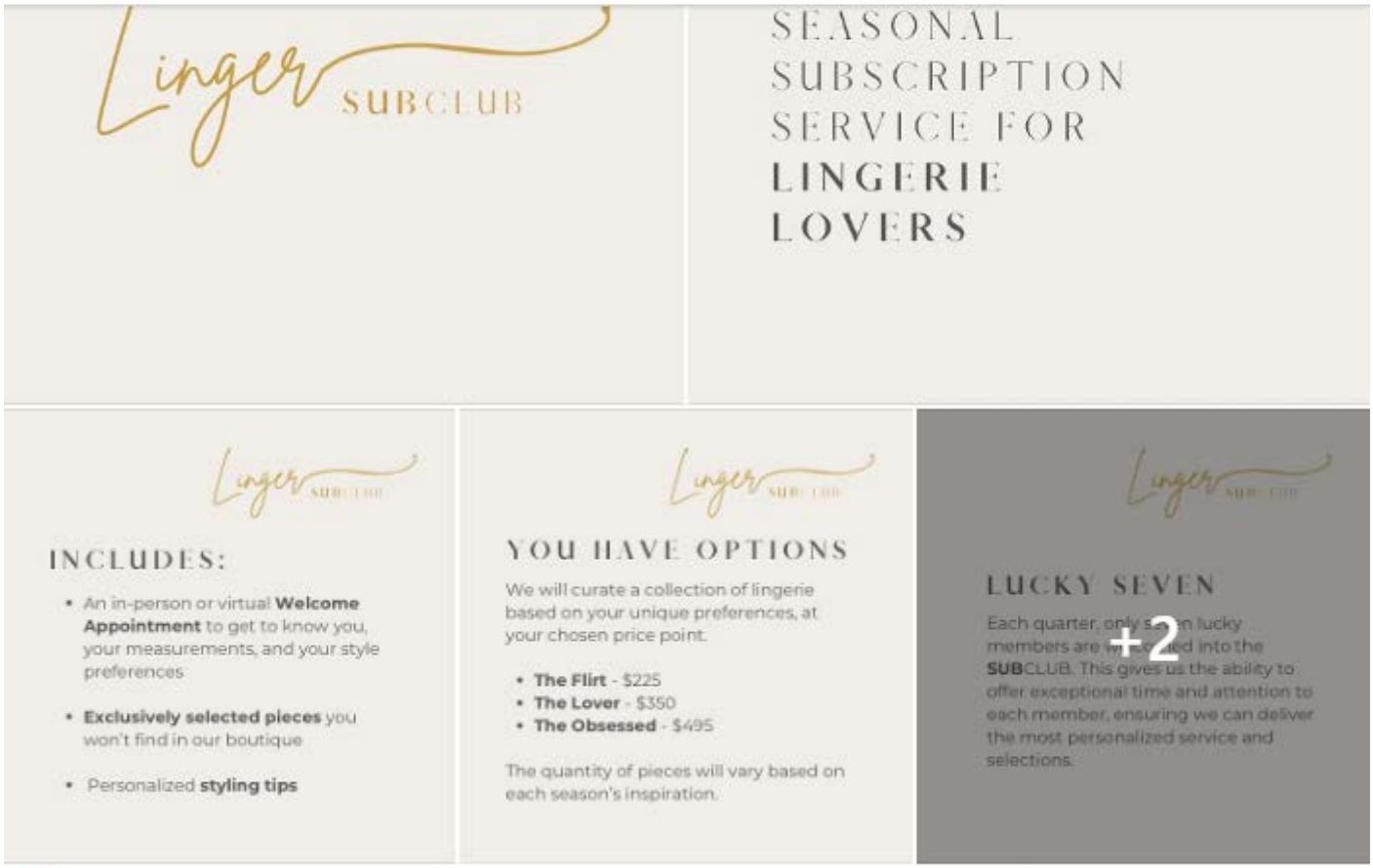
Tap the link in bio to become a member now!

#welikeitslow #loveoly #lingerielover #laceywa #tumwaterwa #olympiawa



facebook.com/permalink.php?story_fbid=1383717095825803&id=100025625778766

Linger Boutique's post



1

1 share

Other

Apple Podcasts | Posted: Jun 19, 2024

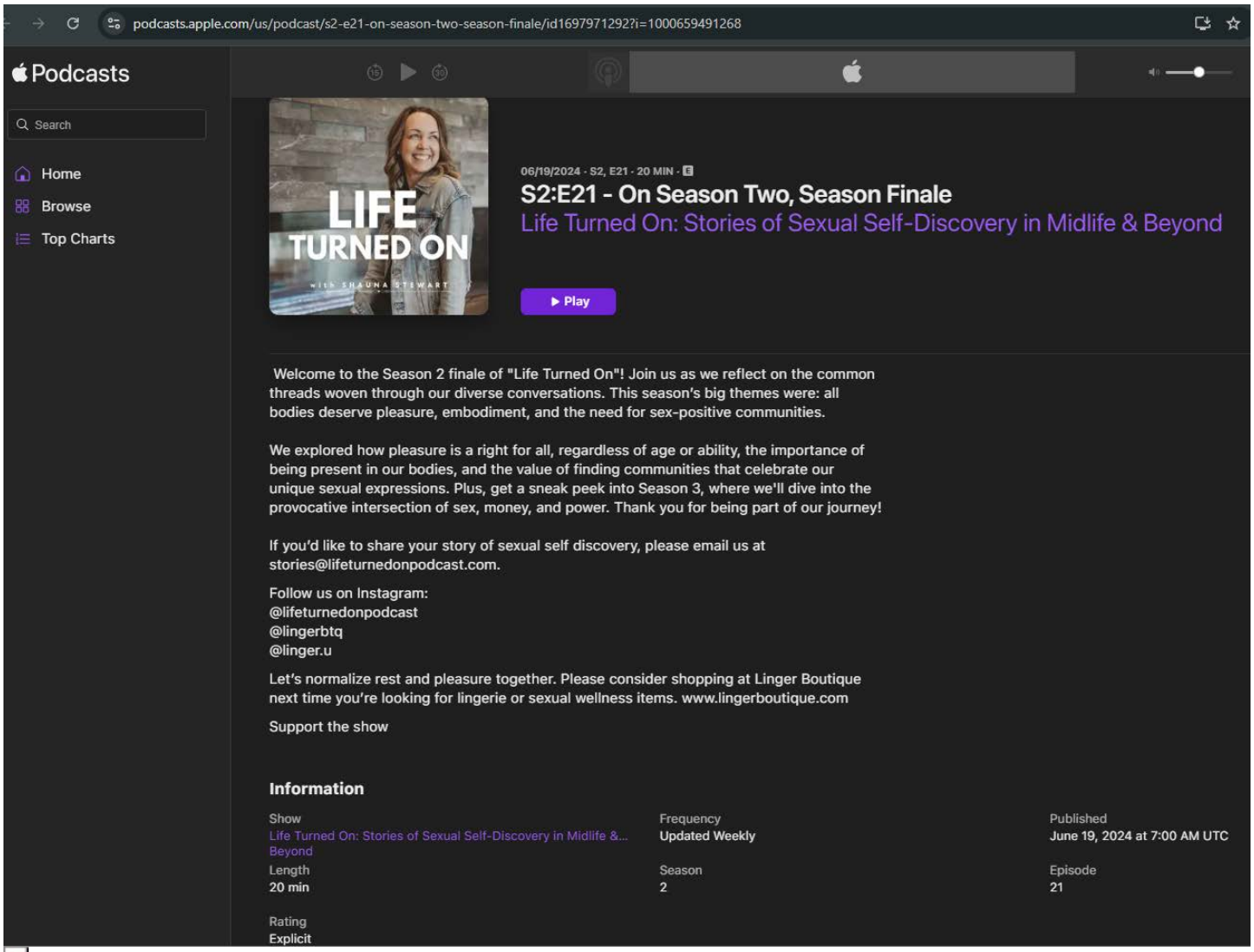
System ID: 607385 | Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s2-e21-on-season-two-season-finale/id1697971292?i=1000659491268

After DOI

*Solo episode reflecting on the season's themes "S2:E21 - On Season Two, Season Finale" "Welcome to the Season 2 finale of "Life Turned On"! Join us as we reflect on the common threads woven through our diverse conversations. This season’s big themes were: all bodies deserve pleasure, embodiment, and the need for sex-positive communities. We explored how pleasure is a right for all, regardless of age or ability, the importance of being present in our bodies, and the value of finding communities that celebrate our unique sexual expressions. Plus, get a sneak peek into Season 3, where we'll dive into the provocative intersection of sex, money, and power. Thank you for being part of our journey! If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @lingerbtq @linger.u Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s2-e21-on-season-two-season-finale/id1697971292?i=1000659491268
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LIFE TURNED ON
06/19/2024 · S2, E21 · 20 MIN · E
S2:E21 - On Season Two, Season Finale
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Welcome to the Season 2 finale of "Life Turned On"! Join us as we reflect on the common threads woven through our diverse conversations. This season's big themes were: all bodies deserve pleasure, embodiment, and the need for sex-positive communities.
We explored how pleasure is a right for all, regardless of age or ability, the importance of being present in our bodies, and the value of finding communities that celebrate our unique sexual expressions. Plus, get a sneak peek into Season 3, where we'll dive into the provocative intersection of sex, money, and power. Thank you for being part of our journey!
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast
@lingerbtq
@linger.u
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
Support the show
Information
Show
Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
June 19, 2024 at 7:00 AM UTC
Length
20 min
Season
2
Episode
21
Rating
Explicit

Instagram

linger.u

System ID: 609491

Shauna Marie Stewart

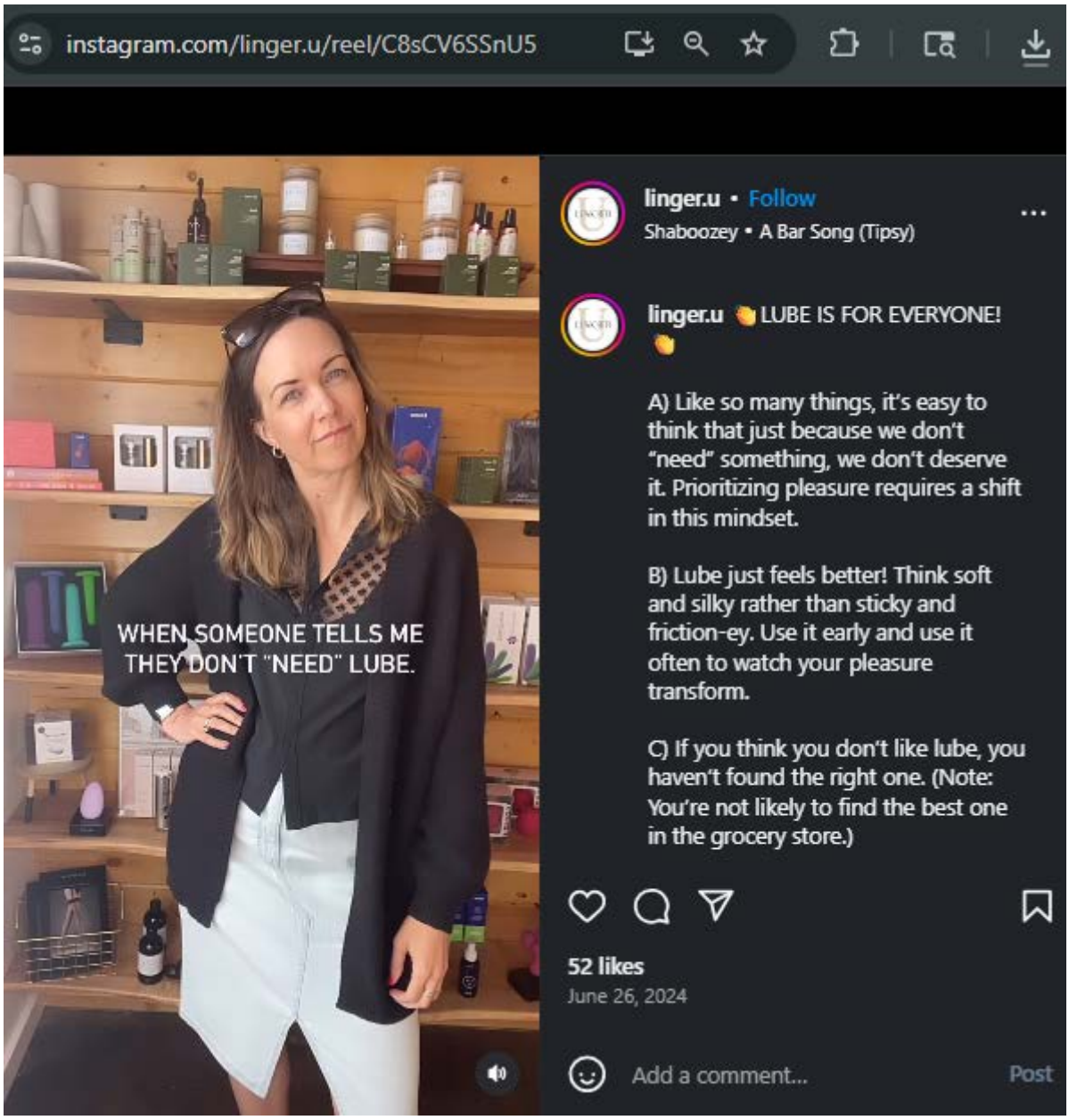
https://www.instagram.com/linger.u/reel/C8sCV6SSnU5

Posted: Jun 26, 2024

Captured: Jul 10, 2025

After DOI

"LUBE IS FOR EVERYONE! A) Like so many things, it’s easy to think that just because we don’t “need” something, we don’t deserve it. Prioritizing pleasure requires a shift in this mindset. B) Lube just feels better! Think soft and silky rather than sticky and friction-ey. Use it early and use it often to watch your pleasure transform. C) If you think you don’t like lube, you haven’t found the right one. (Note: You’re not likely to find the best one in the grocery store.) D.) Some people DO need lube regardless of age, health or arousal. When we stop fearing and stigmatizing things, we can open up a whole new world of exploration and sensation for ourselves and for others. If you need to upgrade your lube experience, save this reel as a reminder to come see us! Shop in store and online. We’re happy to guide you to the right one for you. #welikeitslow #loveoly #beloved #uberlube #couples"



Link to download video

Facebook

profile.php?id=100025625778766
System ID: 606175
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1388337205363792&id=100025625778766

Posted: Jun 27, 2024
Captured: Jul 07, 2025

After DOI

*Lingerie advertisement "□ It’s Bridal Season! □ If you’re looking for the perfect gift for a bride-to-be or want to treat yourself to something truly special, we invite you to consider our elegant bridal lingerie collection. Designed for that unforgettable day and beyond, these pieces are crafted with luxurious fabrics and stunning details. You’ll want to wear them over and over again. □□ □ Celebrate in Style □ Timeless Elegance □ Luxurious Comfort Save this post as a reminder or send it to a friend, then shop in store and online! #welikeitslow #loveoly #seattlebrides #pnwbride #olympiaweddings"

facebook.com/permalink.php?story_fbid=1388337205363792&id=100025625778766

Linger Boutique's post

Linger Boutique
June 27, 2024 ·

✨ It's Bridal Season! ✨

If you're looking for the perfect gift for a bride-to-be or want to treat yourself to something truly special, we invite you to consider our elegant bridal lingerie collection.

Designed for that unforgettable day and beyond, these pieces are crafted with luxurious fabrics and stunning details. You'll want to wear them over and over again. 💐💍

👰 Celebrate in Style

💖 Timeless Elegance

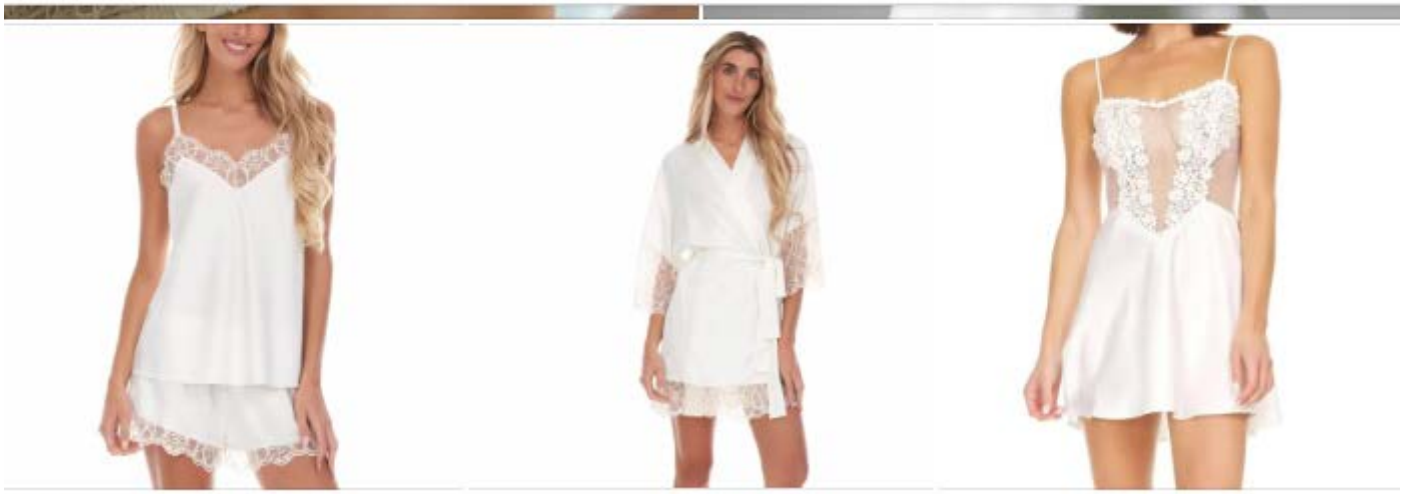
🌟 Luxurious Comfort

Save this post as a reminder or send it to a friend, then shop in store and online!

#welikeitslow #loveoly #seattlebrides #pnwbride #olympiaweddings

facebook.com/permalink.php?story_fbid=1388337205363792&id=100025625778766

Linger Boutique's post



1

Instagram

linger.u

Posted: Jun 28, 2024

System ID: 609494

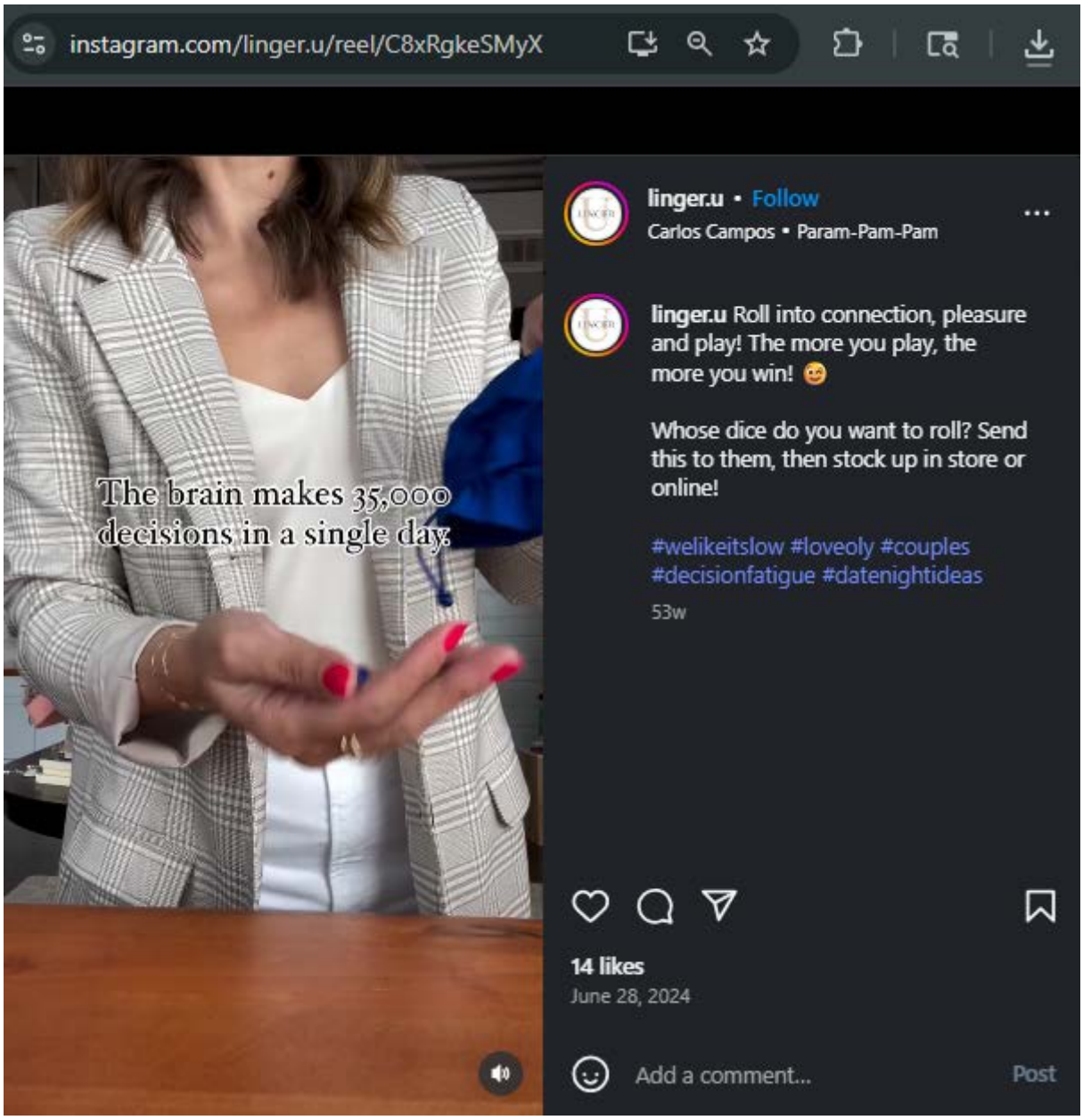
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/C8xRgkeSMyX

After DOI

"Roll into connection, pleasure and play! The more you play, the more you win! □ Whose dice do you want to roll? Send this to them, then stock up in store or online! #welikeitslow #loveoly #couples #decisionfatigue #datenightideas"



Link to download video

Facebook

profile.php?id=100025625778766

System ID: 606168

Shauna Marie Stewart

Posted: Jul 05, 2024

Captured: Jul 07, 2025

https://www.facebook.com/permalink.php?story_fbid=1393433221520857&id=100025625778766

After DOI

*Shared the company's Instagram account and mentioned that this account transitioned to focusing on sexual wellness products and education "BIG NEWS! □ Due to a number of BTS complications, we have added a second IG account to better serve YOU and grow our small business. This account has transitioned to Linger U for all things sexual wellness products and education. Coaching services are coming soonish, so stay tuned! Please follow @lingerbtq for all things lingerie and sleepwear. Both accounts will work together to normalize rest and pleasure, but with a slightly different focus on each. Small business is a grand experiment and we sincerely appreciate all the ways you support and play with us! We look forward to evolving with you! Follow @lingerbtq now! #welikeitslow #loveoly #olympiawa #laceywa #tumwaterwa"

facebook.com/permalink.php?story_fbid=1393433221520857&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
July 5, 2024 ·

BIG NEWS! 🎉 Due to a number of BTS complications, we have added a second IG account to better serve YOU and grow our small business.

This account has transitioned to Linger U for all things sexual wellness products and education. Coaching services are coming soonish, so stay tuned!

Please follow @lingerbtq for all things lingerie and sleepwear.

Both accounts will work together to normalize rest and pleasure, but with a slightly different focus on each.

Small business is a grand experiment and we sincerely appreciate all the ways you support and play with us! We look forward to evolving with you!

Follow @lingerbtq now!

#welikeitslow #loveoly #olympiawa #laceywa #tumwaterwa

facebook.com/permalink.php?story_fbid=1393433221520857&id=100025625778766

Linger Boutique's post

2

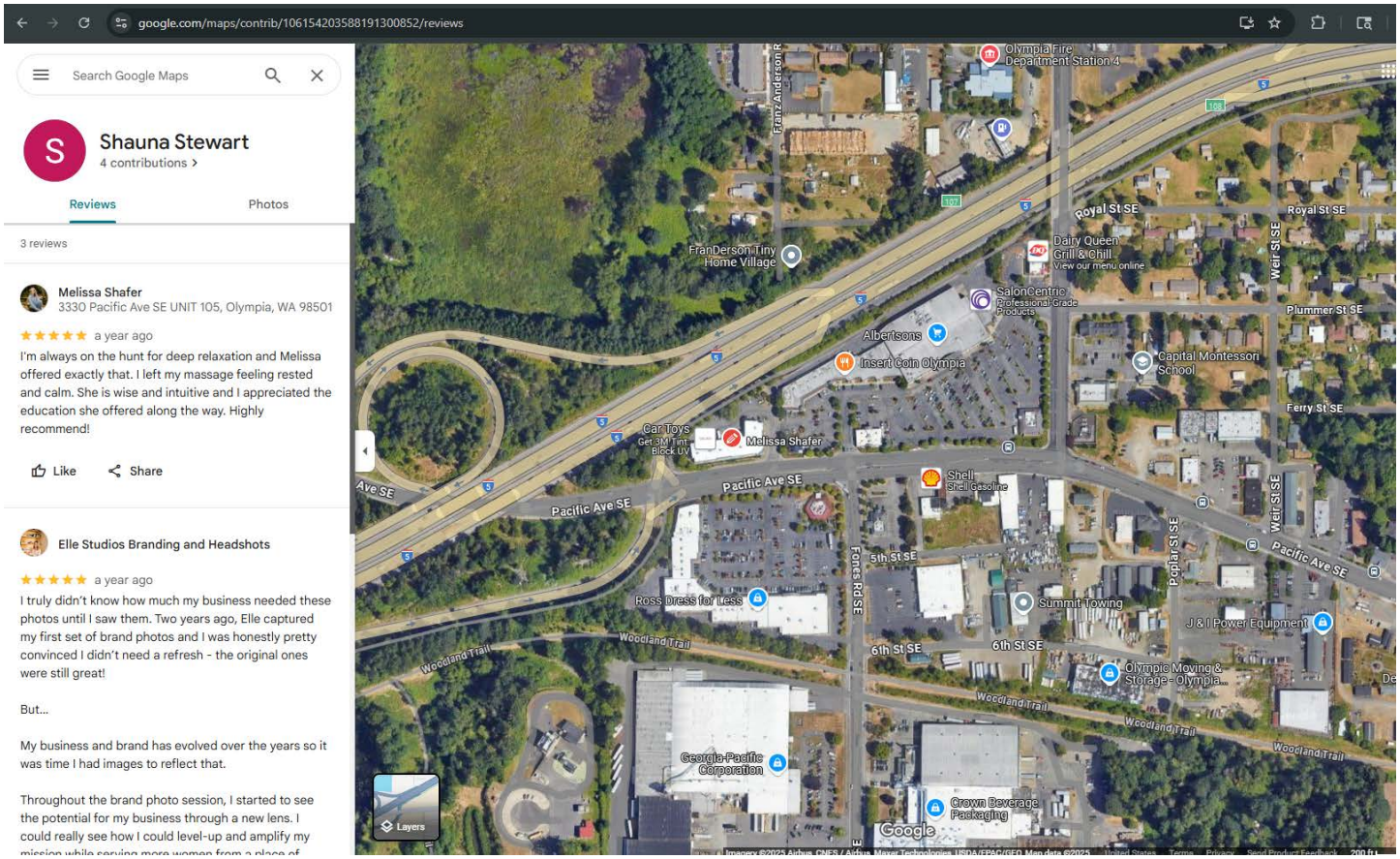
Other

Google Reviews
System ID: 606333
Shauna Marie Stewart
https://www.google.com/maps/contrib/106154203588191300852/reviews

Posted: Jul 07, 2024
Captured: Jul 07, 2025

After DOI

*Email address, shauna@lingerboutique.com, led to an account with 3 reviews for a nutritionist, photography studio, and life coach *Most recent activity was a 5-star review for Melissa Shafer in Olympia, Washington, and mentioned a massage "I'm always on the hunt for deep relaxation and Melissa offered exactly that. I left my massage feeling rested and calm. She is wise and intuitive and I appreciated the education she offered along the way. Highly recommend!" *Jan - July 2024: 5-star review for Elle Studios Branding and Headshots "I truly didn't know how much my business needed these photos until I saw them. Two years ago, Elle captured my first set of brand photos and I was honestly pretty convinced I didn't need a refresh - the original ones were still great! But… My business and brand has evolved over the years so it was time I had images to reflect that. Throughout the brand photo session, I started to see the potential for my business through a new lens. I could really see how I could level-up and amplify my mission while serving more women from a place of confidence and strength. What I love about my images is that Elle captured a holistic picture of who I am as a person and what my brand stands for. Even different parts of my personality shined through, giving my audience a more authentic understanding of who I am: thoughtful, sexy, powerful, playful, and at peace. In addition to beautiful photos, I'm also walking away with some inspired ideas for how to use these images alongside meaningful content and education for my customers. Throughout the session, Elle would paint a picture of how each image could be used, which then sparked my own imagination as well. I've sat in on a lot of stuffy brand strategy sessions over the years - this was better. The brand shoot with Elle gave me clarity, confidence, and a plan." *2023: 5-star review for Erickaday Coaching and mentioned a big life transformation "A rarity in the coaching world, Ericka leads from the inside out, rather than the outside in. She gets to the heart and soul of good living, by helping you get clear on what matters most. After a big life transformation, Ericka helped me get clear on my values then gave me the tools to live with confidence and freedom within the context of these values. I've recommended her for speaking events and to friends who desire a more beautiful and meaningful life than the one we've been sold."


google.com/maps/contrib/106154203588191300852/reviews
Search Google Maps
Shauna Stewart
4 contributions
Reviews
Photos
3 reviews
Melissa Shafer
3330 Pacific Ave SE UNIT 105, Olympia, WA 98501
a year ago
I'm always on the hunt for deep relaxation and Melissa offered exactly that. I left my massage feeling rested and calm. She is wise and intuitive and I appreciated the education she offered along the way. Highly recommend!
Like
Share
Elle Studios Branding and Headshots
a year ago
I truly didn't know how much my business needed these photos until I saw them. Two years ago, Elle captured my first set of brand photos and I was honestly pretty convinced I didn't need a refresh - the original ones were still great!
But...
My business and brand has evolved over the years so it was time I had images to reflect that.
Throughout the brand photo session, I started to see the potential for my business through a new lens. I could really see how I could level-up and amplify my
Olympia Fire Department Station 4
Franz Anderson R
Royal St SE
Dairy Queen Grill & Chill
View our menu online
FranDerson Tiny Home Village
SalonCentric
Professional Grade Products
Albertsons
Insert Coin Olympia
Capital Montessori School
Plummer St SE
Ferry St SE
Weir St SE
Car Toys
Melissa Shafer
Pacific Ave SE
Shell
Shell Gasoline
5th St SE
Forces Rd SE
Poplar St SE
Ross Dress for Less
Summit Towing
J & I Power Equipment
Woodland Trail
6th St SE
Olympic Moving & Storage - Olympia...
Georgia-Pacific Corporation
Crown Beverage Packaging
Layers
Google

google.com/maps/contrib/106154203588191300852/reviews...

Search Google Maps

S

Shauna Stewart

4 contributions >

Reviews Photos

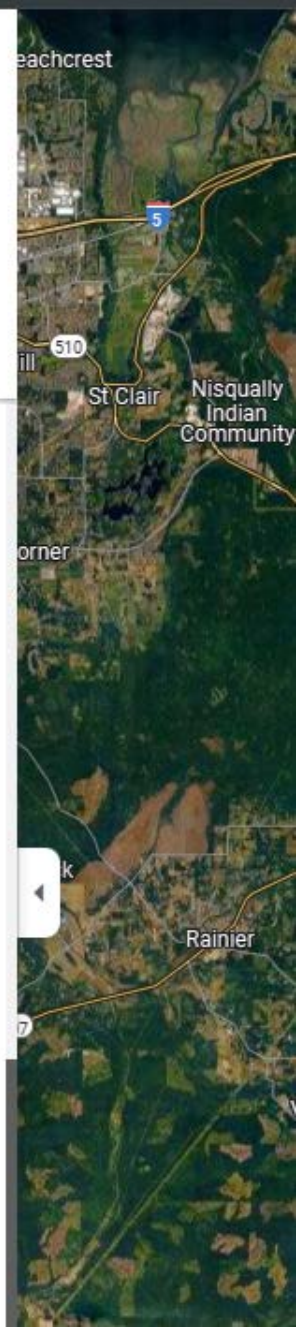
mission while serving more women from a place of confidence and strength.

What I love about my images is that Elle captured a holistic picture of who I am as a person and what my brand stands for. Even different parts of my personality shined through, giving my audience a more authentic understanding of who I am: thoughtful, sexy, powerful, playful, and at peace.

In addition to beautiful photos, I'm also walking away with some inspired ideas for how to use these images alongside meaningful content and education for my customers. Throughout the session, Elle would paint a picture of how each image could be used, which then sparked my own imagination as well.

I've sat in on a lot of stuffy brand strategy sessions over the years - this was better. The brand shoot with Elle gave me clarity, confidence, and a plan.

Like Share



google.com/maps/contrib/106154203588191300852/reviews...

Search Google Maps

S

Shauna Stewart

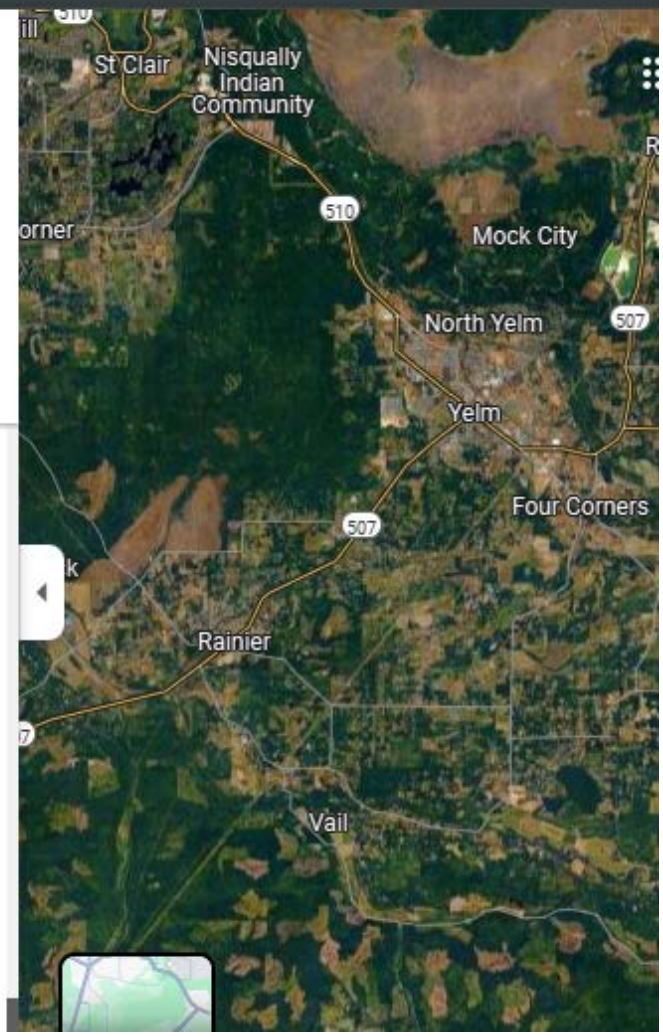
4 contributions >

Reviews Photos

Erickaday Coaching

★★★★★ 2 years ago

A rarity in the coaching world, Ericka leads from the inside out, rather than the outside in. She gets to the heart and soul of good living, by helping you get clear on what matters most. After a big life transformation, Ericka helped me get clear on my values then gave me the tools to live with confidence and freedom within the context of these values. I've recommended her for speaking events and to friends who desire a more beautiful and meaningful life than the one we've been sold.



Facebook

profile.php?id=100025625778766
System ID: 606164
Shauna Marie Stewart

Posted: Jul 07, 2024
Captured: Jul 07, 2025

https://www.facebook.com/permalink.php?story_fbid=1394628161401363&id=100025625778766

After DOI

*Shared books that were available for purchase "When we got together, Hubs and I committed to some form of relationship development work every year. Sometimes that’s looked like reading a book together, others it’s looked like getting away while listening to a podcast, and sometimes it was counseling. One year it was starting a small business. □ Continually learning together draws us closer to one another while inviting us to learn about ourselves as individuals, as well. It sparks engaging and meaningful conversations and keeps us focused on creating a healthy and pleasure filled relationship together. If you’re interested in learning something new as a couple or individual, we invite you to browse the books we offer in store and online. If you need specific recommendations, we’re happy to help with that too! □ #welikeitslow #sexeducation #loveoly #downtolympia #supportlocal"

facebook.com/permalink.php?story_fbid=1394628161401363&id=100025625778766

Linger Boutique's post

Linger Boutique is in **Olympia, WA**.
July 7, 2024 ·

When we got together, Hubs and I committed to some form of relationship development work every year. Sometimes that's looked like reading a book together, others it's looked like getting away while listening to a podcast, and sometimes it was counseling. One year it was starting a small business. 😉

Continually learning together draws us closer to one another while inviting us to learn about ourselves as individuals, as well. It sparks engaging and meaningful conversations and keeps us focused on creating a healthy and pleasure filled relationship together.

If you're interested in learning something new as a couple or individual, we invite you to browse the books we offer in store and online. If you need specific recommendations, we're happy to help with that too! 🤓

#welikeitslow #sexeducation #loveoly #downtolympia #supportlocal

Facebook

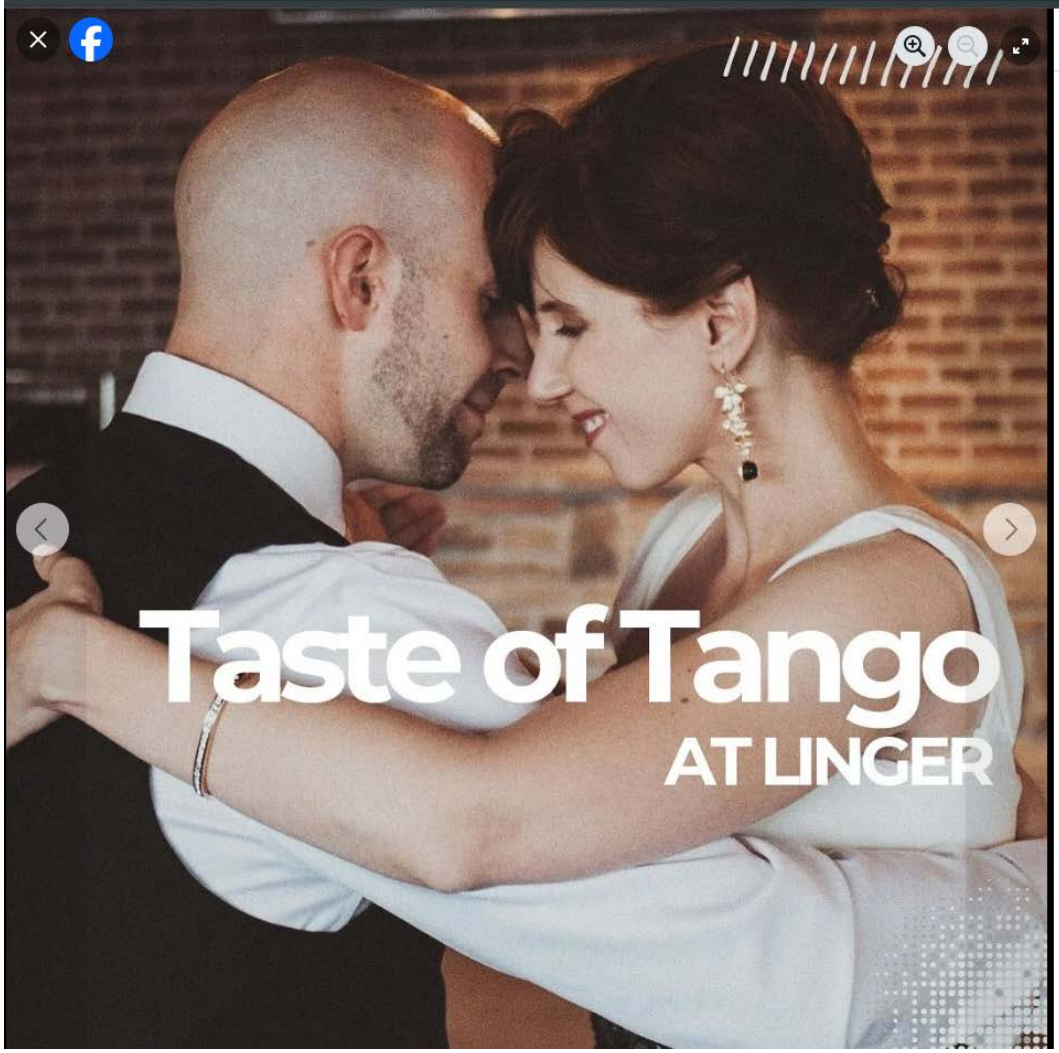
profile.php?id=100025625778766
System ID: 606163
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1395831764614336&id=100025625778766

Posted: Jul 09, 2024
Captured: Jul 07, 2025

After DOI

*Advertised 90-minute introductory class to Argentine Tango, taught by associates, on July 26th from 7-9 pm "Are you looking to build intimacy and communication with your partner? Find connection through dance! We'll teach you to use touch, play and communication to build a stronger bond, create excitement and enhance feelings of connection and pleasure. Let's get fully present in our bodies, because living together in the moment unlocks a whole new set of possibilities! This 90-minute introductory class will give you a glimpse into Argentine Tango, focusing on the ways it helps us connect with our significant other. Sparkling cider and light refreshments provided. Class taught by Jennifer and Lyndon Jaymes of World Embrace Tango. @worldembracetango July 26th, 7-9 PM All genders welcome. Space is limited. Head to the link in bio to get registered! □ #welikeitslow #loveoly #datenight #olympiawa"

facebook.com/photo/?fbid=1395831747947671&set=a.982969869233863



Linger Boutique
July 9, 2024 ·

Are you looking to build intimacy and communication with your partner? Find connection through dance!

We'll teach you to use touch, play and communication to build a stronger bond, create excitement and enhance feelings of connection and pleasure. Let's get fully present in our bodies, because living together in the moment unlocks a whole new set of possibilities!

This 90-minute introductory class will give you a glimpse into Argentine Tango, focusing on the ways it helps us connect with our significant other.

Sparkling cider and light refreshments provided. Class taught by Jennifer and Lyndon Jaymes of World Embrace Tango. **@worldembracetango**

July 26th, 7-9 PM
All genders welcome. Space is limited.

Head to the link in bio to get registered! 💃

#welikeitslow #loveoly #datenight #olympiawa
See less
— in **Olympia, WA.**

2 1 4

All comments

Tracy Mills
Awwwwe! Jen and Lyndon! 🌝

Write a comment...

Facebook

shauna.stewart.64018

System ID: 606146

Shauna Marie Stewart

https://www.facebook.com/shauna.stewart.64018/posts/122181980240035988

Posted: Jul 27, 2024

Captured: Jul 03, 2025

After DOI

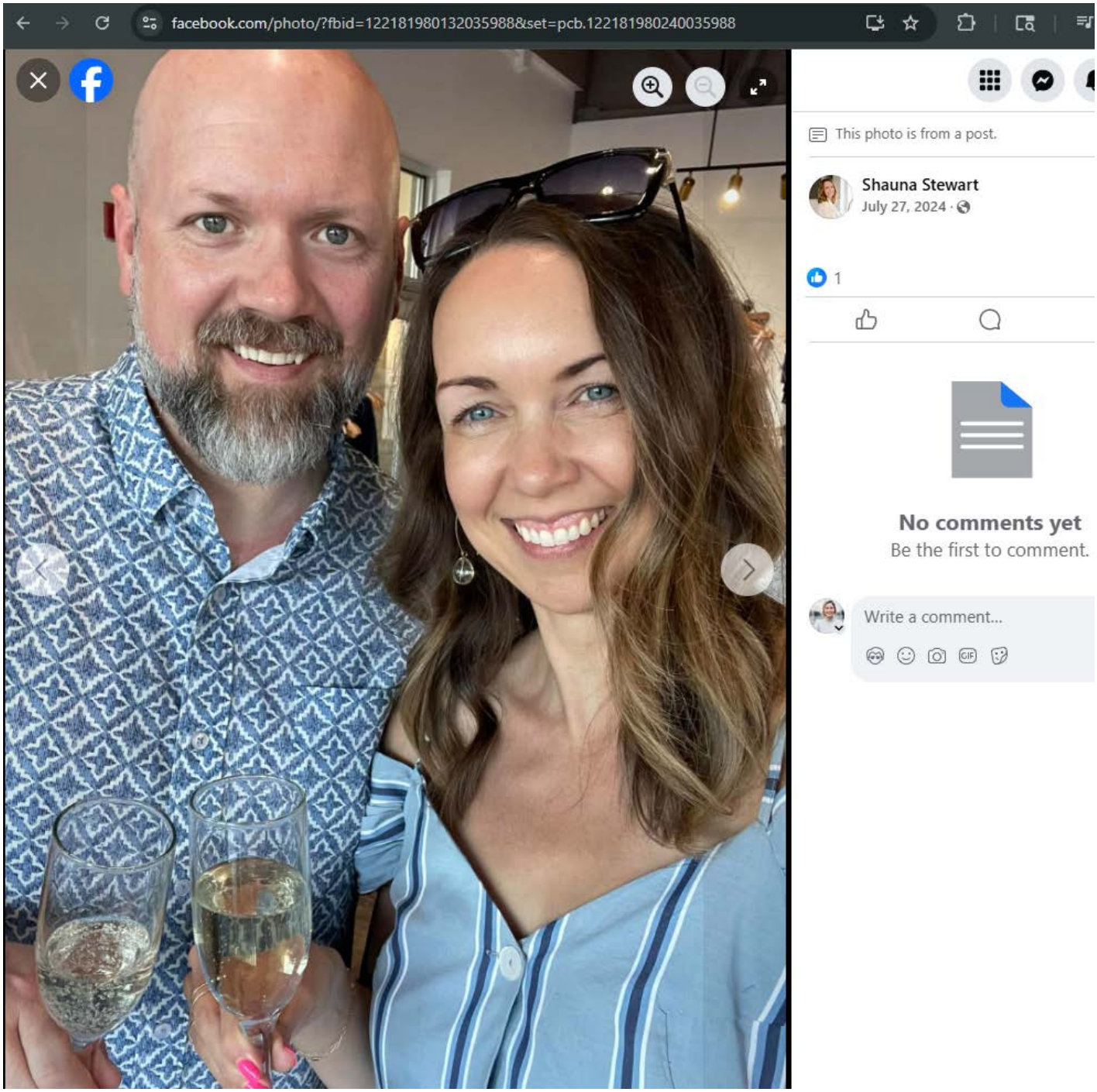
*Thanked people for wishing her a happy birthday and shared pictures of her and her husband holding champagne/wine glasses and hiked Wagonwheel Lake trail in Hoodsport, Washington "Thank you all for the thoughtful birthday wishes. I had an amazing time celebrating life."

facebook.com/shauna.stewart.64018/posts/122181980240035988

Shauna Stewart's post

Shauna Stewart
July 27, 2024 ·

Thank you all for the thoughtful birthday wishes. I had an amazing time celebrating life.


facebook.com/photo/?fbid=122181980132035988&set=pcb.122181980240035988
This photo is from a post.
Shauna Stewart
July 27, 2024 ·
1
No comments yet
Be the first to comment.
Write a comment...

Instagram

linger.u

System ID: 609408

Shauna Marie Stewart

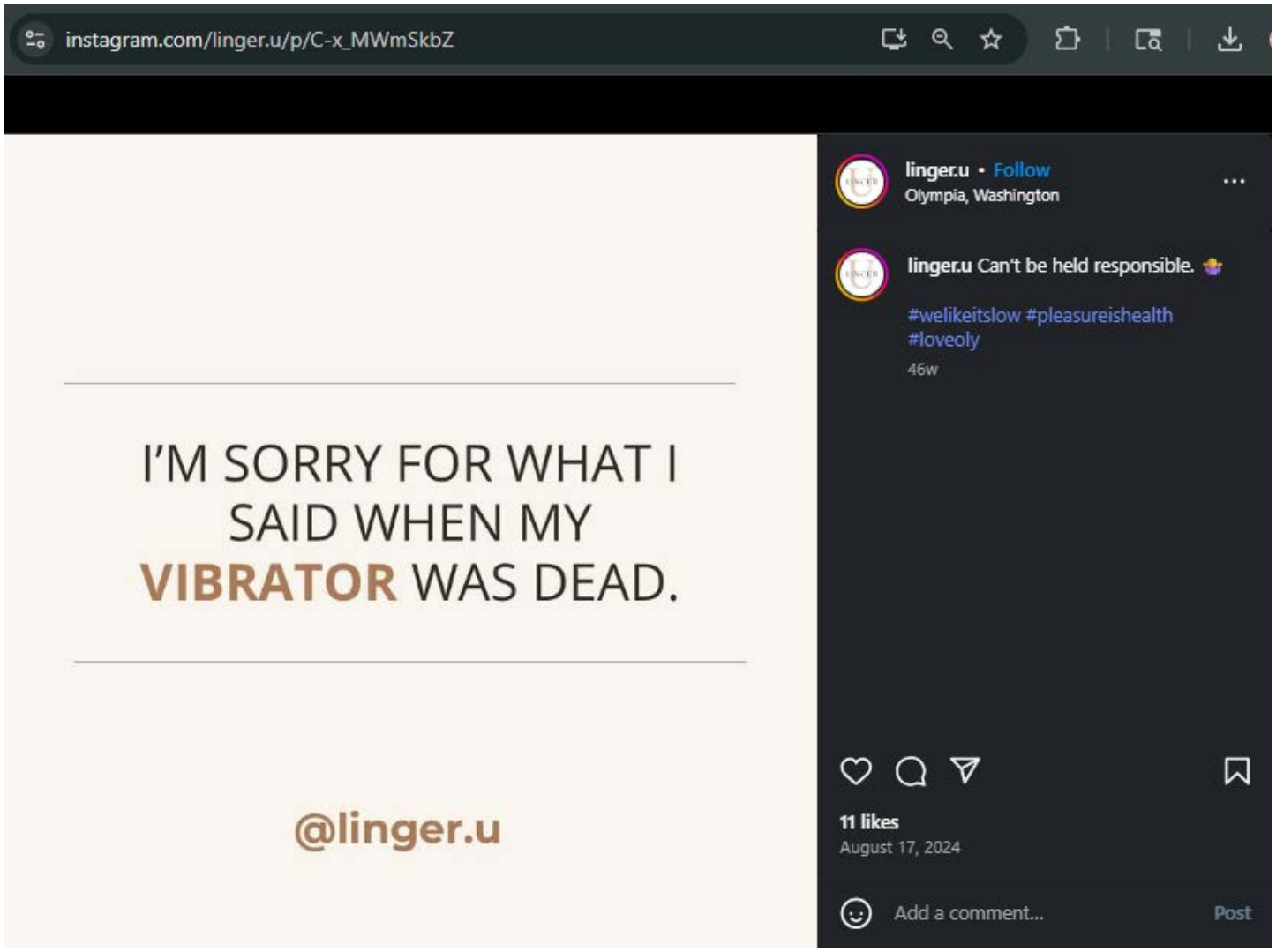
https://www.instagram.com/linger.u/p/C-x_MWmSkbZ

Posted: Aug 07, 2024

Captured: Jul 10, 2025

After DOI

"I'M SORRY FOR WHAT I SAID WHEN MY VIBRATOR WAS DEAD." "Can’t be held responsible. □♀ #welikeitslow #pleasureishealth #loveoly"


instagram.com/linger.u/p/C-x_MWmSkbZ
I'M SORRY FOR WHAT I SAID WHEN MY VIBRATOR WAS DEAD.
@linger.u
linger.u • Follow
Olympia, Washington
linger.u Can't be held responsible.
#welikeitslow #pleasureishealth #loveoly
46w
11 likes
August 17, 2024
Add a comment...
Post

Instagram

linger.u

Posted: Aug 18, 2024

System ID: 609400

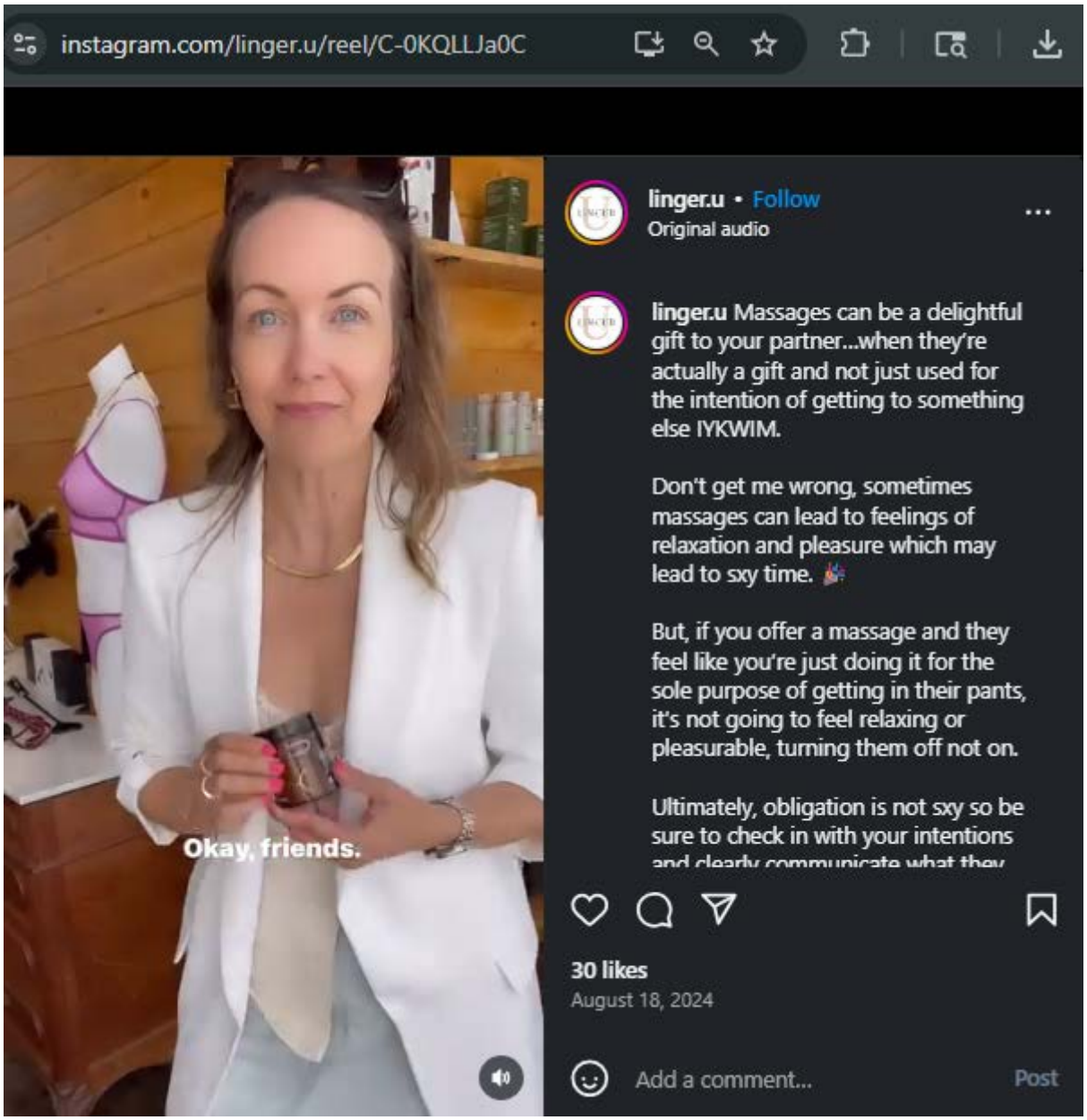
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/C-0KQLLJa0C

After DOI

*Video of Subject talking about a massage candle and people giving their partners massage in order to get something later "Massages can be a delightful gift to your partner…when they’re actually a gift and not just used for the intention of getting to something else IYKWIM. Don’t get me wrong, sometimes massages can lead to feelings of relaxation and pleasure which may lead to sxy time. But, if you offer a massage and they feel like you’re just doing it for the sole purpose of getting in their pants, it’s not going to feel relaxing or pleasurable, turning them off not on. Ultimately, obligation is not sxy so be sure to check in with your intentions and clearly communicate what they may or may not be so your partner can decide accordingly. Regular, non-sxual touch can lead to more sxy time touch because it creates a sense of safety and connection, but there’s a time and place for everything. #welikeitslow #loveoly #massagecandles #couples #olympiawa #laceywa #tumwaterwa"



[Link to download video]

Instagram

linger.u

Posted: Aug 19, 2024

System ID: 609390

Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/C-3m9DjSIMO/?img_index=1

After DOI

*Pictured tied up while sitting on her knees and hanging from the ceiling "The first time I really heard of Shibari, I was folding laundry while listening to a podcast. The idea immediately intrigued me. (It's possible I had an awareness of it before, but I was likely in a different mindset at the time.) As I listened to the conversation I knew this was something I wanted to explore and couldn't WAIT to tell my husband about it. Since then, we've taken classes, hosted classes through Linger, watched performances, and played with our own set of ropes at home. I can't get enough. For my birthday, hubs surprised me by coordinating a rope session with Jonathan Ryan of @portlandshibari and @seattleshibari. It was everything. We played with rope intensity, power dynamics and sensations for two hours in his Portland studio. The highlight was taking in views of my favorite city while suspended in ropes that challenged my mind and body, all within a safe container created by someone with the right skills and character. If you're interested in learning about ropes, be sure you're on our email list. We will have more workshops in the future, and that's the best way to make sure you don't miss out!"

instagram.com/linger.u/p/C-3m9DjSIMO/?img_index=1

linger.u • Follow
Olympia, Washington

linger.u The first time I really heard of Shibari, I was folding laundry while listening to a podcast. The idea immediately intrigued me. (It's possible I had an awareness of it before, but I was likely in a different mindset at the time.)

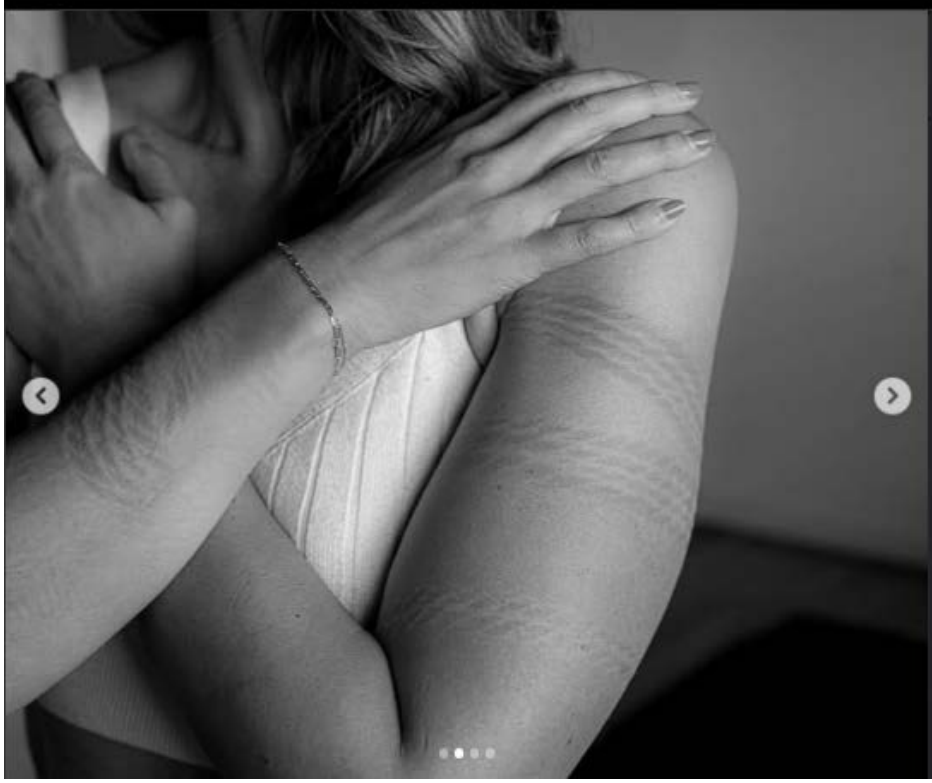
As I listened to the conversation I knew this was something I wanted to explore and couldn't WAIT to tell my husband about it.

Since then, we've taken classes,

115 likes
August 19, 2024

Add a comment... Post

instagram.com/linger.u/p/C-3m9DjSIMO/?img_index=2



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Olympia, Washington

linger.u The first time I really heard of Shibari, I was folding laundry while listening to a podcast. The idea immediately intrigued me. (It's possible I had an awareness of it before, but I was likely in a different mindset at the time.)

As I listened to the conversation I knew this was something I wanted to explore and couldn't WAIT to tell my husband about it.

Since then, we've taken classes,

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As I listened to the conversation I knew this was something I wanted to explore and couldn't WAIT to tell my husband about it.

Since then, we've taken classes,

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As I listened to the conversation I knew this was something I wanted to explore and couldn't WAIT to tell my husband about it.

Since then, we've taken classes,

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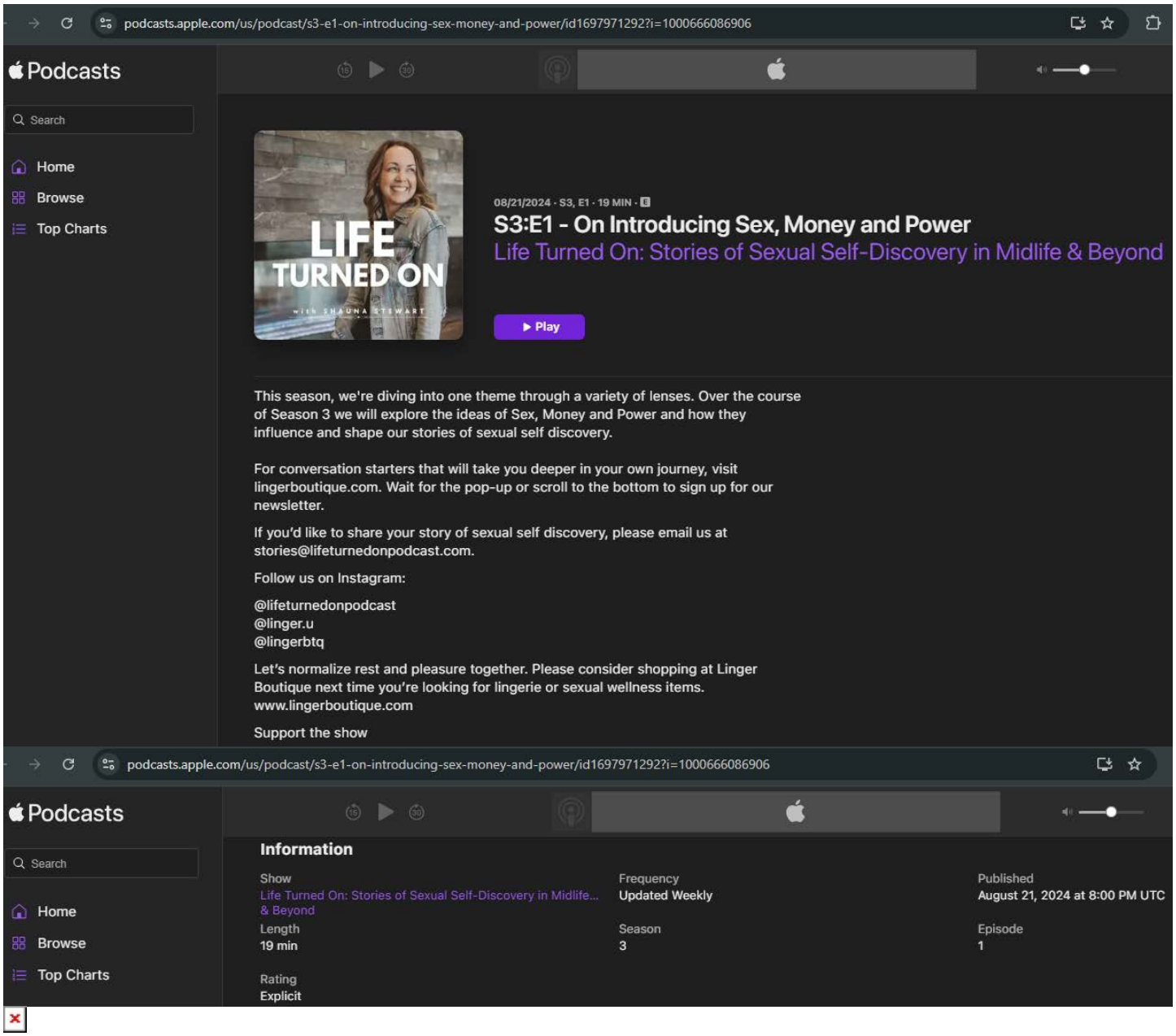
Apple Podcasts
Posted: Aug 21, 2024
System ID: 607379
Captured: Jul 08, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/s3-e1-on-introducing-sex-money-and-power/id1697971292?i=1000666086906

After DOI

*Solo episode Introducing the next season's theme "S3:E1 - On Introducing Sex, Money and Power" "This season, we're diving into one theme through a variety of lenses. Over the course of Season 3 we will explore the ideas of Sex, Money and Power and how they influence and shape our stories of sexual self discovery. For conversation starters that will take you deeper in your own journey, visit lingerboutique.com. Wait for the pop-up or scroll to the bottom to sign up for our newsletter. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast @linger.u @lingerbtq Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e1-on-introducing-sex-money-and-power/id1697971292?i=1000666086906
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with SHAUNA STEWART
08/21/2024 · S3, E1 · 19 MIN · E
S3:E1 - On Introducing Sex, Money and Power
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
This season, we're diving into one theme through a variety of lenses. Over the course of Season 3 we will explore the ideas of Sex, Money and Power and how they influence and shape our stories of sexual self discovery.
For conversation starters that will take you deeper in your own journey, visit lingerboutique.com. Wait for the pop-up or scroll to the bottom to sign up for our newsletter.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Life Turned On: Stories of Sexual Self-Discovery in Midlife... & Beyond
Frequency
Updated Weekly
Published
August 21, 2024 at 8:00 PM UTC
Length
19 min
Season
3
Episode
1
Rating
Explicit

Instagram

linger.u

Posted: Aug 22, 2024

System ID: 609381

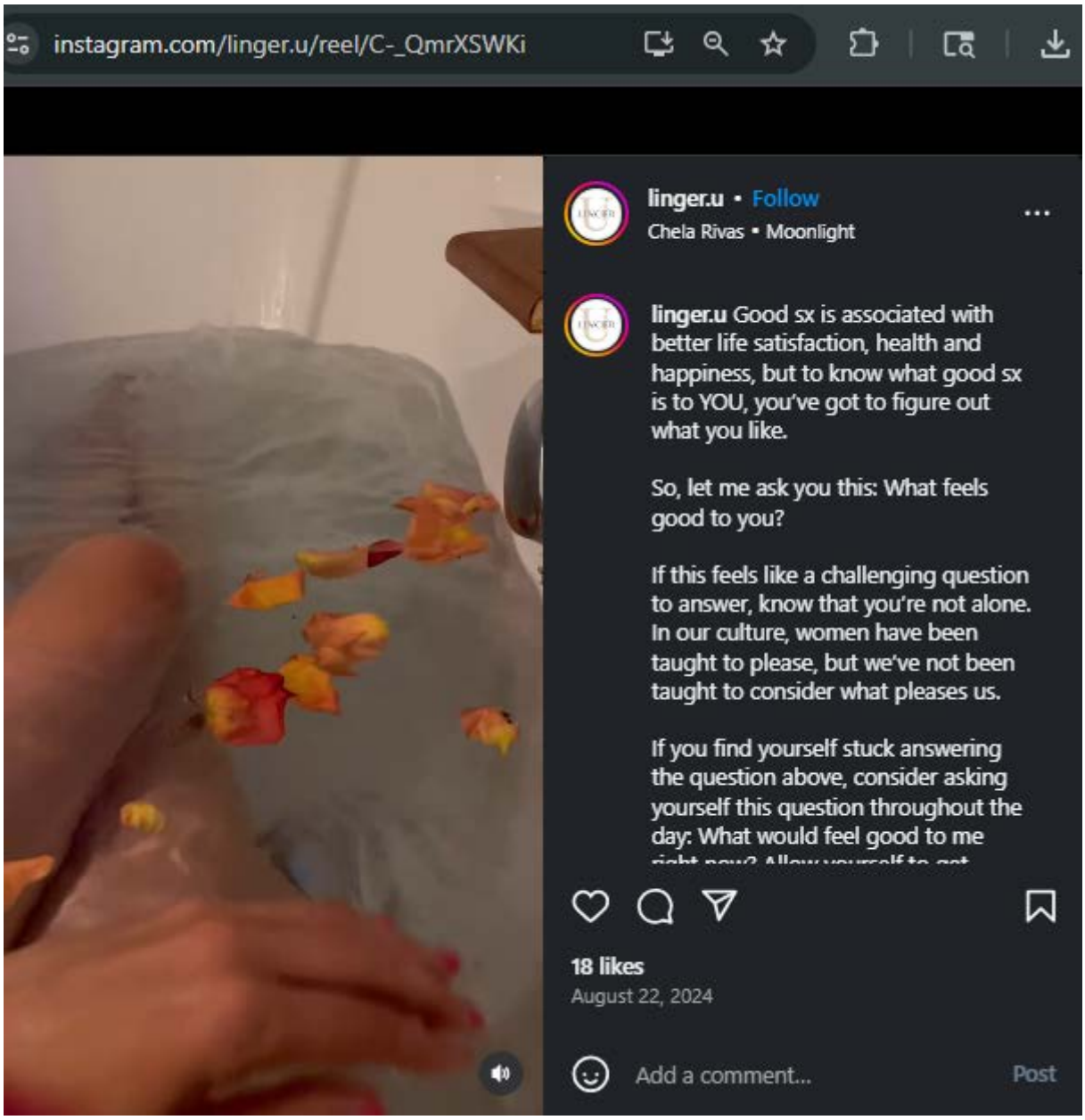
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/C-_QmrXSWKi

After DOI

*Video showing legs in a bath with flower petals. The video asked the questions, "WHAT WOULD YOU ASK FOR IF YOU KNEW YOU WOULDN'T BE JUDGED?" "Good sx is associated with better life satisfaction, health and happiness, but to know what good sx is to YOU, you’ve got to figure out what you like. So, let me ask you this: What feels good to you? If this feels like a challenging question to answer, know that you’re not alone. In our culture, women have been taught to please, but we’ve not been taught to consider what pleases us. If you find yourself stuck answering the question above, consider asking yourself this question throughout the day: What would feel good to me right now? Allow yourself to get curious about what your body really wants and how it feels in little moments. Tapping into and honoring your desires will get you closer to having the sx and pleasure you really want in this lifetime. PS: If you want to go deeper, please stay tuned, because we will have some very special offerings soon! #welikeitslow #pleasureishealth #olympiawa #loveoly #downtownolympia"



[Link to download video]

Instagram

linger.u

System ID: 609369

Shauna Marie Stewart

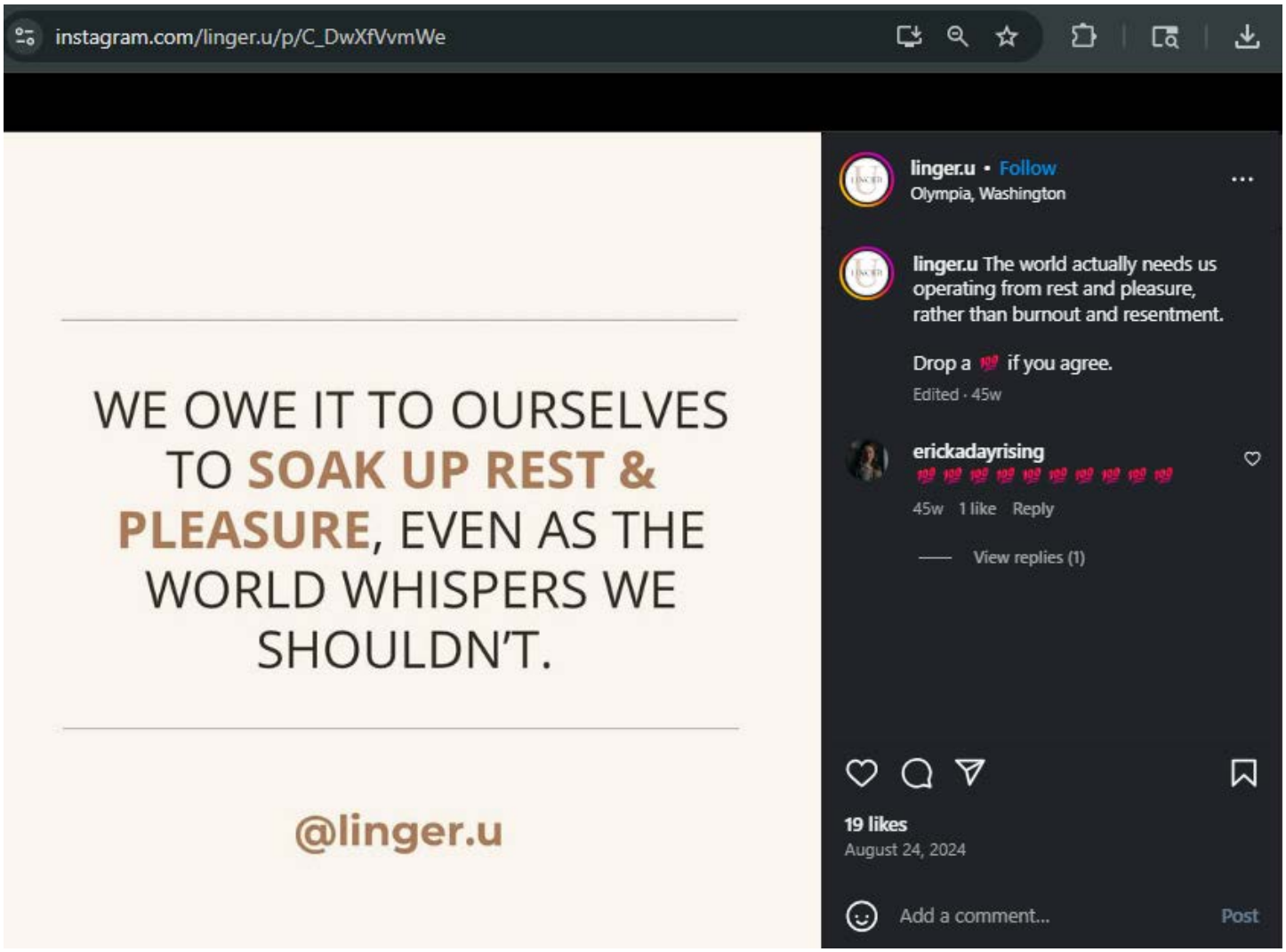
https://www.instagram.com/linger.u/p/C_DwXfVvmWe

Posted: Aug 24, 2024

Captured: Jul 10, 2025

After DOI

*About rest and pleasure "The world actually needs us operating from rest and pleasure, rather than burnout and resentment. Drop a if you agree."


instagram.com/linger.u/p/C_DwXfVvmWe
WE OWE IT TO OURSELVES TO SOAK UP REST & PLEASURE, EVEN AS THE WORLD WHISPERS WE SHOULDN'T.
@linger.u
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linger.u The world actually needs us operating from rest and pleasure, rather than burnout and resentment.
Drop a 💯 if you agree.
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August 24, 2024
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Apple Podcasts

System ID: 607372

Posted: Aug 28, 2024

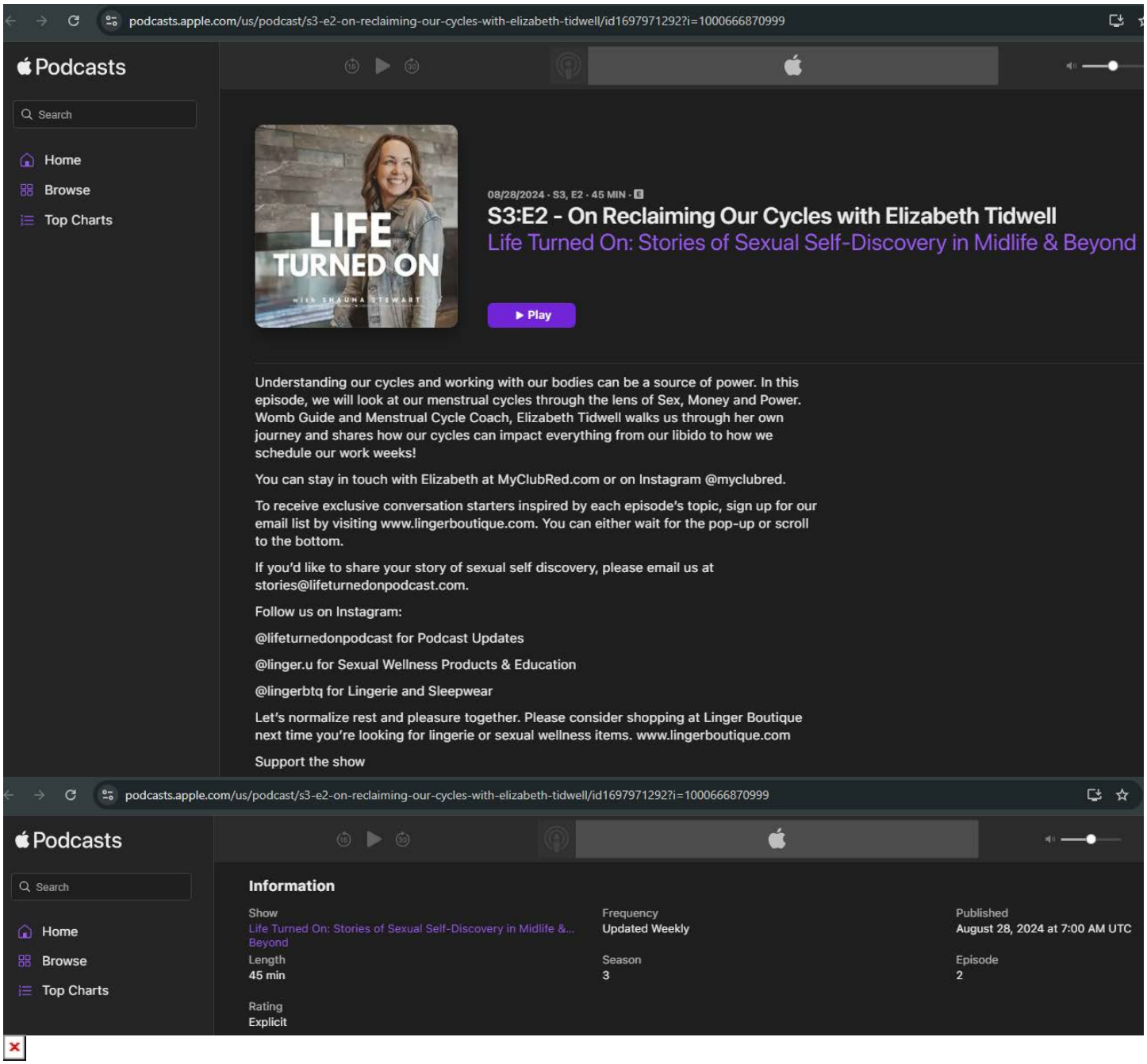
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e2-on-reclaiming-our-cycles-with-elizabeth-tidwell/id1697971292?i=1000666870999

After DOI

*Discussion with Womb Guide and Menstrual Cycle Coach "S3:E2 - On Reclaiming Our Cycles with Elizabeth Tidwell" "Understanding our cycles and working with our bodies can be a source of power. In this episode, we will look at our menstrual cycles through the lens of Sex, Money and Power. Womb Guide and Menstrual Cycle Coach, Elizabeth Tidwell walks us through her own journey and shares how our cycles can impact everything from our libido to how we schedule our work weeks! You can stay in touch with Elizabeth at MyClubRed.com or on Instagram @myclubred. To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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08/28/2024 · S3, E2 · 45 MIN · E
S3:E2 - On Reclaiming Our Cycles with Elizabeth Tidwell
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
Understanding our cycles and working with our bodies can be a source of power. In this episode, we will look at our menstrual cycles through the lens of Sex, Money and Power. Womb Guide and Menstrual Cycle Coach, Elizabeth Tidwell walks us through her own journey and shares how our cycles can impact everything from our libido to how we schedule our work weeks!
You can stay in touch with Elizabeth at MyClubRed.com or on Instagram @myclubred.
To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
Frequency
Updated Weekly
Published
August 28, 2024 at 7:00 AM UTC
Length
45 min
Season
3
Episode
2
Rating
Explicit

Instagram

linger.u

System ID: 609364

Shauna Marie Stewart

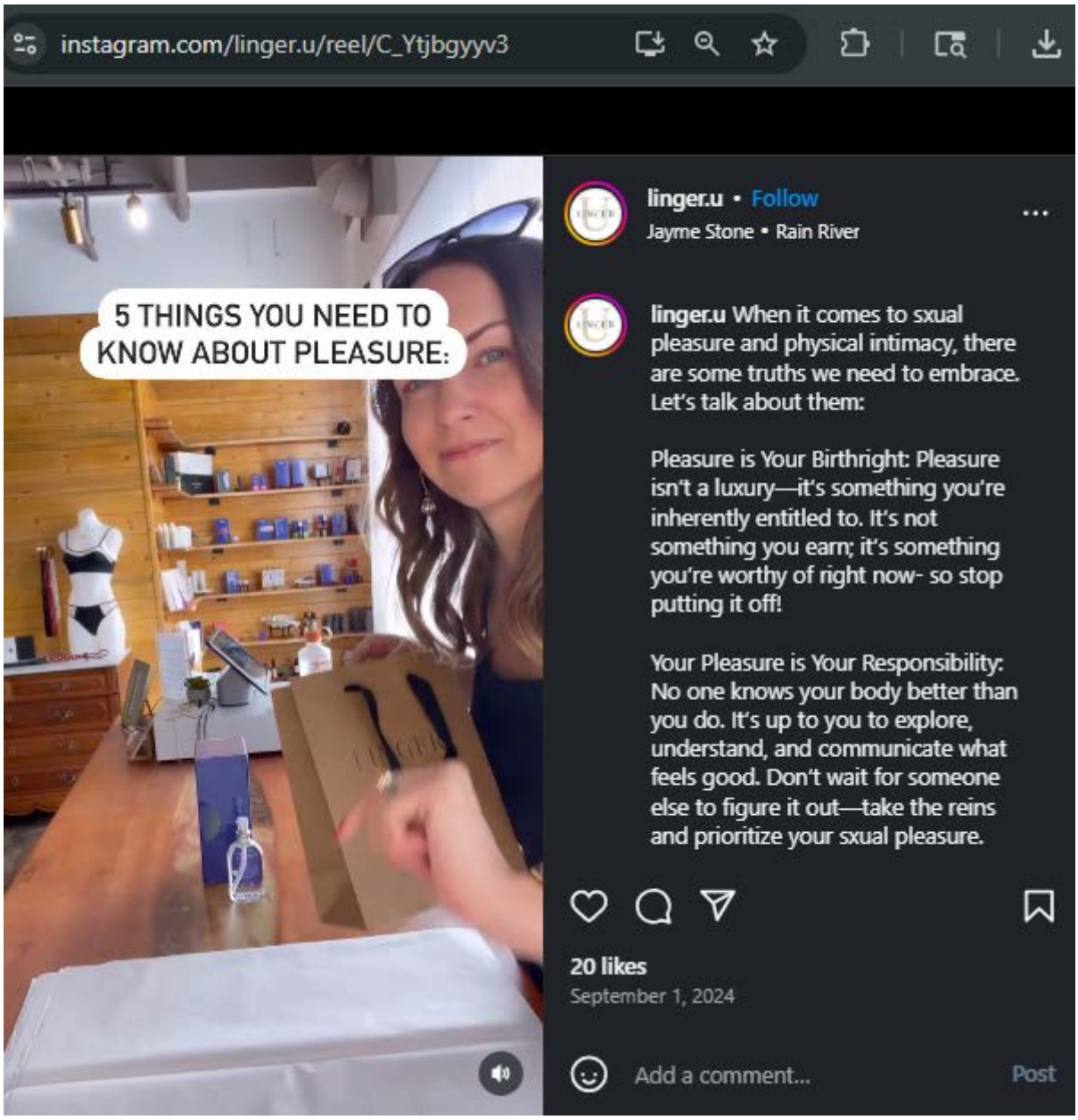
https://www.instagram.com/linger.u/reel/C_Ytjbgyyv3

Posted: Sep 01, 2024

Captured: Jul 10, 2025

After DOI

*Video of Subject putting items in a bag at Linger Boutique and listed "5 THINGS YOU NEED TO KNOW ABOUT PLEASURE" "When it comes to sxual pleasure and physical intimacy, there are some truths we need to embrace. Let’s talk about them: Pleasure is Your Birthright: Pleasure isn’t a luxury—it’s something you’re inherently entitled to. It’s not something you earn; it’s something you’re worthy of right now- so stop putting it off! Your Pleasure is Your Responsibility: No one knows your body better than you do. It’s up to you to explore, understand, and communicate what feels good. Don’t wait for someone else to figure it out—take the reins and prioritize your sxual pleasure. Your Partner Should Be Invested in Your Pleasure: A truly intimate connection means your partner cares deeply about your satisfaction. They should be just as invested in your pleasure as you are in theirs. It’s a two-way street where mutual pleasure and connection deepen the bond between you. If they’re not asking what you like or how they can make you feel amazing, it’s time for an open conversation. Pleasure Requires Slowness: Rushing through physical intimacy can rob you of the deep, satisfying pleasure that comes from truly connecting with your body and your partner. Slow down. Tease out the moments, enjoy the build-up, and let every touch linger. We Need to Feel Safe to Experience Pleasure: Emotional and physical safety are the foundations of deep, fulfilling sxual pleasure. Without feeling safe, it’s hard to fully let go and enjoy the moment. Whether it’s through open communication, trust, or creating a comforting environment, ensure that safety is at the heart of your intimate experiences. Only then can you truly surrender to pleasure. Remember, your pleasure is powerful. Embrace it, prioritize it, and live into what makes you feel alive. Which point did you need to hear today? Let’s chat about it #welikeitslow #loveoly #downtownolympia #IntimateConnection #PleasureIsPower #SlowIntimacy"



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Instagram

linger.u

System ID: 609359

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/C_d90UGytAx

Posted: Sep 03, 2024

Captured: Jul 10, 2025

After DOI

*Picture of Subject tied up while hanging from the ceiling ""WHAT IF I'D MISSED OUT ON THIS?" I didn't do much thinking in my recent rope session with @portlandshibari (not thinking is part of the point), but I remember these words rolling through my mind on volume 10 as I was suspended in the air feeling fully present and alive - every cell at full attention. The question came in response to the exposure of my body. Years ago, I wouldn't have had the courage to experience something like this - not the being bound in the air part, but rather the body exposure part. There was a time I would have preferred to hyper-manage what someone else could and couldn't see or feel by hiding my rolls, veins, dimples and scars - pulling away physically and emotionally, rather than experiencing the pleasure of the moment. But there is no hiding in ropes. Studies have shown there's a huge link between negative body image and sxual avoidance. This means we will avoid pleasure, connection and intimacy if we don't feel good about how we think our bodies look or feel to someone else. Please read that again. All bodies have the capacity to give and receive pleasure until we die. Unfortunately, we're often so distracted by thoughts of how we look, we miss out on the experience of feeling good. While this rope session was not a sxual experience, I loved feeling the intensity of the ropes against my skin and relaxing into the deliciousness of each moment without letting shitty body image thoughts rob me of feeling good. And gosh, I was so grateful to myself for getting to a place of pleasure rather than perfection with my body. How did I get to this place? Simply (but not necessarily easily) by prioritizing pleasure. Once I realized my body was capable of experiencing so many delicious sensations, the pursuit of feeling alive became so much more important than restricting calories, counting steps or hating on that which helps me experience the full magic of this world. What are you missing out on in life because you're worried about what you look or feel like to someone else? Ready for a change? Stay tuned, because I have a very special offering to announce soon."

instagram.com/linger.u/p/C_d90UGytAx

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Olympia, Washington

linger.u "WHAT IF I'D MISSED OUT ON THIS?"

I didn't do much thinking in my recent rope session with @portlandshibari (not thinking is part of the point), but I remember these words rolling through my mind on volume 10 as I was suspended in the air feeling fully present and alive - every cell at full attention.

The question came in response to the exposure of my body. Years ago, I

72 likes
September 3, 2024

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Instagram

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System ID: 609355

Shauna Marie Stewart

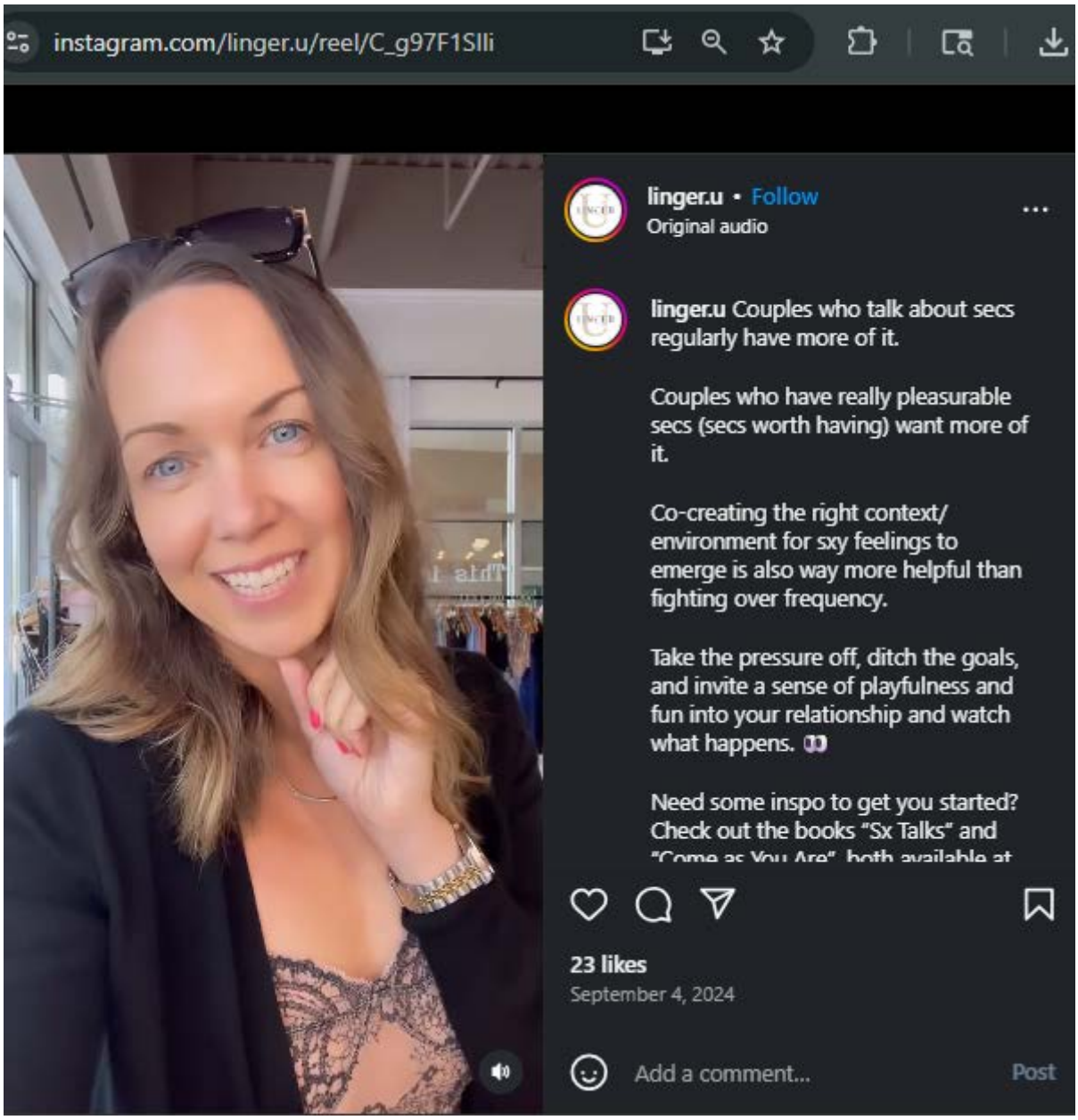
https://www.instagram.com/linger.u/reel/C_g97F1SIli

Posted: Sep 04, 2024

Captured: Jul 10, 2025

After DOI

*Video of Subject talking "Couples who talk about secs regularly have more of it. Couples who have really pleasurable secs (secs worth having) want more of it. Co-creating the right context/ environment for sxy feelings to emerge is also way more helpful than fighting over frequency. Take the pressure off, ditch the goals, and invite a sense of playfulness and fun into your relationship and watch what happens. □ Need some inspo to get you started? Check out the books “Sx Talks” and “Come as You Are”, both available at Linger. Or book a Date Night at Linger and I’ll give you all sorts of things to talk about and help you find new ways to connect. … PS- If you’re a woman who wants to want secs more, but just don’t feel like it, check out the “YES, PLEASE” digital workshop. Wanting to want but not quite wanting is actually your superpower and we’ll show you how to harness it for more connection, intimacy and pleasure in your life. Link in bio or check out our website for more info."



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Apple Podcasts

Posted: Sep 04, 2024

System ID: 607364

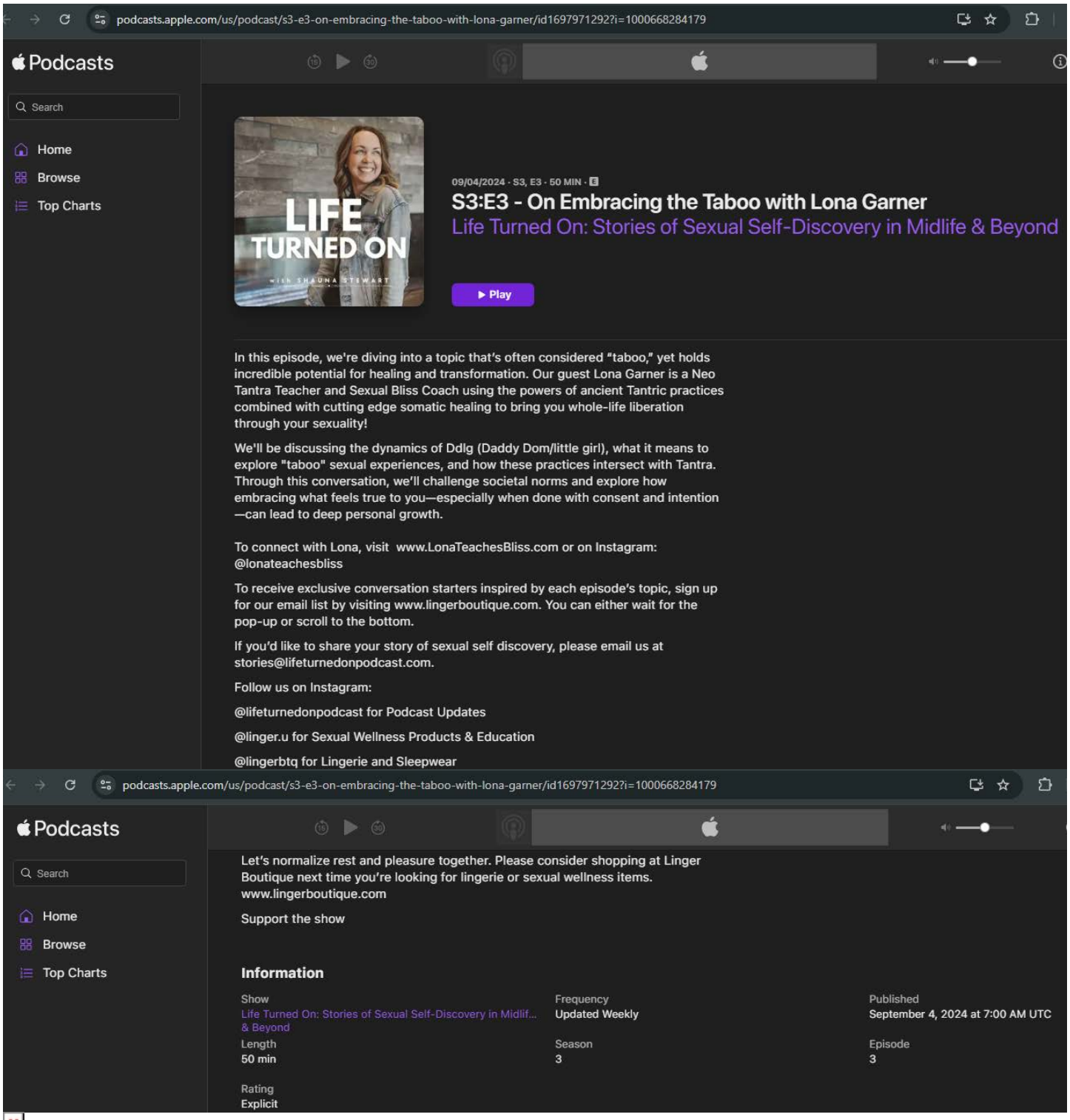
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e3-on-embracing-the-taboo-with-lona-garner/id1697971292?i=1000668284179

After DOI

*Discussion with a Neotantra Teacher and Sexual Bliss Coach about taboo sexual experiences "S3:E3 - On Embracing the Taboo with Lona Garner" "In this episode, we're diving into a topic that’s often considered “taboo,” yet holds incredible potential for healing and transformation. Our guest Lona Garner is a Neo Tantra Teacher and Sexual Bliss Coach using the powers of ancient Tantric practices combined with cutting edge somatic healing to bring you whole-life liberation through your sexuality! We'll be discussing the dynamics of Ddlg (Daddy Dom/little girl), what it means to explore "taboo" sexual experiences, and how these practices intersect with Tantra. Through this conversation, we’ll challenge societal norms and explore how embracing what feels true to you—especially when done with consent and intention—can lead to deep personal growth. To connect with Lona, visit www.LonaTeachesBliss.com or on Instagram: @lonateachesbliss To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e3-on-embracing-the-taboo-with-lona-garner/id1697971292?i=1000668284179
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09/04/2024 · S3, E3 · 50 MIN · E
S3:E3 - On Embracing the Taboo with Lona Garner
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
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Published
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Length
50 min
Season
3
Episode
3
Rating
Explicit

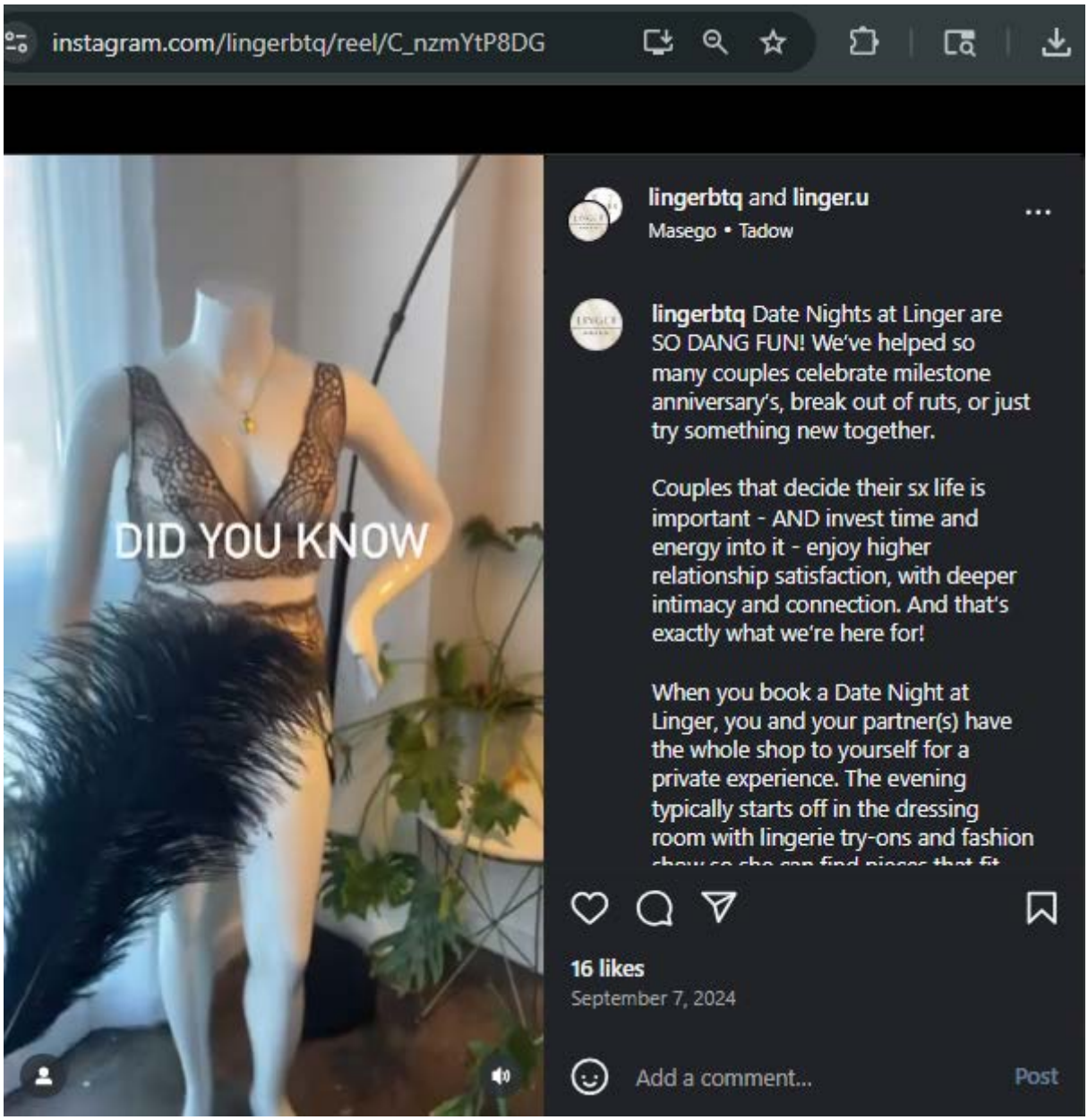
Instagram

lingerbtq
System ID: 609348
Shauna Marie Stewart
https://www.instagram.com/lingerbtq/reel/C_nzmYtP8DG

Posted: Sep 07, 2024
Captured: Jul 10, 2025

After DOI

*Video of feathers being brushed on the chest/body of a mannequin that was wearing lingerie "Date Nights at Linger are SO DANG FUN! We've helped so many couples celebrate milestone anniversary's, break out of ruts, or just try something new together. Couples that decide their sx life is important - AND invest time and energy into it - enjoy higher relationship satisfaction, with deeper intimacy and connection. And that's exactly what we're here for! When you book a Date Night at Linger, you and your partner(s) have the whole shop to yourself for a private experience. The evening typically starts off in the dressing room with lingerie try-ons and fashion show so she can find pieces that fit and feel amazing! Then, we set up a Sensory Bar and talk through different ways to engage the five senses through play. We talk through communication and safety (emotional and physical) tips so you can co-create more pleasure together. Every couple we've hosted has learned something new about themselves as individuals and about their relationship which is super exciting and fun. To learn more, see the link in bio or DM us! #welikeitslow #loveoly #datenight #olympiawa #laceywa #tacomawa #tumwaterwa #teninowa #chehaliswa #centrailiawa"



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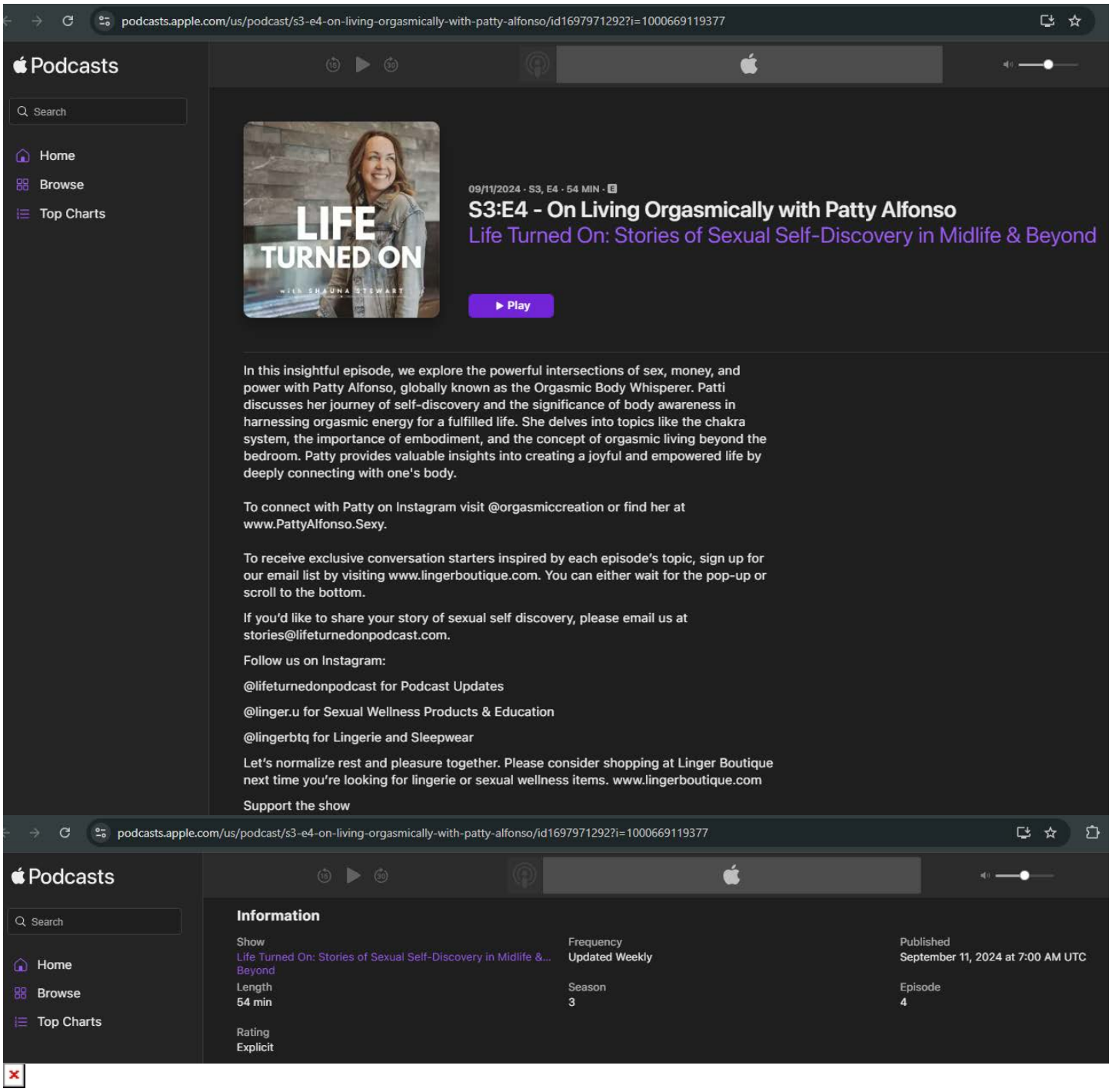
Apple Podcasts
Posted: Sep 11, 2024
System ID: 607341
Captured: Jul 08, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/s3-e4-on-living-orgasmically-with-patty-alfonso/id1697971292?i=1000669119377

After DOI

*Discussion with the Orgasmic Body Whisperer, a Speaker, Writer, and Teacher "S3:E4 - On Living Orgasmically with Patty Alfonso" "In this insightful episode, we explore the powerful intersections of sex, money, and power with Patty Alfonso, globally known as the Orgasmic Body Whisperer. Patti discusses her journey of self-discovery and the significance of body awareness in harnessing orgasmic energy for a fulfilled life. She delves into topics like the chakra system, the importance of embodiment, and the concept of orgasmic living beyond the bedroom. Patty provides valuable insights into creating a joyful and empowered life by deeply connecting with one's body. To connect with Patty on Instagram visit @orgasmiccreation or find her at www.PattyAlfonso.Sexy. To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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09/11/2024 · S3, E4 · 54 MIN · E
S3:E4 - On Living Orgasmically with Patty Alfonso
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
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September 11, 2024 at 7:00 AM UTC
Length
54 min
Season
3
Episode
4
Rating
Explicit

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System ID: 609344

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/C_1mrd6yVBN

Posted: Sep 12, 2024

Captured: Jul 10, 2025

After DOI

"Prior to founding Linger, I enjoyed a 15 year career in tourism and economic development. I loved it. In my past life, I traveled much of the United States and parts of the world promoting destinations and experiences in the PNW. I was introduced to my husband at an industry tradeshow, sipped cocktails on the beaches of Bermuda and called it “work”, and met some dear friends I still cherish to this day. While on the surface lingerie/sexual wellness and tourism have very little in common (and boy oh boy it’s been a wild transition from one to the other), there are some threads that tie these wildly different passions together, namely: human connections, immersive education and meaningful experiences. In other words, secs and travel both offer us the opportunity to learn more about ourselves and the world around us on a deeper level, while also offering us the invitation to experience so much delight. Why am I telling you this? Because in just a few days, I’ll be announcing a very exciting new offering designed to help you luxuriate in rest and pleasure with a blend of my passions - past and present. We’re going places. Wanna come? #welikeitslow #underthetuscansun #loveoly #laceywa #tacomawa #tumwaterwa"

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Posted: Sep 14, 2024

Captured: Jul 10, 2025

After DOI

"When we embrace the fullness of our desires, we open the door to deeper self-connection and authentic joy. Whether it’s indulging in a soft touch, a quiet moment, or something that lights you up from the inside out—your pleasure is a gateway to feeling more alive in your body. Allow yourself the space to feel, to explore, and to bask in the beauty of pleasure—without judgment. #PleasureIsPower #FeelAlive #SelfConnection #PurePleasure #EmbodiedLiving #SexualWellness #IntimacyJourney"

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Posted: Sep 17, 2024

System ID: 609342

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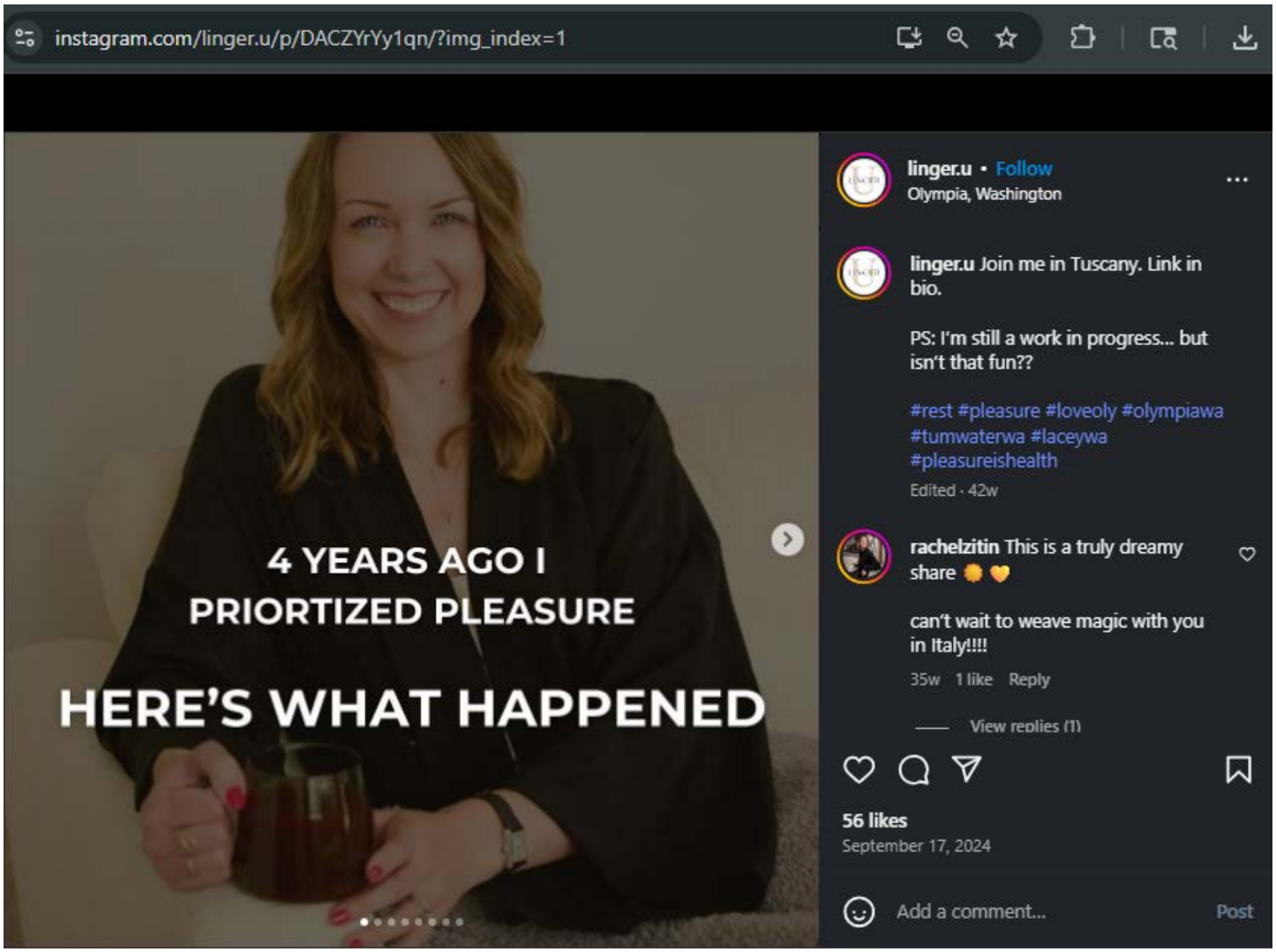
Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DACZYrYy1qn/?img_index=1

After DOI

*Mentioned being sick and in pain without a diagnosis "oin me in Tuscany. Link in bio. PS: I’m still a work in progress… but isn’t that fun?? #rest #pleasure #loveoly #olympiawa #tumwaterwa #laceywa #pleasureishealth"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4 YEARS AGO I
PRIORTIZED PLEASURE
HERE'S WHAT HAPPENED
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#rest #pleasure #loveoly #olympiawa #tumwaterwa #laceywa #pleasureishealth
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rachelzitin This is a truly dreamy share
can't wait to weave magic with you in Italy!!!!
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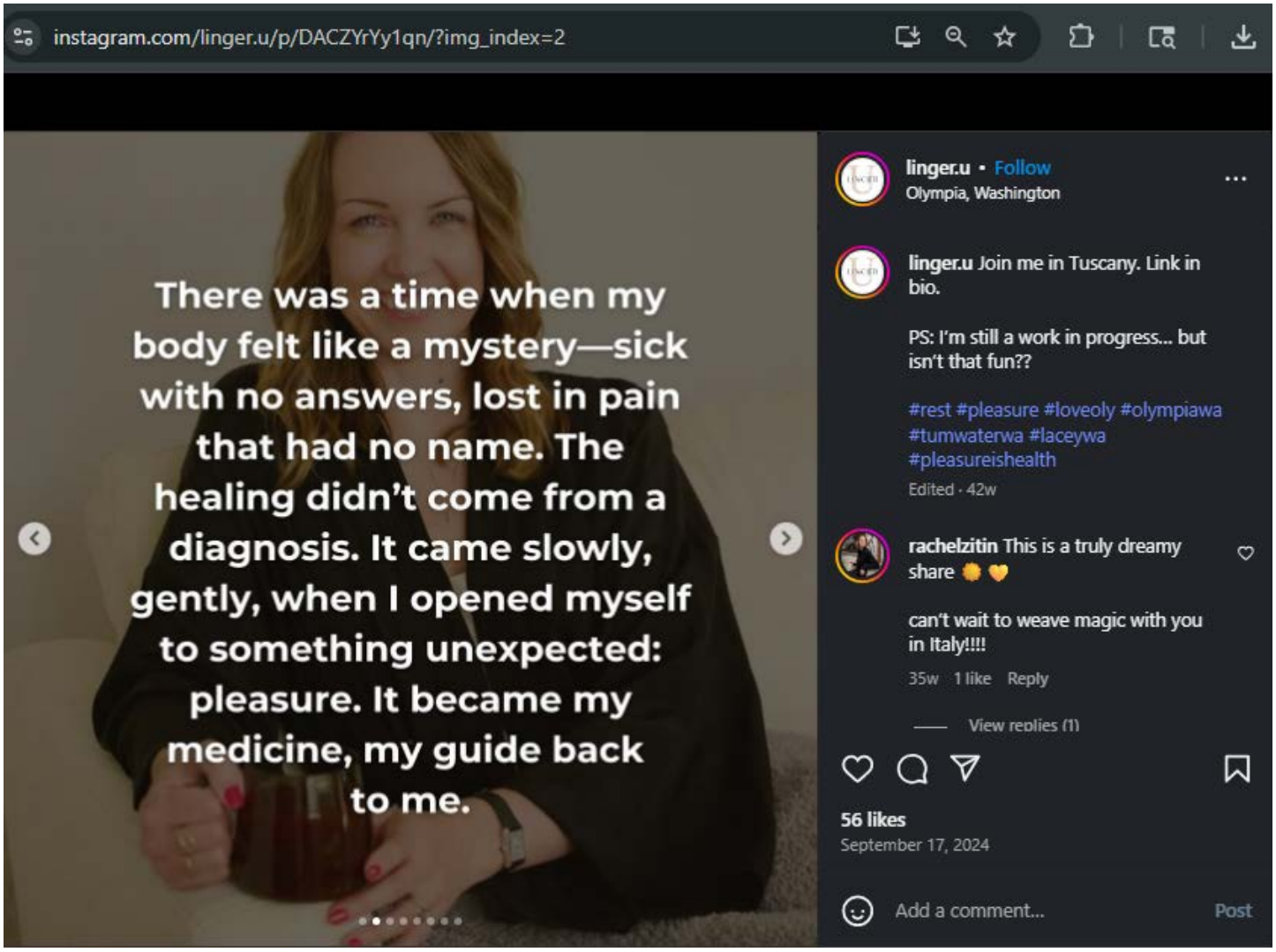
instagram.com/linger.u/p/DACZYrYy1qn/?img_index=2
There was a time when my body felt like a mystery—sick with no answers, lost in pain that had no name. The healing didn't come from a diagnosis. It came slowly, gently, when I opened myself to something unexpected: pleasure. It became my medicine, my guide back to me.
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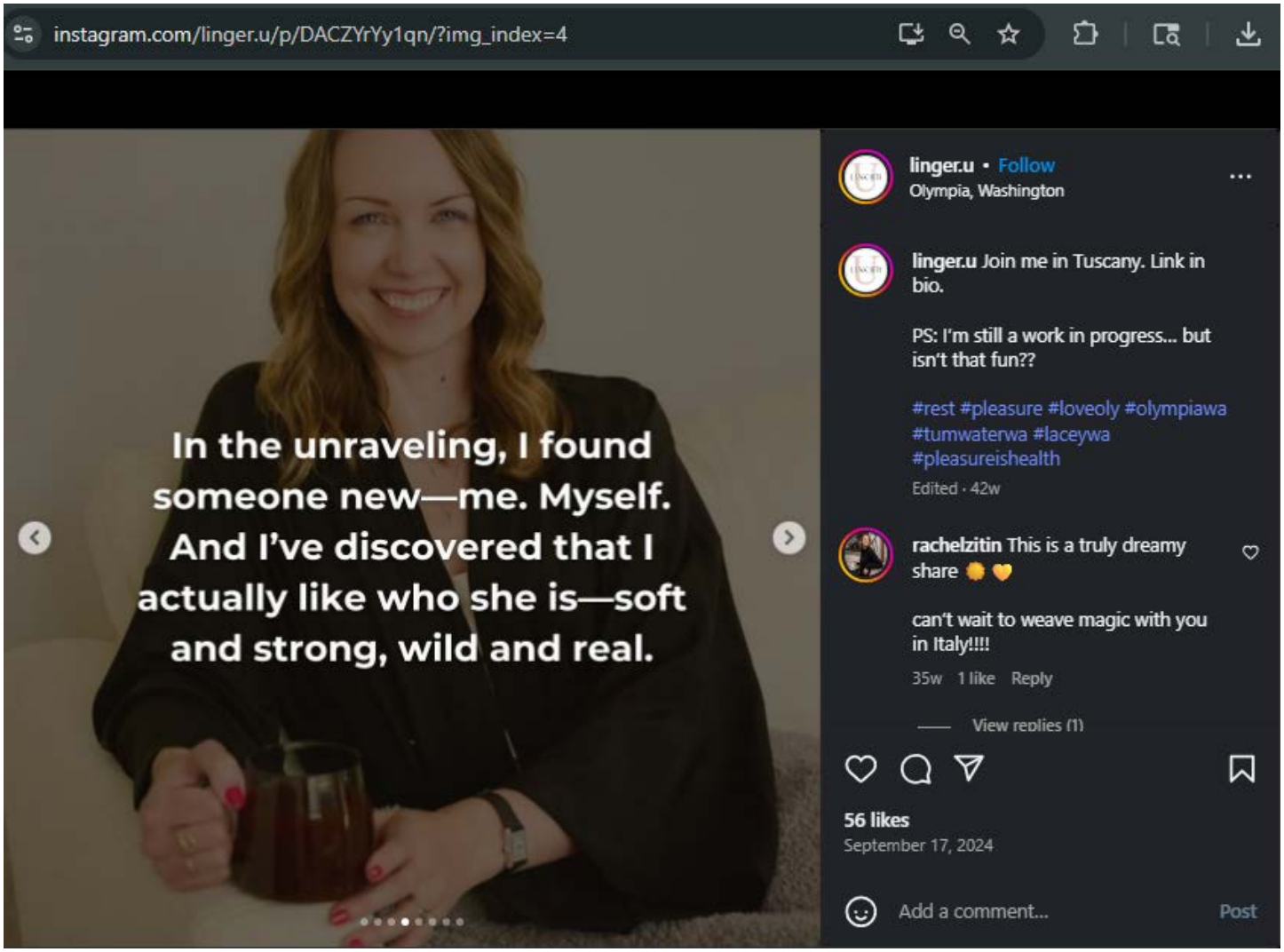
instagram.com/linger.u/p/DACZYrYy1qn/?img_index=4
In the unraveling, I found someone new—me. Myself. And I've discovered that I actually like who she is—soft and strong, wild and real.
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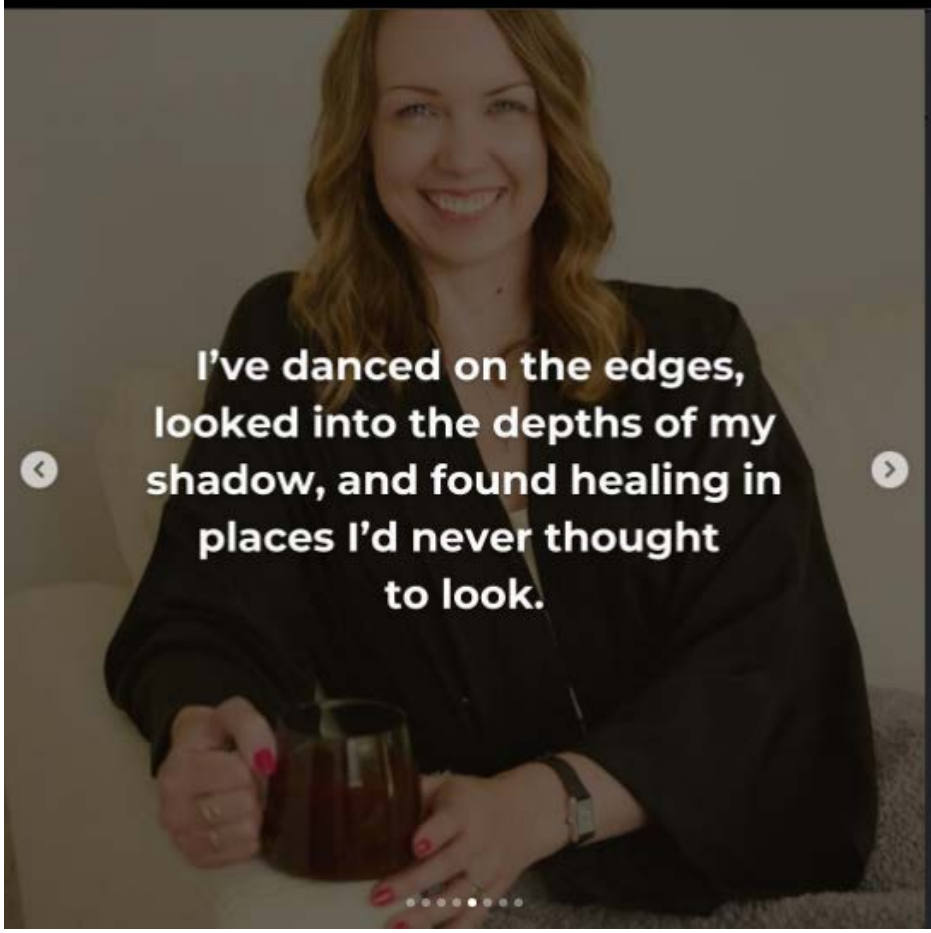

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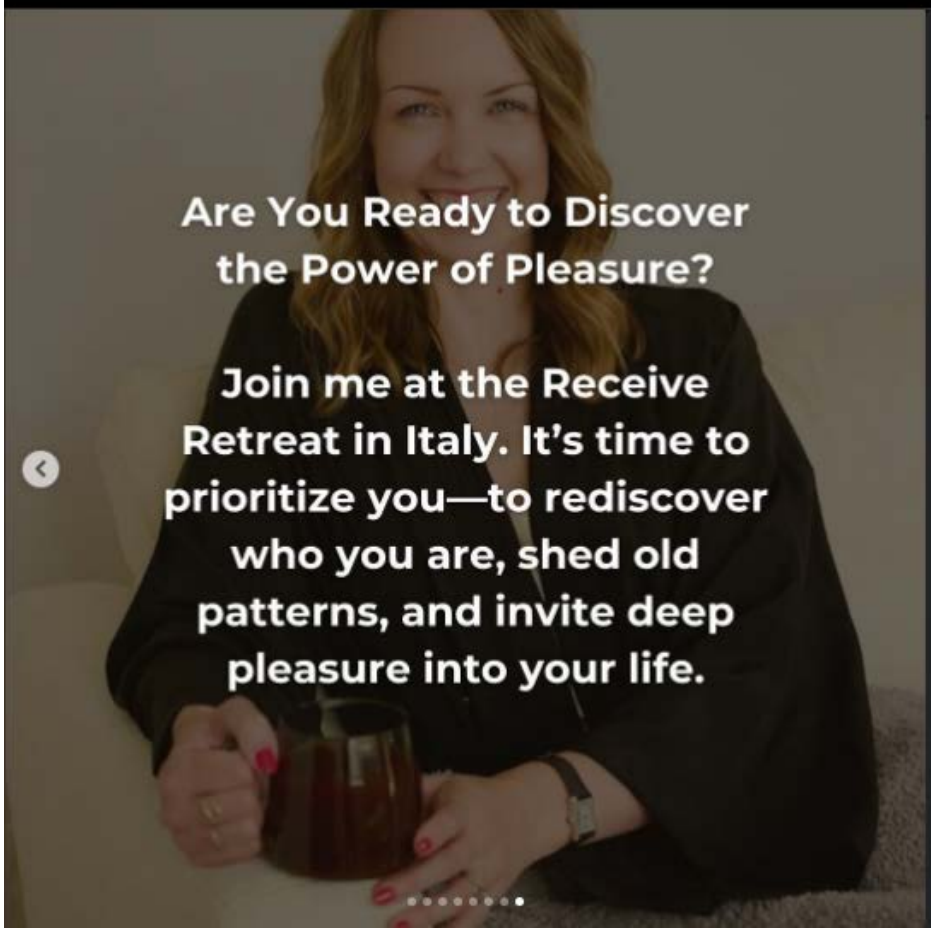

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Posted: Sep 18, 2024

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Shauna Marie Stewart

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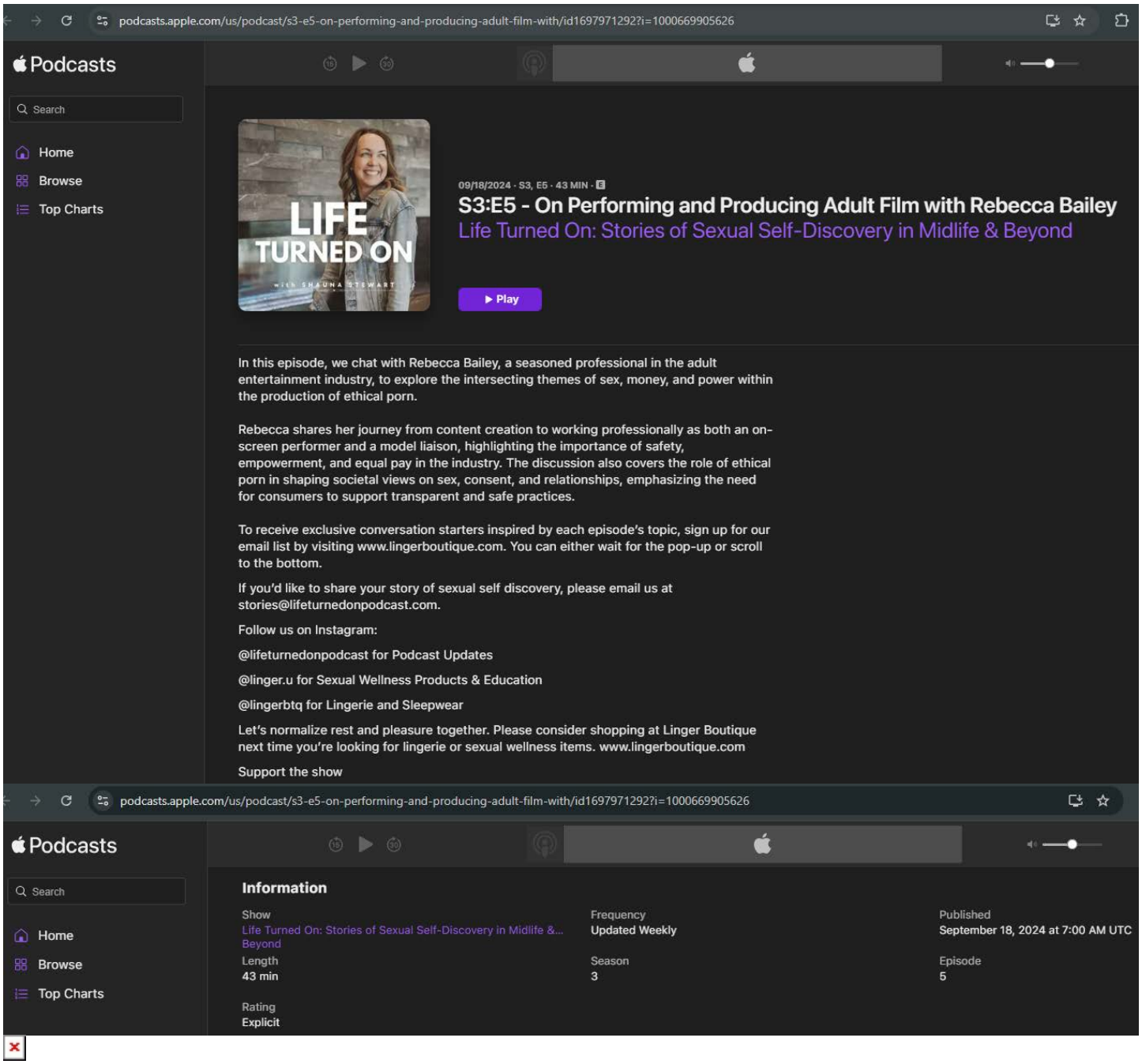
After DOI

*Discussion with a professional in the adult entertainment industry "S3:E5 - On Performing and Producing Adult Film with Rebecca Bailey" "In this episode, we chat with Rebecca Bailey, a seasoned professional in the adult entertainment industry, to explore the intersecting themes of sex, money, and power within the production of ethical porn. Rebecca shares her journey from content creation to working professionally as both an on-screen performer and a model liaison, highlighting the importance of safety, empowerment, and equal pay in the industry. The discussion also covers the role of ethical porn in shaping societal views on sex, consent, and relationships, emphasizing the need for consumers to support transparent and safe practices. To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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09/18/2024 · S3, E5 · 43 MIN · E
S3:E5 - On Performing and Producing Adult Film with Rebecca Bailey
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
In this episode, we chat with Rebecca Bailey, a seasoned professional in the adult entertainment industry, to explore the intersecting themes of sex, money, and power within the production of ethical porn.
Rebecca shares her journey from content creation to working professionally as both an on-screen performer and a model liaison, highlighting the importance of safety, empowerment, and equal pay in the industry. The discussion also covers the role of ethical porn in shaping societal views on sex, consent, and relationships, emphasizing the need for consumers to support transparent and safe practices.
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System ID: 607326

Posted: Sep 25, 2024

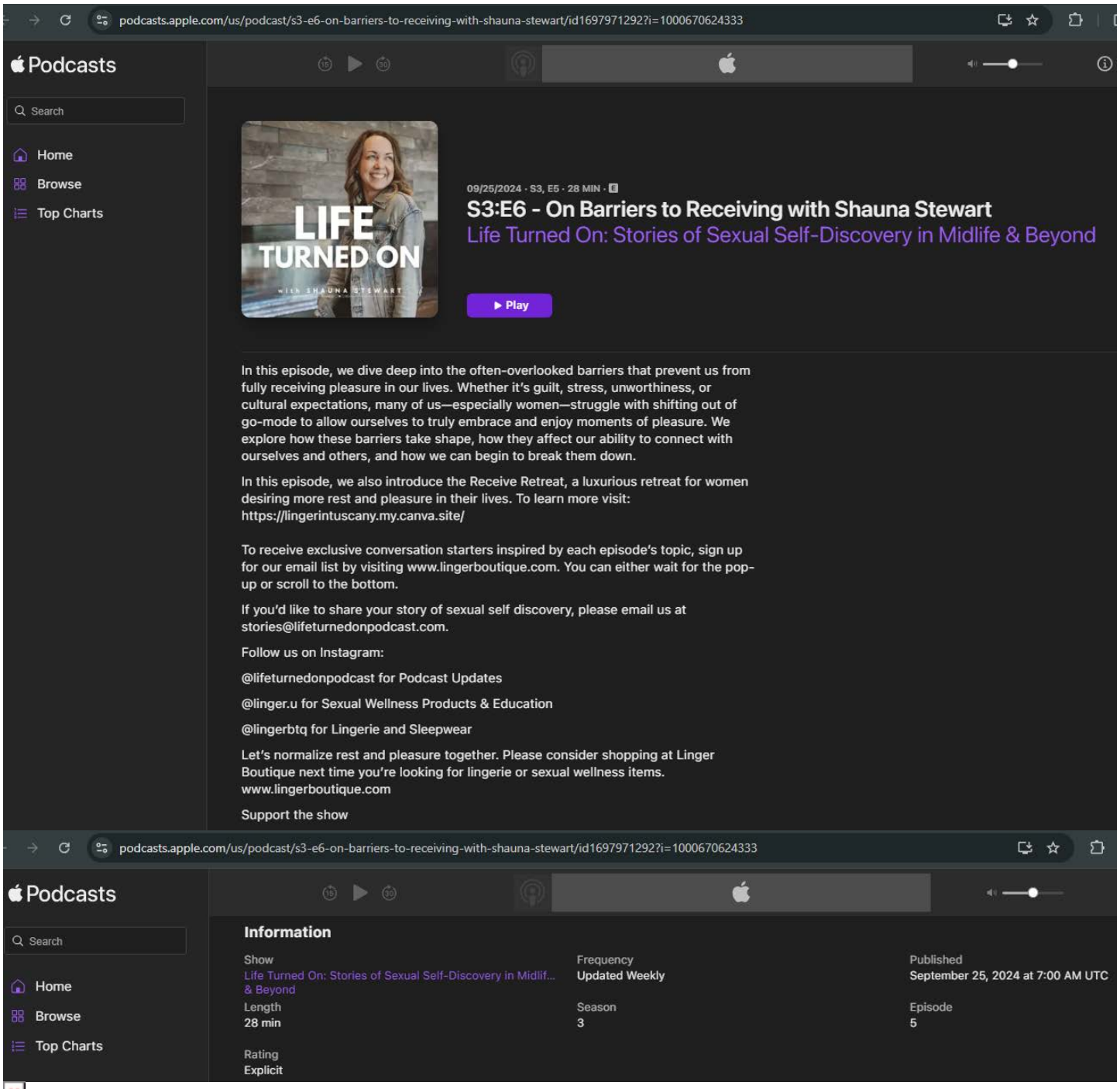
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e6-on-barriers-to-receiving-with-shauna-stewart/id1697971292?i=1000670624333

After DOI

*Solo episode - discussed barriers to receiving pleasure and the retreat created to help others "S3:E6 - On Barriers to Receiving with Shauna Stewart" "In this episode, we dive deep into the often-overlooked barriers that prevent us from fully receiving pleasure in our lives. Whether it’s guilt, stress, unworthiness, or cultural expectations, many of us—especially women—struggle with shifting out of go-mode to allow ourselves to truly embrace and enjoy moments of pleasure. We explore how these barriers take shape, how they affect our ability to connect with ourselves and others, and how we can begin to break them down. In this episode, we also introduce the Receive Retreat, a luxurious retreat for women desiring more rest and pleasure in their lives. To learn more visit: https://lingerintuscany.my.canva.site/ To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e6-on-barriers-to-receiving-with-shauna-stewart/id1697971292?i=1000670624333
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09/25/2024 · S3, E5 · 28 MIN · E
S3:E6 - On Barriers to Receiving with Shauna Stewart
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
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September 25, 2024 at 7:00 AM UTC
Length
28 min
Season
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Episode
5
Rating
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Posted: Sep 27, 2024

System ID: 609336

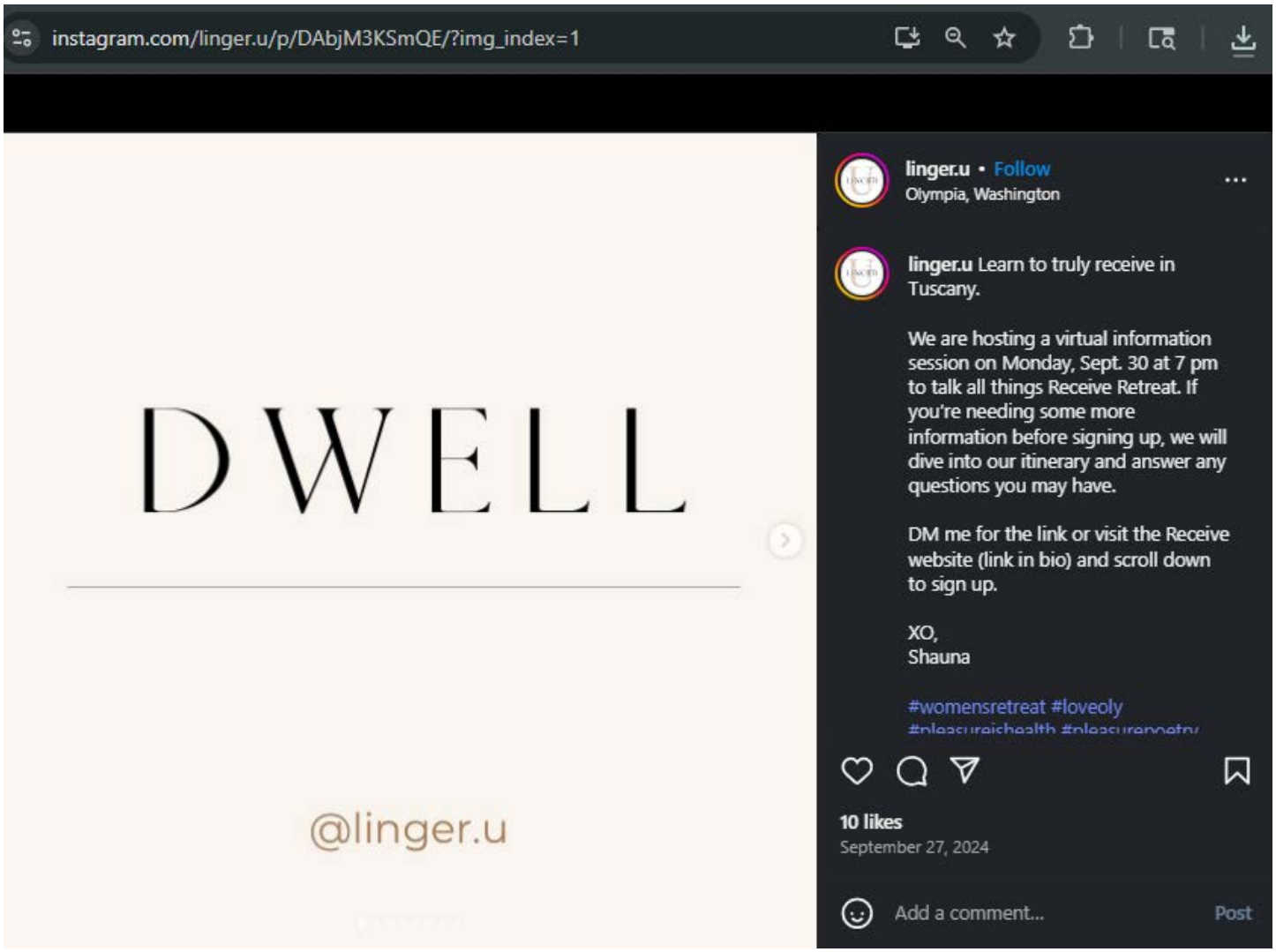
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DAbjM3KSmQE/?img_index=1

After DOI

*Poem "earn to truly receive in Tuscany. We are hosting a virtual information session on Monday, Sept. 30 at 7 pm to talk all things Receive Retreat. If you’re needing some more information before signing up, we will dive into our itinerary and answer any questions you may have. DM me for the link or visit the Receive website (link in bio) and scroll down to sign up. XO, Shauna #womensretreat #loveoly #pleasureishealth #pleasurepoetry #tacomawa #olympiawashington #laceywa #tumwaterwa"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XO,
Shauna
#womensretreat #loveoly
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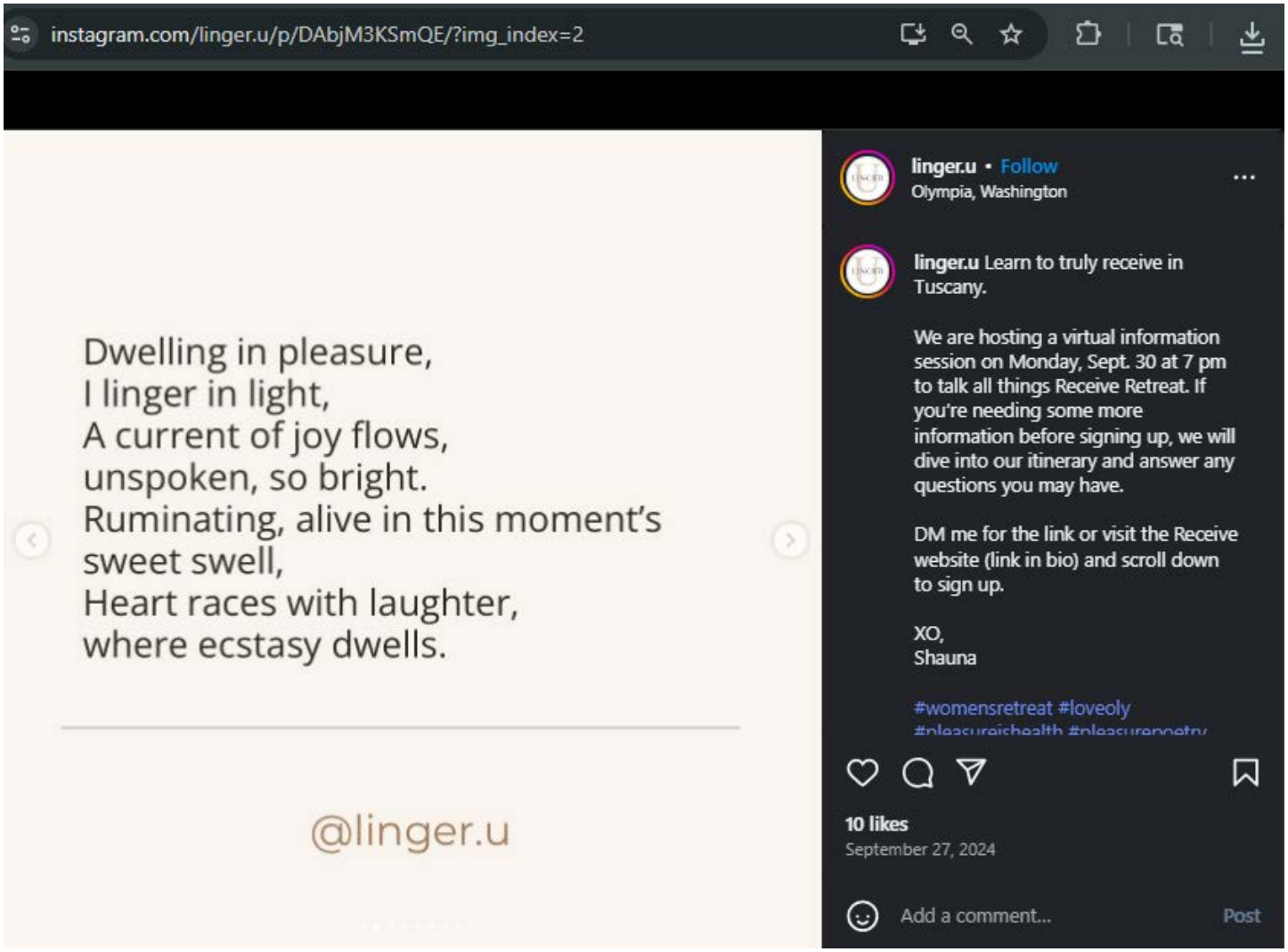
instagram.com/linger.u/p/DAbjM3KSmQE/?img_index=2
Dwelling in pleasure,
I linger in light,
A current of joy flows,
unspoken, so bright.
Ruminating, alive in this moment's
sweet swell,
Heart races with laughter,
where ecstasy dwells.
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XO,
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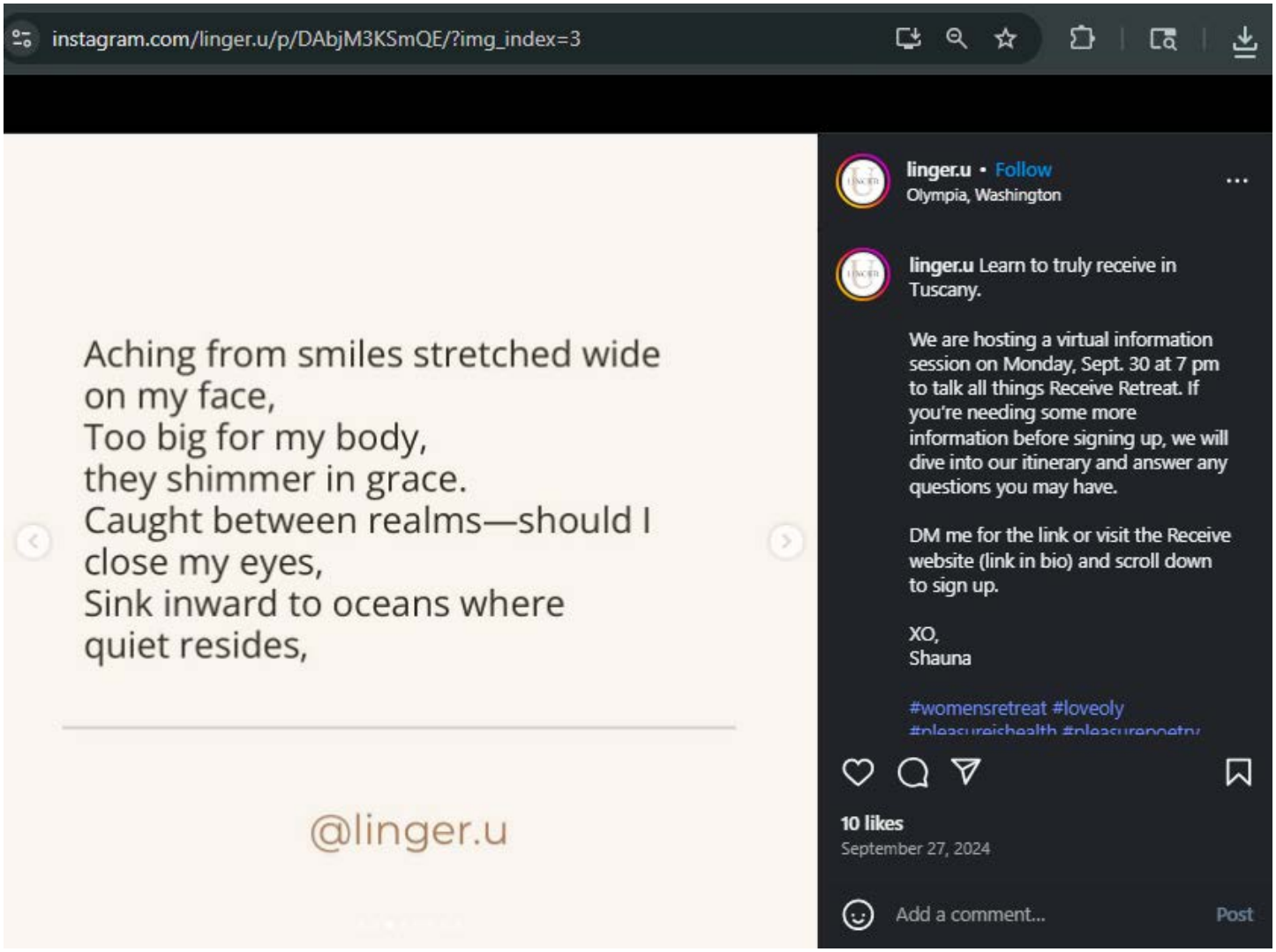
instagram.com/linger.u/p/DAbjM3KSmQE/?img_index=3
Aching from smiles stretched wide
on my face,
Too big for my body,
they shimmer in grace.
Caught between realms—should I
close my eyes,
Sink inward to oceans where
quiet resides,
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XO,
Shauna

#womensretreat #loveoly
#pleasurehealth #pleasurepoetry

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September 27, 2024

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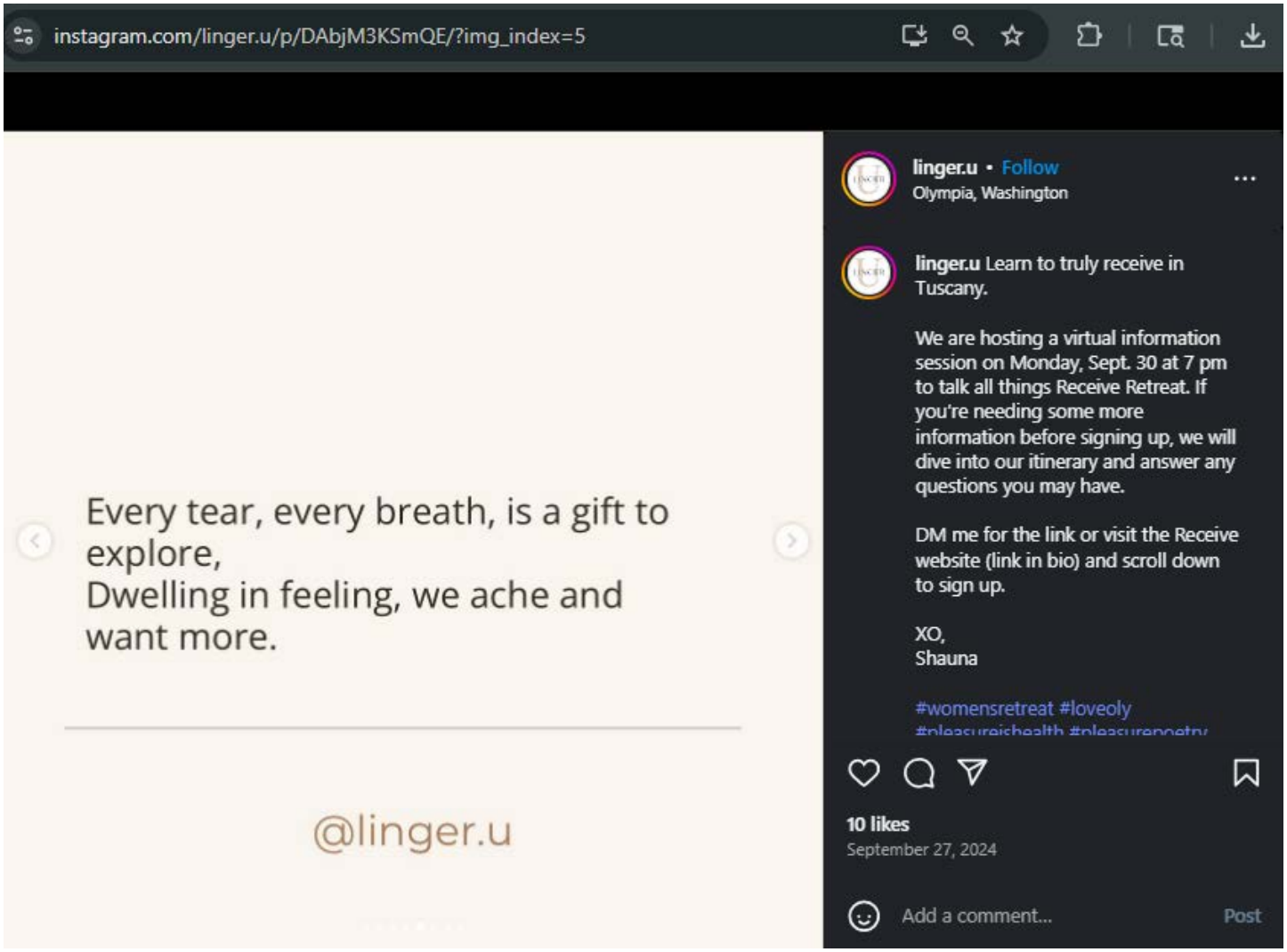
instagram.com/linger.u/p/DAbjM3KSmQE/?img_index=5
Every tear, every breath, is a gift to explore,
Dwelling in feeling, we ache and want more.
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Olympia, Washington
linger.u Learn to truly receive in Tuscany.
We are hosting a virtual information session on Monday, Sept. 30 at 7 pm to talk all things Receive Retreat. If you're needing some more information before signing up, we will dive into our itinerary and answer any questions you may have.
DM me for the link or visit the Receive website (link in bio) and scroll down to sign up.
XO,
Shauna
#womensretreat #loveoly
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#womensretreat #loveoly
#pleasureishealth #pleasurepoetry

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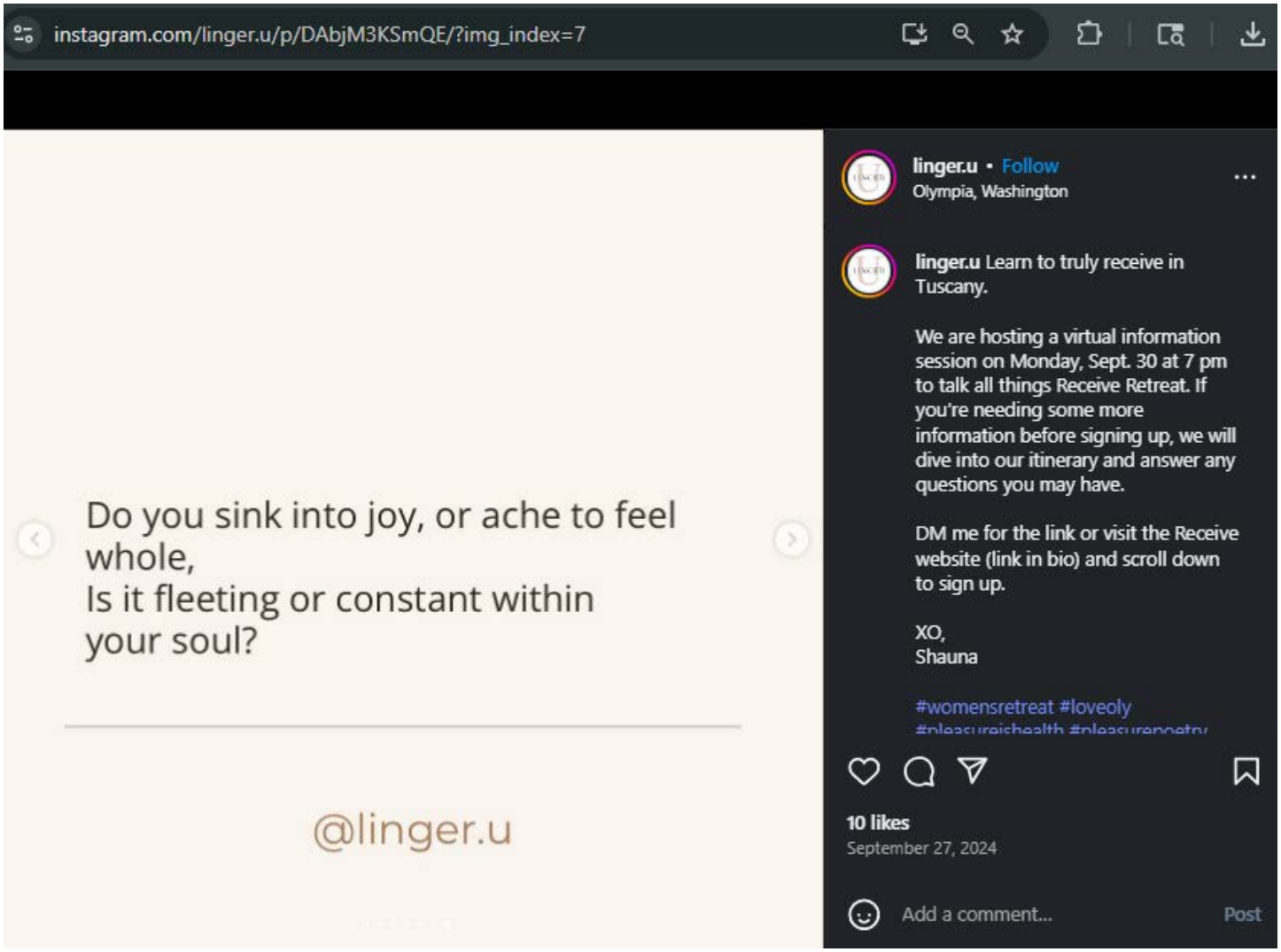
instagram.com/linger.u/p/DAbjM3KSmQE/?img_index=7
Do you sink into joy, or ache to feel whole,
Is it fleeting or constant within your soul?
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XO,
Shauna
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10 likes
September 27, 2024
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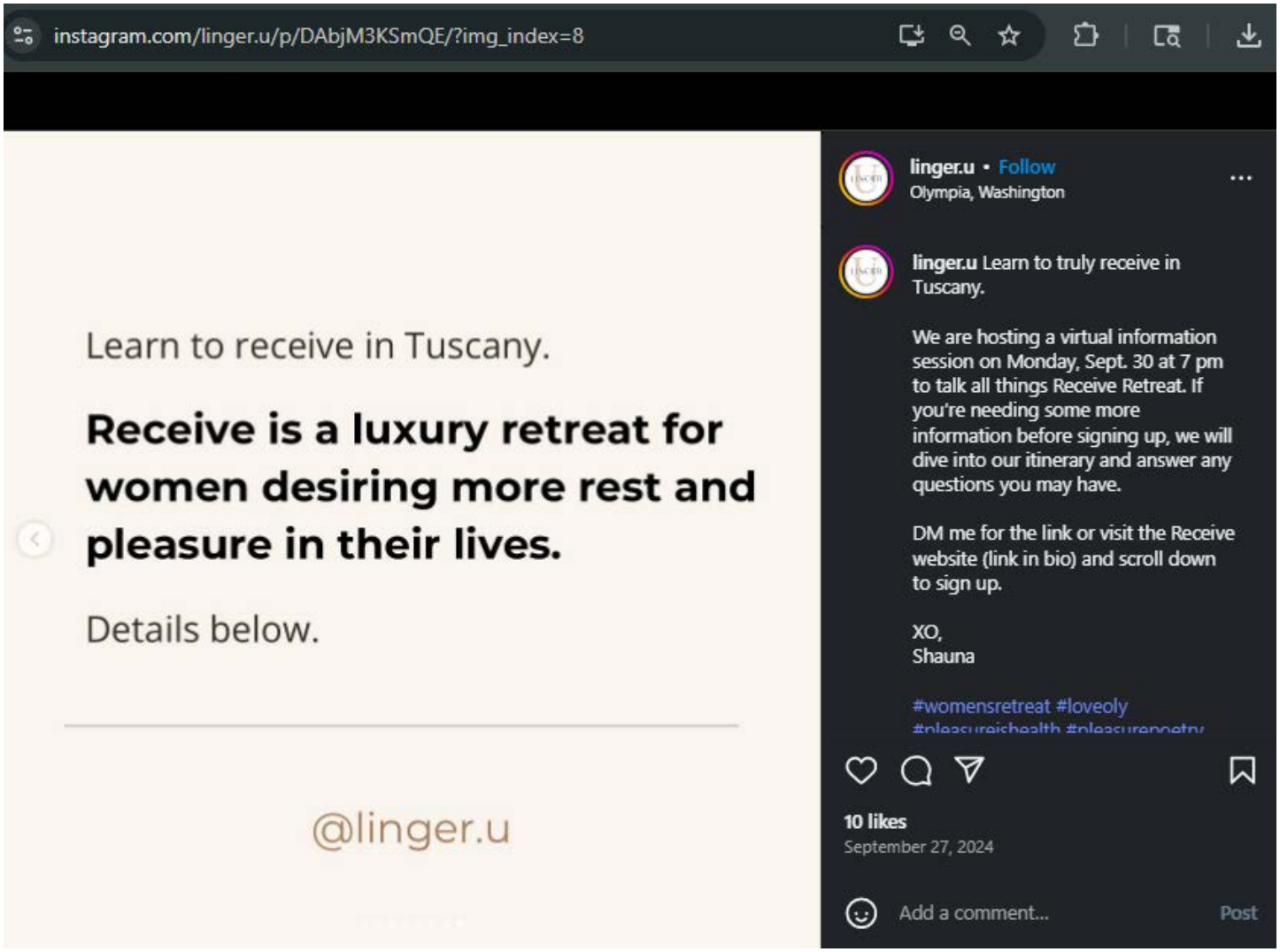
instagram.com/linger.u/p/DAbjM3KSmQE/?img_index=8
Learn to receive in Tuscany.
Receive is a luxury retreat for women desiring more rest and pleasure in their lives.
Details below.
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linger.u Learn to truly receive in Tuscany.
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XO,
Shauna
#womensretreat #loveoly
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September 27, 2024
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Instagram

linger.u

System ID: 608114

Shauna Marie Stewart

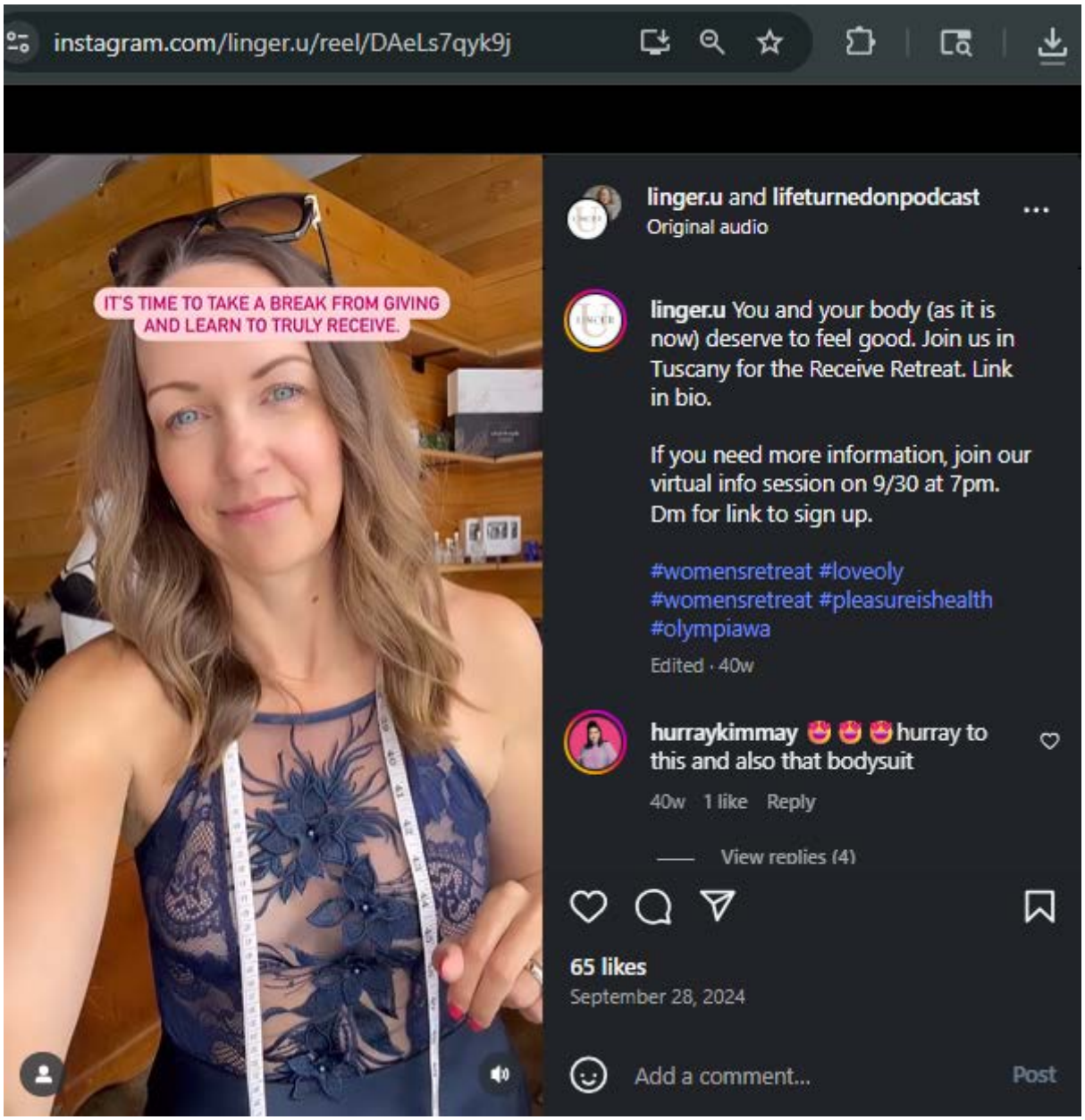
https://www.instagram.com/linger.u/reel/DAeLs7qyk9j

Posted: Sep 28, 2024

Captured: Jul 09, 2025

After DOI

*Seen standing while talking/encouraging people to sign up for her Receive Retreat "You and your body (as it is now) deserve to feel good. Join us in Tuscany for the Receive Retreat. Link in bio. If you need more information, join our virtual info session on 9/30 at 7pm. Dm for link to sign up. #womensretreat #loveoly #womensretreat #pleasureishealth #olympiawa"



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Other

Apple Podcasts

Posted: Oct 02, 2024

System ID: 607320

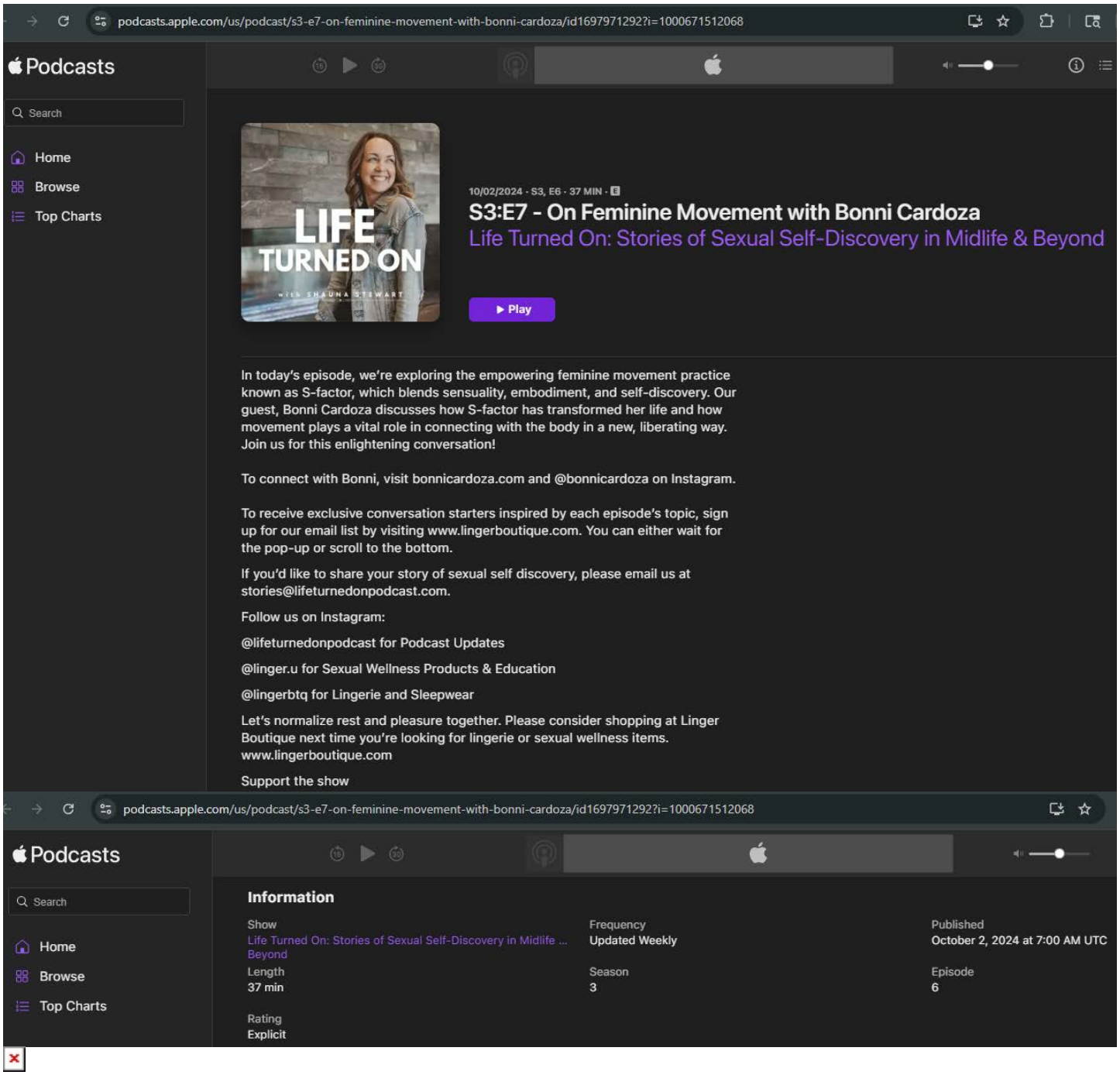
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e7-on-feminine-movement-with-bonni-cardoza/id1697971292?i=1000671512068

After DOI

*Discussion with a Licensed Marriage Family Therapist, Life Coach, and Certified Breathwork Teacher (repeat guest) "S3:E7 - On Feminine Movement with Bonni Cardoza" "In today's episode, we're exploring the empowering feminine movement practice known as S-factor, which blends sensuality, embodiment, and self-discovery. Our guest, Bonni Cardoza discusses how S-factor has transformed her life and how movement plays a vital role in connecting with the body in a new, liberating way. Join us for this enlightening conversation! To connect with Bonni, visit bonnicardoza.com and @bonnicardoza on Instagram. To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e7-on-feminine-movement-with-bonni-cardoza/id1697971292?i=1000671512068
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LIFE TURNED ON
with SHAUNA STEWART
10/02/2024 · S3, E6 · 37 MIN · E
S3:E7 - On Feminine Movement with Bonni Cardoza
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
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To connect with Bonni, visit bonnicardoza.com and @bonnicardoza on Instagram.
To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
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Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife ... Beyond
Frequency
Updated Weekly
Published
October 2, 2024 at 7:00 AM UTC
Length
37 min
Season
3
Episode
6
Rating
Explicit

Instagram

linger.u

System ID: 609332

Shauna Marie Stewart

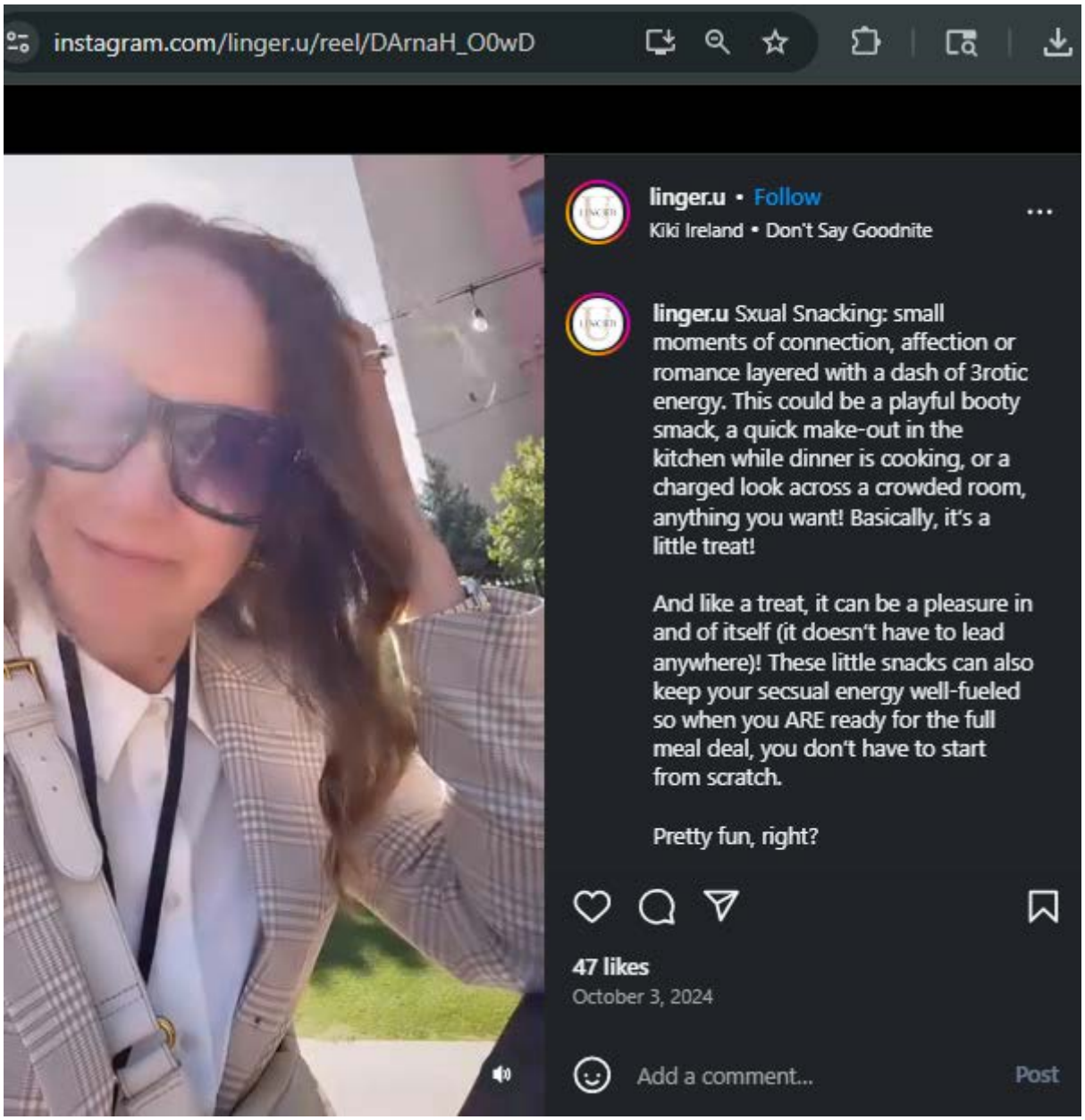
https://www.instagram.com/linger.u/reel/DArnaH_O0wD

Posted: Oct 03, 2024

Captured: Jul 10, 2025

After DOI

Sxual Snacking: small moments of connection, affection or romance layered with a dash of 3rotic energy. This could be a playful booty smack, a quick make-out in the kitchen while dinner is cooking, or a charged look across a crowded room, anything you want! Basically, it’s a little treat! And like a treat, it can be a pleasure in and of itself (it doesn’t have to lead anywhere)! These little snacks can also keep your secsual energy well-fueled so when you ARE ready for the full meal deal, you don’t have to start from scratch. Pretty fun, right? #shaconference @sexualhealthalliance"



[Link to download video]

Instagram

linger.u

System ID: 609329

Shauna Marie Stewart

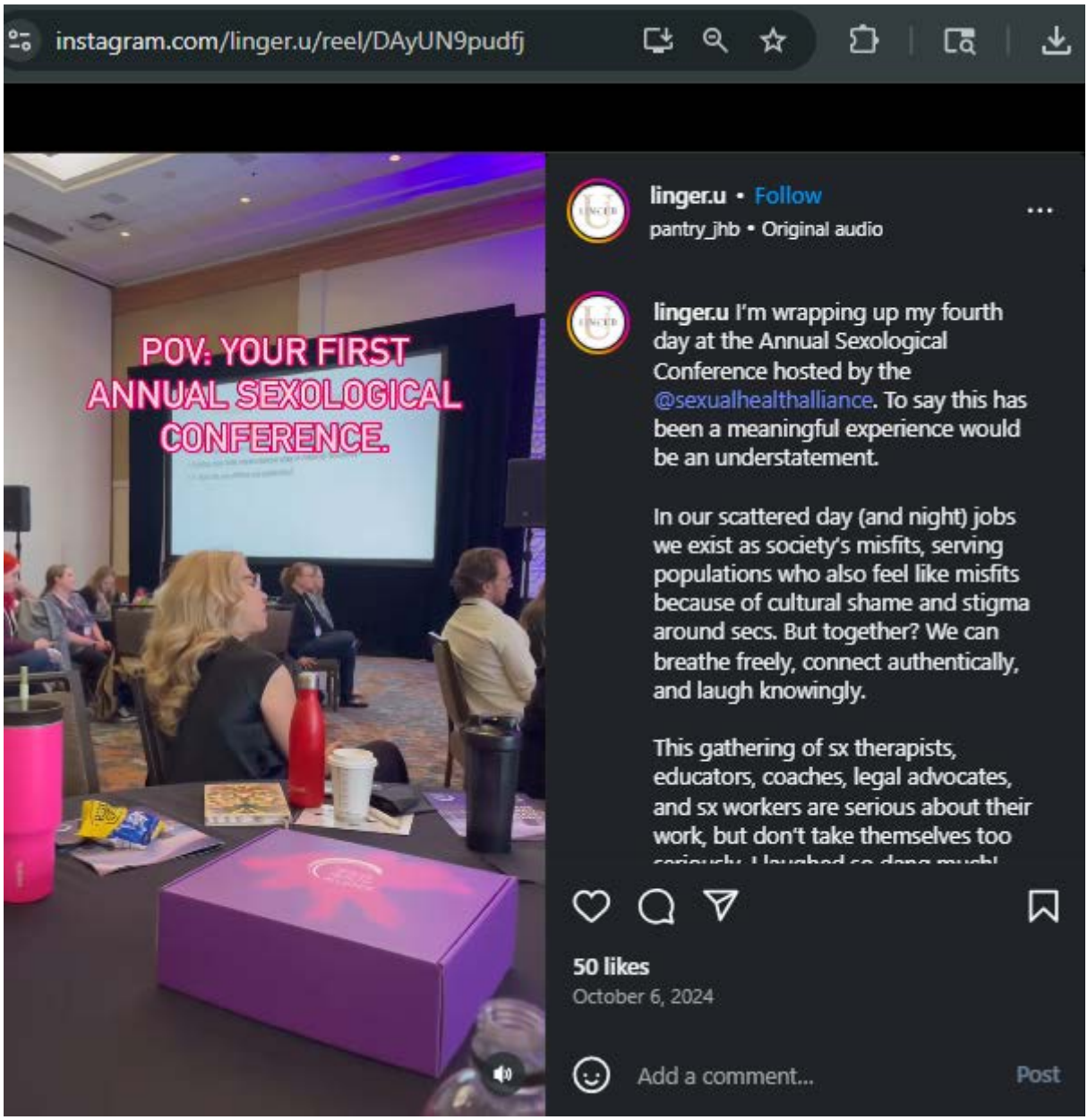
https://www.instagram.com/linger.u/reel/DAyUN9pudfj

Posted: Oct 06, 2024

Captured: Jul 10, 2025

After DOI

*Video montage from the Annual Sexological Conference hosted by the Sexual Health Alliance "I’m wrapping up my fourth day at the Annual Sexological Conference hosted by the @sexualhealthalliance. To say this has been a meaningful experience would be an understatement. In our scattered day (and night) jobs we exist as society’s misfits, serving populations who also feel like misfits because of cultural shame and stigma around secs. But together? We can breathe freely, connect authentically, and laugh knowingly. This gathering of sx therapists, educators, coaches, legal advocates, and sx workers are serious about their work, but don’t take themselves too seriously. I laughed so dang much! One of the things I immediately noticed was how safe and comfortable I felt. I’ve attended a huge amount of traditional professional and corporate-hosted events over the years and the contrast between those events and this one was striking. The lack of competition and showmanship was refreshing, the content of presentations was enlightening, and there’s a mindful culture of con$ent and self awareness. Recently, I was in a conservative corporate space where leadership was making degrading jokes about employees “b@@b jobs”, an employee was dry humping (frotterism) his coworkers, and someone else’s husband grabbed my butt on three different occasions. I remember thinking if these people were more genuinely connected to their own sexuality, they wouldn’t feel like they have to impose this unhealthy behavior on others. But comprehensive sx education is considered controversial in this country so… That’s why everyone’s work here is so important! Here, the jokes were secsual but never degrading or at anyone’s expense; the attendees were professional and could express themselves as whole beings; and we all genuinely supported one another in a safe container. I made some amazing friends and feel so inspired for my work ahead. Thank you to everyone who organized, presented, and attended for co-creating such a transformative space. I am deeply appreciative!"



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Other

Apple Podcasts

Posted: Oct 09, 2024

System ID: 607301

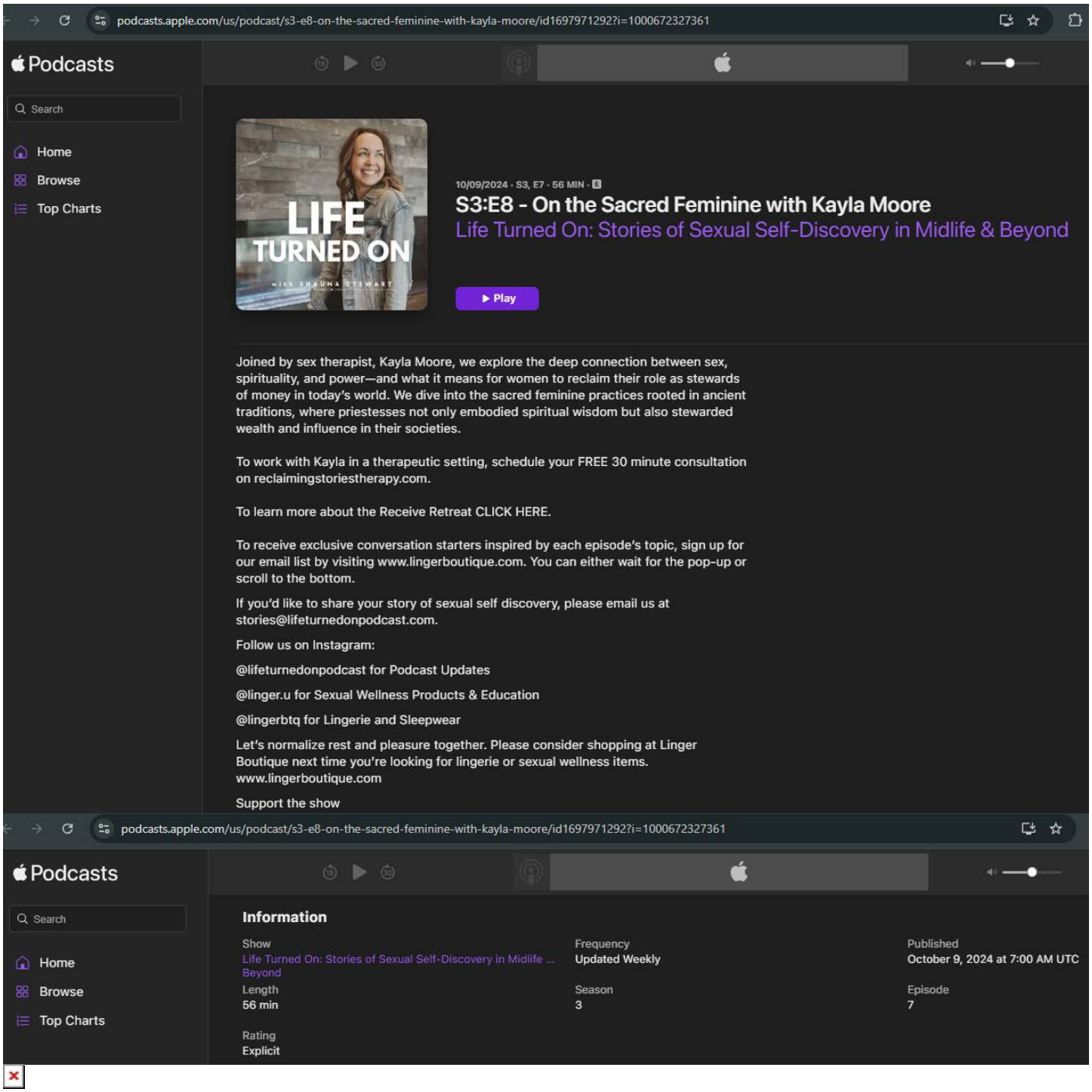
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e8-on-the-sacred-feminine-with-kayla-moore/id1697971292?i=1000672327361

After DOI

*Discussion with the owner of Reclaiming Stories Therapy in Gig Harbor, Washington and podcast host "S3:E8 - On the Sacred Feminine with Kayla Moore" "Joined by sex therapist, Kayla Moore, we explore the deep connection between sex, spirituality, and power—and what it means for women to reclaim their role as stewards of money in today's world. We dive into the sacred feminine practices rooted in ancient traditions, where priestesses not only embodied spiritual wisdom but also stewarded wealth and influence in their societies. To work with Kayla in a therapeutic setting, schedule your FREE 30 minute consultation on reclaimingstoriestherapy.com. To learn more about the Receive Retreat CLICK HERE. To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e8-on-the-sacred-feminine-with-kayla-moore/id1697971292?i=1000672327361
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10/09/2024 · S3, E7 · 56 MIN · E
S3:E8 - On the Sacred Feminine with Kayla Moore
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Joined by sex therapist, Kayla Moore, we explore the deep connection between sex, spirituality, and power—and what it means for women to reclaim their role as stewards of money in today's world. We dive into the sacred feminine practices rooted in ancient traditions, where priestesses not only embodied spiritual wisdom but also stewarded wealth and influence in their societies.
To work with Kayla in a therapeutic setting, schedule your FREE 30 minute consultation on reclaimingstoriestherapy.com.
To learn more about the Receive Retreat CLICK HERE.
To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
@lifeturnedonpodcast for Podcast Updates
@linger.u for Sexual Wellness Products & Education
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Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife ... Beyond
Frequency
Updated Weekly
Published
October 9, 2024 at 7:00 AM UTC
Length
56 min
Season
3
Episode
7
Rating
Explicit

Instagram

linger.u

System ID: 609327

Shauna Marie Stewart

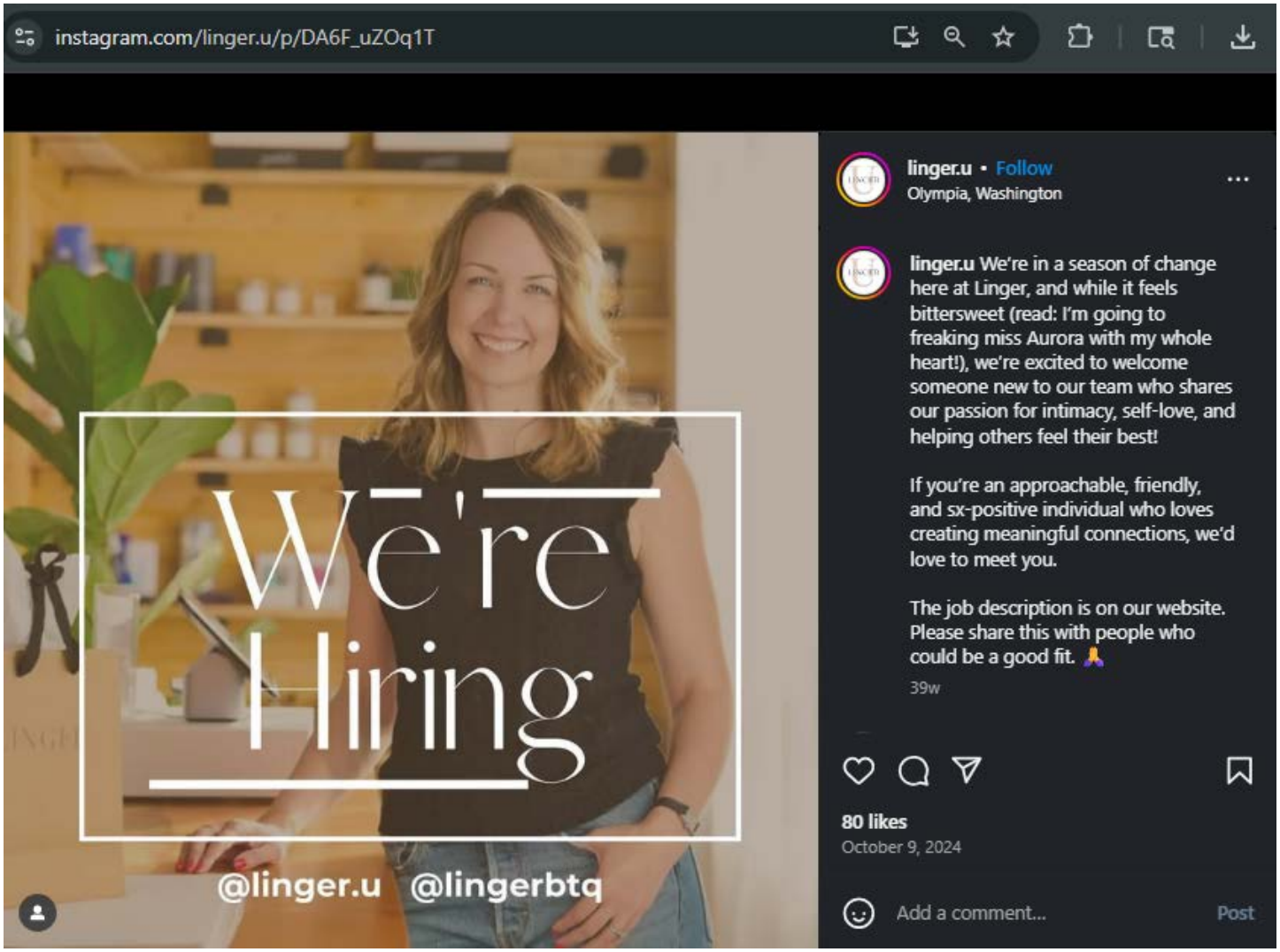
https://www.instagram.com/linger.u/p/DA6F_uZOq1T

Posted: Oct 09, 2024

Captured: Jul 10, 2025

After DOI

*Announced that she was hiring an employee "We’re in a season of change here at Linger, and while it feels bittersweet (read: I’m going to freaking miss Aurora with my whole heart!), we’re excited to welcome someone new to our team who shares our passion for intimacy, self-love, and helping others feel their best! If you’re an approachable, friendly, and sx-positive individual who loves creating meaningful connections, we’d love to meet you. The job description is on our website. Please share this with people who could be a good fit. "


instagram.com/linger.u/p/DA6F_uZOq1T
We're Hiring
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Olympia, Washington
linger.u We're in a season of change here at Linger, and while it feels bittersweet (read: I'm going to freaking miss Aurora with my whole heart!), we're excited to welcome someone new to our team who shares our passion for intimacy, self-love, and helping others feel their best!
If you're an approachable, friendly, and sx-positive individual who loves creating meaningful connections, we'd love to meet you.
The job description is on our website. Please share this with people who could be a good fit. 🙏
39w
80 likes
October 9, 2024
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Instagram

shauna83

System ID: 609324

Shauna Marie Stewart

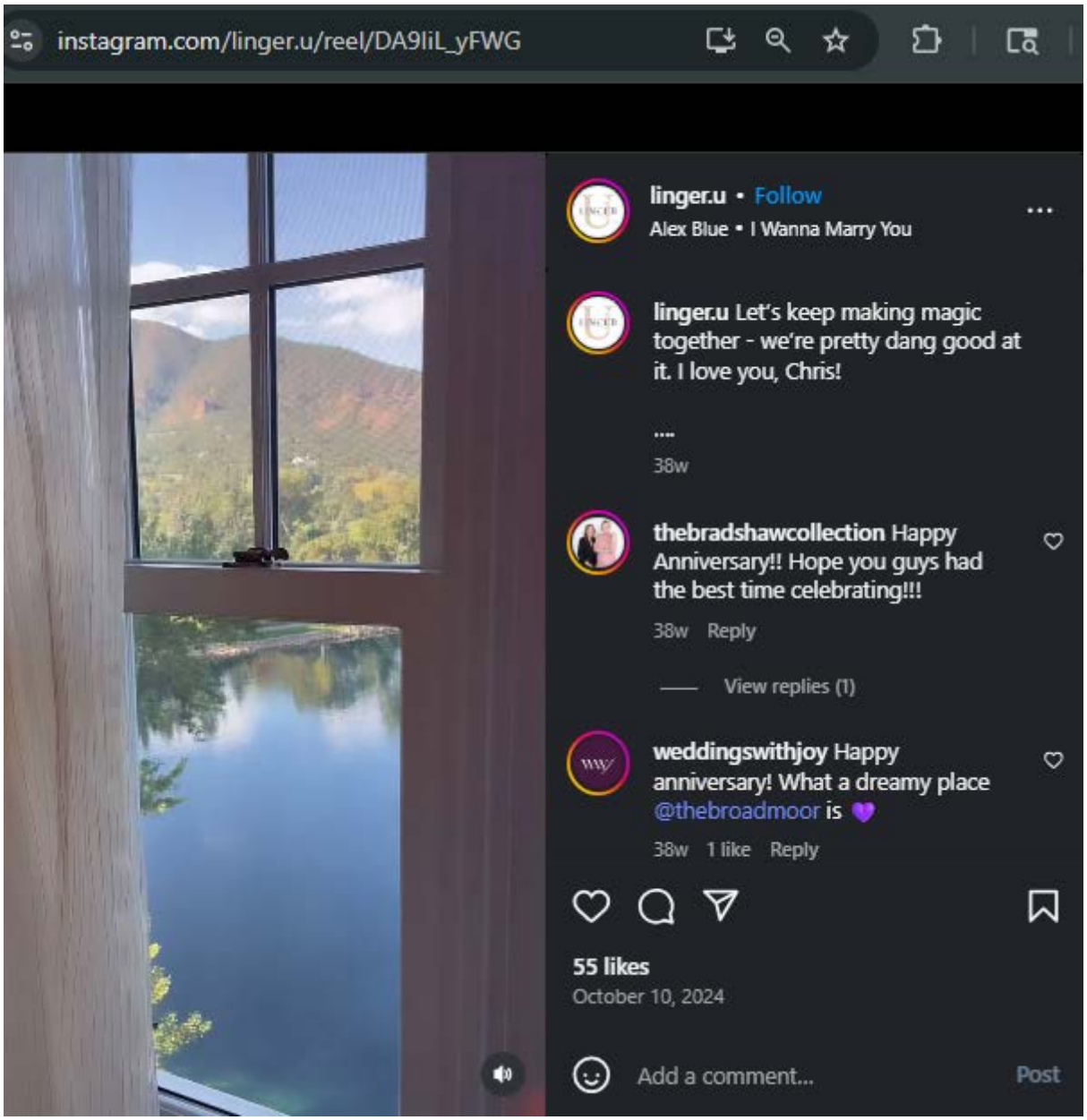
https://www.instagram.com/linger.u/reel/DA9IiL_yFWG

Posted: Oct 10, 2024

Captured: Jul 10, 2025

After DOI

*Pictures and videos with husband while they celebrated their wedding anniversary "Let’s keep making magic together - we’re pretty dang good at it. I love you, Chris! …."



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Instagram

linger.u

Posted: Oct 11, 2024

System ID: 609322

Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DA_2MFST6Fj/?img_index=1

After DOI

"Center pleasure and let the other stuff go. Breaking free of cultural norms for what sx is supposed to look and feel like takes time, so go slow. As you release the stress-inducing pressure of performance, perfectionism, and penetration in the bedroom you'll find more room for connection and feeling good. Where are these 3 Ps showing up in your life and robbing you of pleasure? Grab your partner, a friend or a journal and talk about it!"

instagram.com/linger.u/p/DA_2MFST6Fj/?img_index=1
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linger.u Center pleasure and let the other stuff go.
Breaking free of cultural norms for what sx is supposed to look and feel like takes time, so go slow.
As you release the stress-inducing pressure of performance, perfectionism, and penetration in the bedroom you'll find more room for connection and feeling good.
Where are these 3 Ps showing up in your life and robbing you of pleasure? Grab your partner, a friend or a journal and talk about it!
38w
9 likes
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instagram.com/linger.u/p/DA_2MFST6Fj/?img_index=2
PLEASURE > PERFECTIONISM
Striving for goal-oriented, flawless experiences often leads to dissatisfaction and stress. Pleasure invites curiosity and embraces what is.
@linger.u
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Olympia, Washington
linger.u Center pleasure and let the other stuff go.
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October 11, 2024
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linger.u Center pleasure and let the other stuff go. 😍

Breaking free of cultural norms for what sx is supposed to look and feel like takes time, so go slow.

As you release the stress-inducing pressure of performance, perfectionism, and penetration in the bedroom you'll find more room for connection and feeling good.

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linger.u Center pleasure and let the other stuff go. 💝

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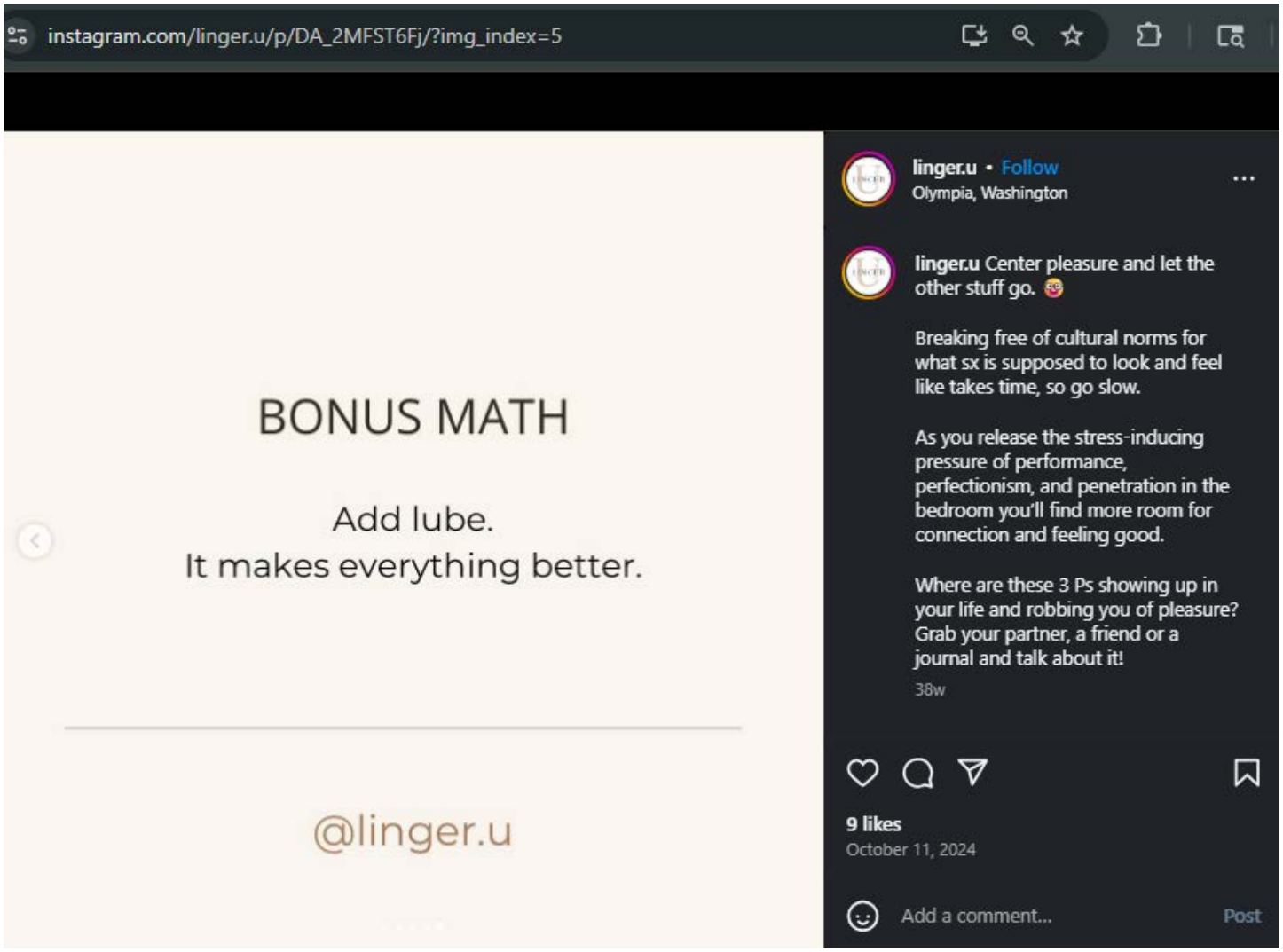
instagram.com/linger.u/p/DA_2MFST6Fj/?img_index=5
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9 likes
October 11, 2024
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Instagram

linger.u

System ID: 609320

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DBE24D6yBP2

Posted: Oct 13, 2024

Captured: Jul 10, 2025

After DOI

*Pictured sitting on a bed "Three years ago today, we launched Linger into the world, turning a dream into reality. To mark the occasion, I’m in NYC for a special SX Magic launch party with some of the industry’s greats. It feels surreal. Looking back on these three years, I’m amazed by the growth—not just for me, but for so many who’ve been touched by Linger’s mission. This journey has peeled back layers of who I thought I was, revealing strength, softness, authenticity, and so much freedom. I’ve had the privilege of witnessing amazing transformations as women discover and choose themselves—whether it’s in our dressing rooms, while selecting their first vibe, or sparking conversations they never imagined having. It’s been inspiring to see these moments unfold. Every day, I get to blend business with pleasure, because it truly brings me joy to do this work with you. Thank you for being part of the journey! Cheers to even more! Let’s keep normalizing rest and pleasure, together."

instagram.com/linger.u/p/DBE24D6yBP2

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Olympia, Washington

linger.u Three years ago today, we launched Linger into the world, turning a dream into reality. To mark the occasion, I'm in NYC for a special SX Magic launch party with some of the industry's greats. ✨ It feels surreal.

Looking back on these three years, I'm amazed by the growth—not just for me, but for so many who've been touched by Linger's mission. This journey has peeled back layers of who I thought I was, revealing strength, softness, authenticity, and so much freedom.

I've had the privilege of witnessing amazing transformations as women discover and choose themselves—

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October 13, 2024

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Instagram

linger.u

Posted: Oct 14, 2024

System ID: 609317

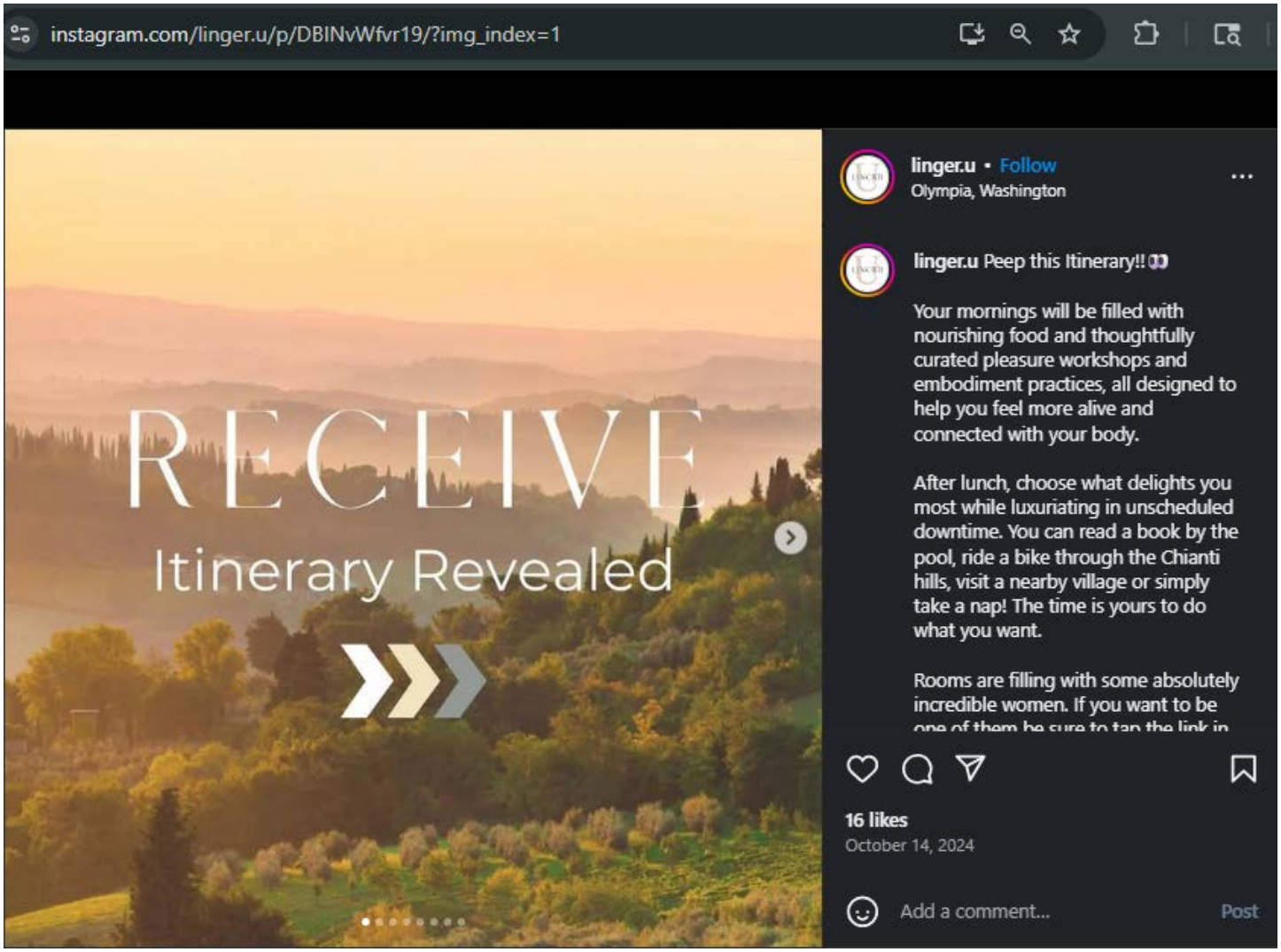
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DBINvWfvr19/?img_index=1

After DOI

*Shared the itinerary for the Receive Retreat "Peep this Itinerary!!□ Your mornings will be filled with nourishing food and thoughtfully curated pleasure workshops and embodiment practices, all designed to help you feel more alive and connected with your body. After lunch, choose what delights you most while luxuriating in unscheduled downtime. You can read a book by the pool, ride a bike through the Chianti hills, visit a nearby village or simply take a nap! The time is yours to do what you want. Rooms are filling with some absolutely incredible women. If you want to be one of them be sure to tap the link in bio and save your spot now or DM me with any questions you may have! Receive Retreat Tuscany, Italy May 5-10, 2025 #ReceiveRetreat #TuscanyRetreat #PleasureJourney #SayYesToYou #WomensRetreat"


instagram.com/linger.u/p/DBINvWfvr19/?img_index=1
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linger.u Peep this Itinerary!!
Your mornings will be filled with nourishing food and thoughtfully curated pleasure workshops and embodiment practices, all designed to help you feel more alive and connected with your body.
After lunch, choose what delights you most while luxuriating in unscheduled downtime. You can read a book by the pool, ride a bike through the Chianti hills, visit a nearby village or simply take a nap! The time is yours to do what you want.
Rooms are filling with some absolutely incredible women. If you want to be
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October 14, 2024
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Rooms are filling with some absolutely incredible women. If you want to be one of them be sure to tap the link in

16 likes
October 14, 2024

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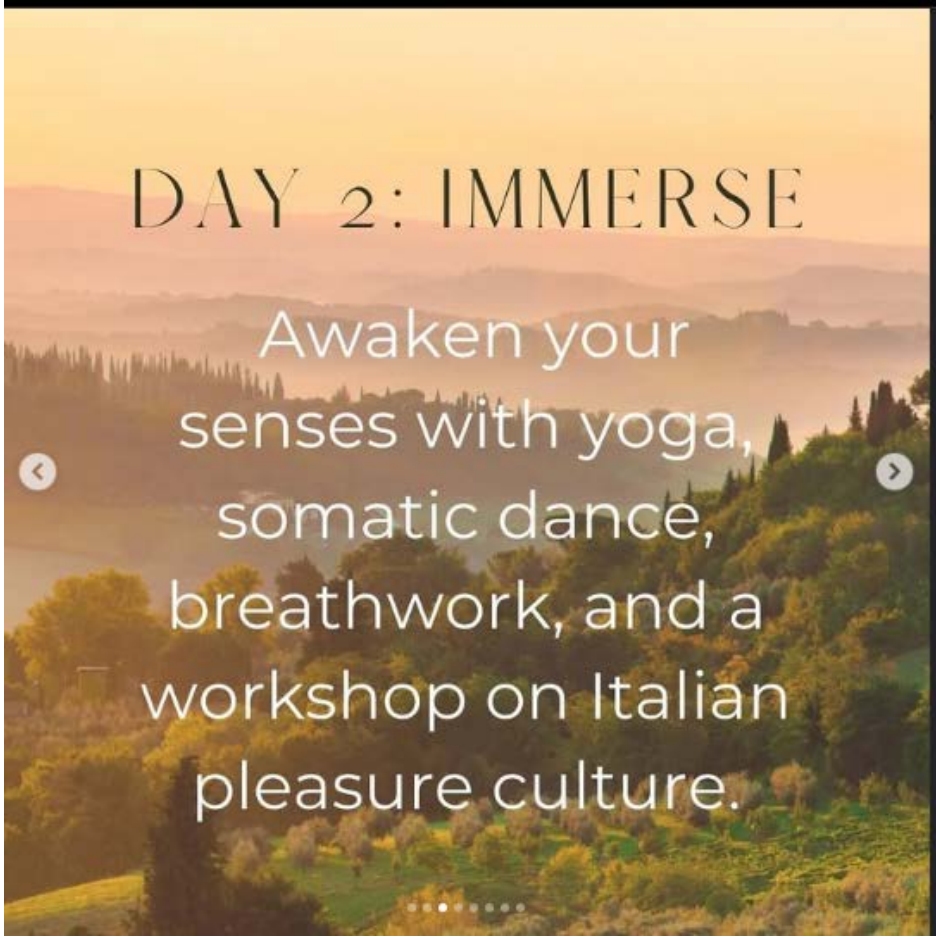
instagram.com/linger.u/p/DBINvWfvr19/?img_index=3



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Your mornings will be filled with nourishing food and thoughtfully curated pleasure workshops and embodiment practices, all designed to help you feel more alive and connected with your body.

After lunch, choose what delights you most while luxuriating in unscheduled downtime. You can read a book by the pool, ride a bike through the Chianti hills, visit a nearby village or simply take a nap! The time is yours to do what you want.

Rooms are filling with some absolutely incredible women. If you want to be one of them be sure to tap the link in

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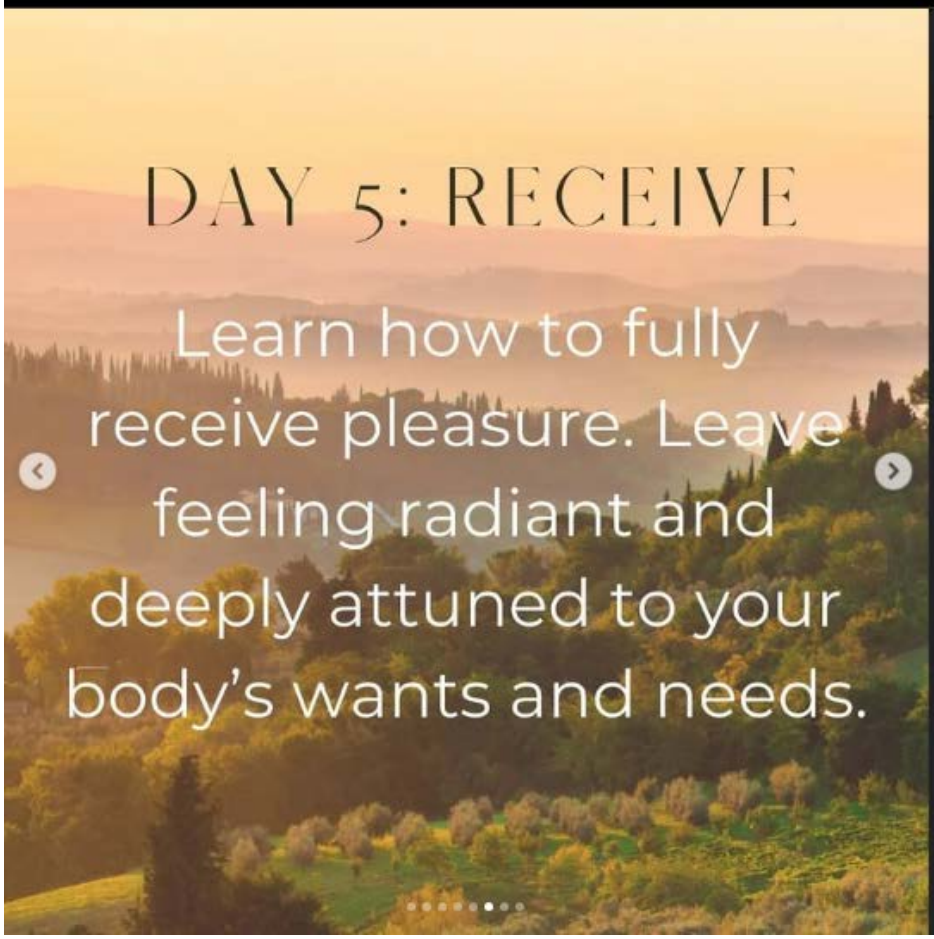

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After lunch, choose what delights you most while luxuriating in unscheduled downtime. You can read a book by the pool, ride a bike through the Chianti hills, visit a nearby village or simply take a nap! The time is yours to do what you want.

Rooms are filling with some absolutely incredible women. If you want to be one of them be sure to tap the link in

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Facebook

shauna.stewart.64018

Posted: Oct 15, 2024

System ID: 606135

Captured: Jul 03, 2025

Shauna Marie Stewart

https://www.facebook.com/shauna.stewart.64018/posts/122196551498035988

After DOI

*Advertised a luxury retreat to Tuscany that she planned "Linger with me in Tuscany? I've planned a pretty epic retreat and I'd love to fill it with people I know and love! We'll spoil you with quiet luxury in the Chianti hills, chef-prepared meals, thoughtfully designed pleasure workshops and embodiment exercises, and luxurious unscheduled time. Early bird ends 10/31." Link: https://lingerintuscany.my.canva.site/?fbclid=IwZXh0bgNhZW0CMTEAYnJpZBExZDYweTFCcHhlQ2oxRjRMZQEe4wCb01IDIA-UOJ2zFEWQ74Q3VoIf8Ftx3Bd3f9pc0kYoomTPAH0WryKPSJQ_aem__cfr_EFXKg_E3R-irMlbLw

facebook.com/shauna.stewart.64018/posts/122196551498035988

Shauna Stewart's post

Shauna Stewart
October 15, 2024 ·

Linger with me in Tuscany? I've planned a pretty epic retreat and I'd love to fill it with people I know and love! We'll spoil you with quiet luxury in the Chianti hills, chef-prepared meals, thoughtfully designed pleasure workshops and embodiment exercises, and luxurious unscheduled time. Early bird ends 10/31.

LINGERINTUSCANY.MY.CANVA.SITE
Receive Website

2

DO YOU STRUGGLE TO RECEIVE REST AND PLEASURE?

For many women, **receiving is a challenge**.

We're often conditioned to prioritize the needs

Other

Apple Podcasts

System ID: 607309

Posted: Oct 16, 2024

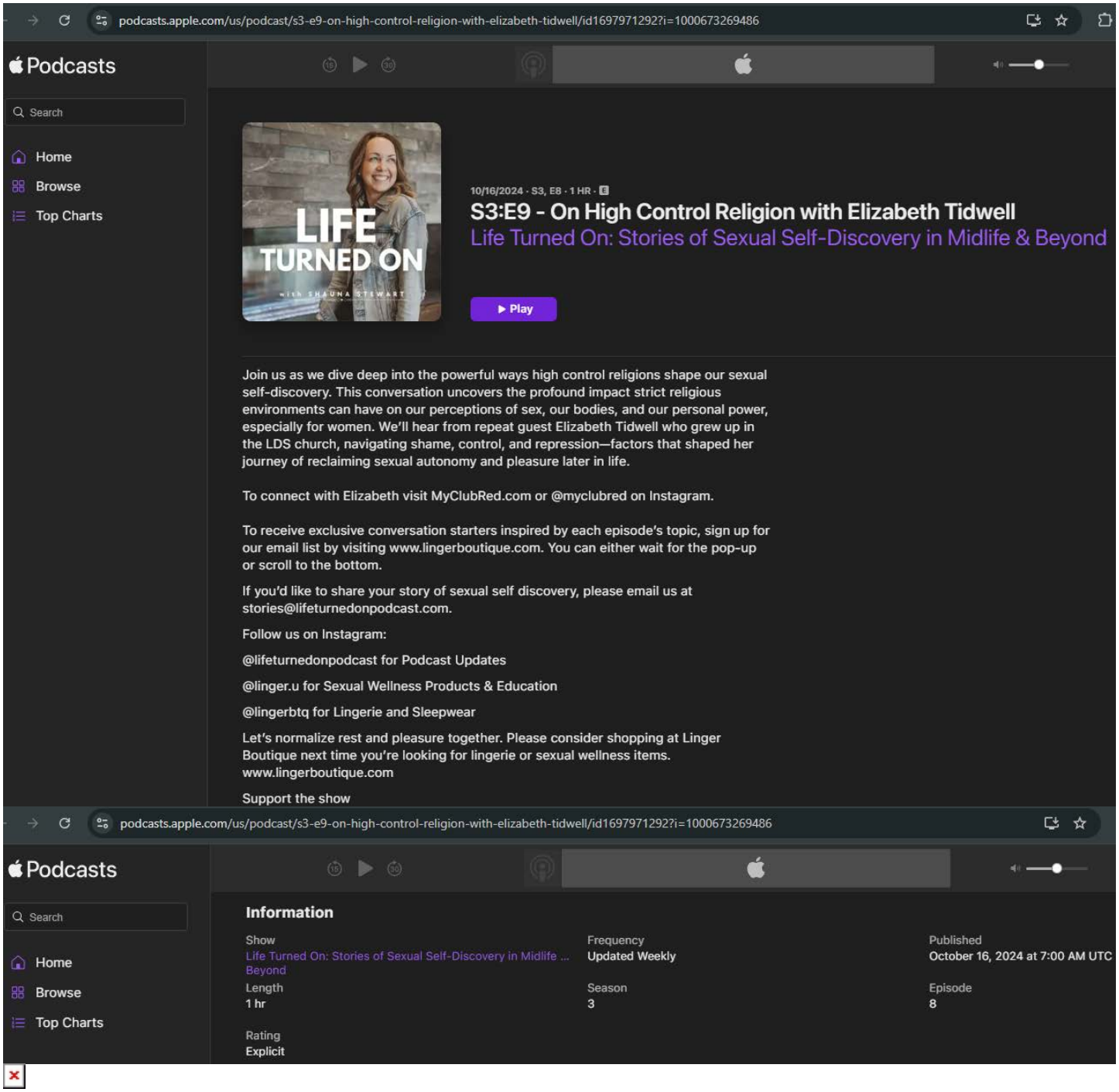
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e9-on-high-control-religion-with-elizabeth-tidwell/id1697971292?i=1000673269486

After DOI

*Discussion with Womb Guide and Menstrual Cycle Coach (repeat guest), who's topics included experiences in religious environments "S3:E9 - On High Control Religion with Elizabeth Tidwell" "Join us as we dive deep into the powerful ways high control religions shape our sexual self-discovery. This conversation uncovers the profound impact strict religious environments can have on our perceptions of sex, our bodies, and our personal power, especially for women. We'll hear from repeat guest Elizabeth Tidwell who grew up in the LDS church, navigating shame, control, and repression—factors that shaped her journey of reclaiming sexual autonomy and pleasure later in life. To connect with Elizabeth visit MyClubRed.com or @myclubred on Instagram. To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e9-on-high-control-religion-with-elizabeth-tidwell/id1697971292?i=1000673269486
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LIFE TURNED ON
10/16/2024 · S3, E8 · 1 HR · E
S3:E9 - On High Control Religion with Elizabeth Tidwell
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Join us as we dive deep into the powerful ways high control religions shape our sexual self-discovery. This conversation uncovers the profound impact strict religious environments can have on our perceptions of sex, our bodies, and our personal power, especially for women. We'll hear from repeat guest Elizabeth Tidwell who grew up in the LDS church, navigating shame, control, and repression—factors that shaped her journey of reclaiming sexual autonomy and pleasure later in life.
To connect with Elizabeth visit MyClubRed.com or @myclubred on Instagram.
To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
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@linger.u for Sexual Wellness Products & Education
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Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items.
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Life Turned On: Stories of Sexual Self-Discovery in Midlife ... Beyond
Frequency
Updated Weekly
Published
October 16, 2024 at 7:00 AM UTC
Length
1 hr
Season
3
Episode
8
Rating
Explicit

Instagram

linger.u

System ID: 608106

Shauna Marie Stewart

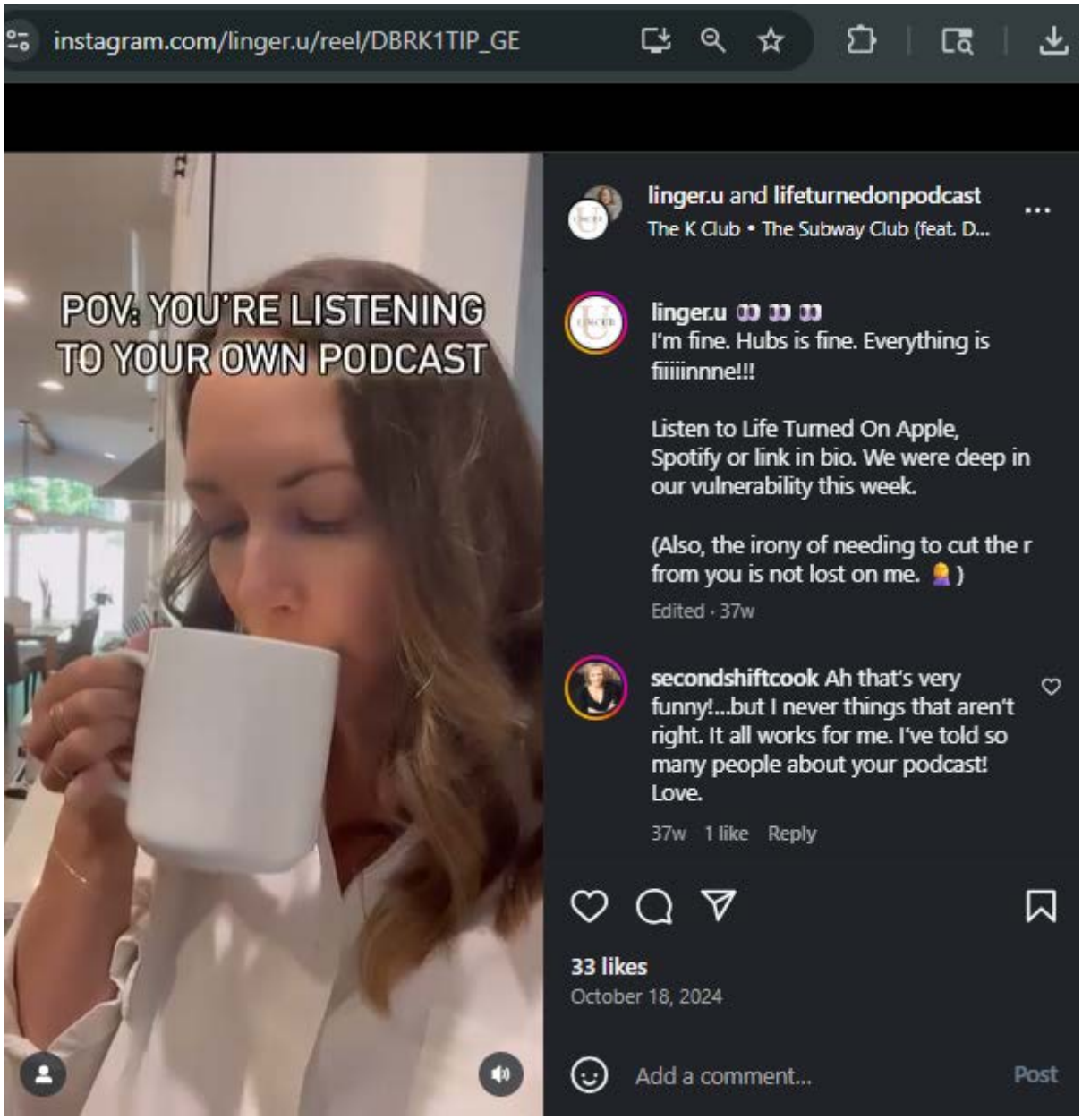
https://www.instagram.com/linger.u/reel/DBRK1TIP_GE

Posted: Oct 18, 2024

Captured: Jul 09, 2025

After DOI

*Seen holding a mug "□□□ I’m fine. Hubs is fine. Everything is fiiiiinnne!!! Listen to Life Turned On Apple, Spotify or link in bio. We were deep in our vulnerability this week. (Also, the irony of needing to cut the r from you is not lost on me. □♀)"



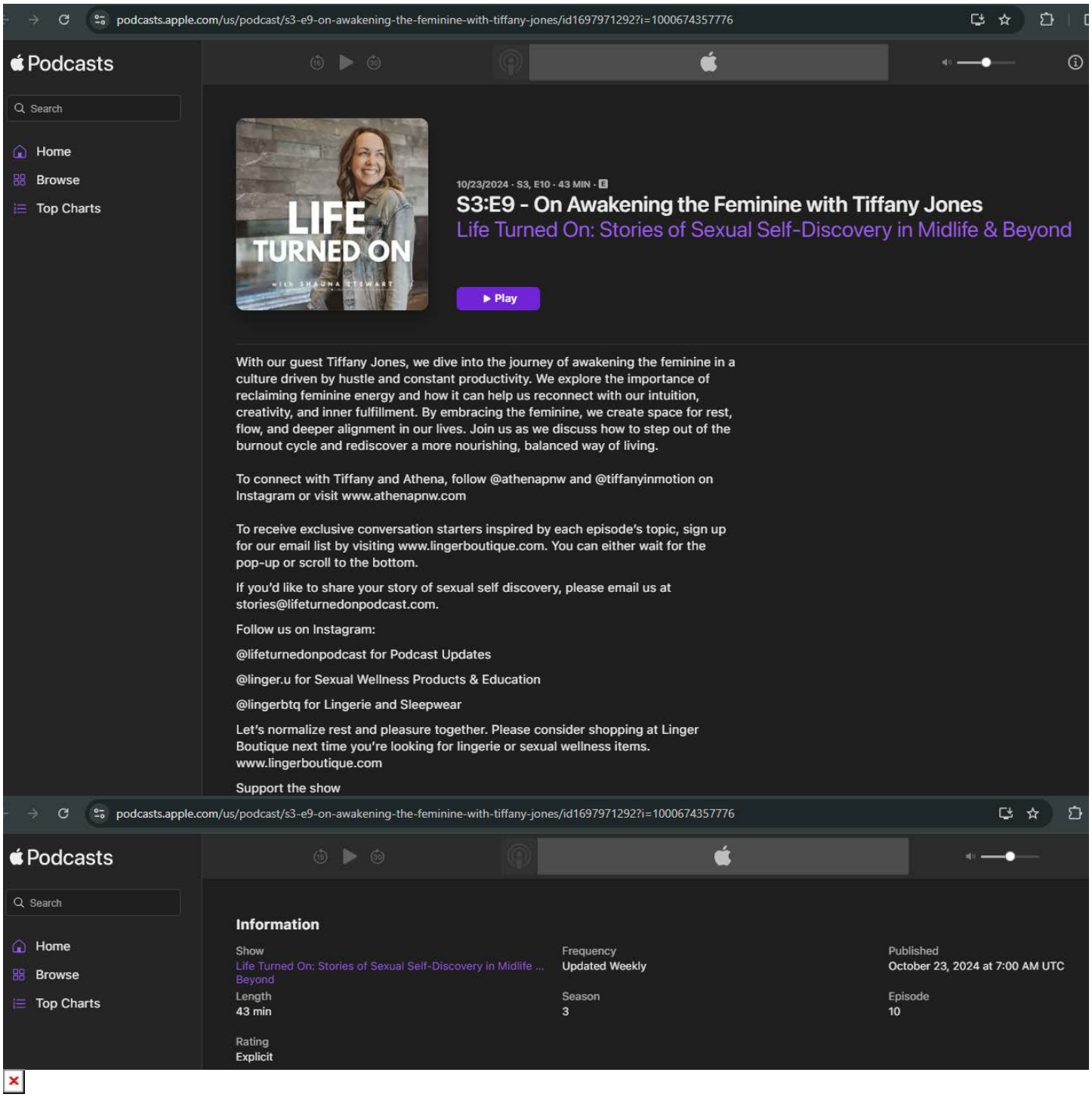
[Link to download video]

Other

Apple Podcasts
Posted: Oct 23, 2024
System ID: 607291
Captured: Jul 08, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/s3-e9-on-awakening-the-feminine-with-tiffany-jones/id1697971292?i=1000674357776

After DOI

*Discussion with a Human Health Alchemist and founder of a holistic space dedicated to women's wellness (repeat guest) "S3:E9 - On Awakening the Feminine with Tiffany Jones" "With our guest Tiffany Jones, we dive into the journey of awakening the feminine in a culture driven by hustle and constant productivity. We explore the importance of reclaiming feminine energy and how it can help us reconnect with our intuition, creativity, and inner fulfillment. By embracing the feminine, we create space for rest, flow, and deeper alignment in our lives. Join us as we discuss how to step out of the burnout cycle and rediscover a more nourishing, balanced way of living. To connect with Tiffany and Athena, follow @athenapnw and @tiffanyinmotion on Instagram or visit www.athenapnw.com To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e9-on-awakening-the-feminine-with-tiffany-jones/id1697971292?i=1000674357776
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LIFE TURNED ON
10/23/2024 · S3, E10 · 43 MIN · E
S3:E9 - On Awakening the Feminine with Tiffany Jones
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
With our guest Tiffany Jones, we dive into the journey of awakening the feminine in a culture driven by hustle and constant productivity. We explore the importance of reclaiming feminine energy and how it can help us reconnect with our intuition, creativity, and inner fulfillment. By embracing the feminine, we create space for rest, flow, and deeper alignment in our lives. Join us as we discuss how to step out of the burnout cycle and rediscover a more nourishing, balanced way of living.
To connect with Tiffany and Athena, follow @athenapnw and @tiffanyinmotion on Instagram or visit www.athenapnw.com
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If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
Follow us on Instagram:
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@linger.u for Sexual Wellness Products & Education
@lingerbtq for Lingerie and Sleepwear
Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com
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Life Turned On: Stories of Sexual Self-Discovery in Midlife ... Beyond
Frequency
Updated Weekly
Published
October 23, 2024 at 7:00 AM UTC
Length
43 min
Season
3
Episode
10
Rating
Explicit

Instagram

linger.u

Posted: Oct 23, 2024

System ID: 609217

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/DBeTrbZPGqD

After DOI

*Video of her hand holding a drink at a restaurant with an associate "I’m not okay. □□□This human changed me and made Linger better. She’s off to Alaska and I’ll be left with the warm imprints of her smile and laughter on my heart. Please help me send her off with love by dropping a note below and/or stopping by the shop to give her a hug goodbye this week. I love you Aurora and I’m so proud of you. You’re going to glow brightly on your next adventure and I look forward to seeing you become even more of yourself."

[Link to download video]

Instagram

linger.u

System ID: 609211

Shauna Marie Stewart

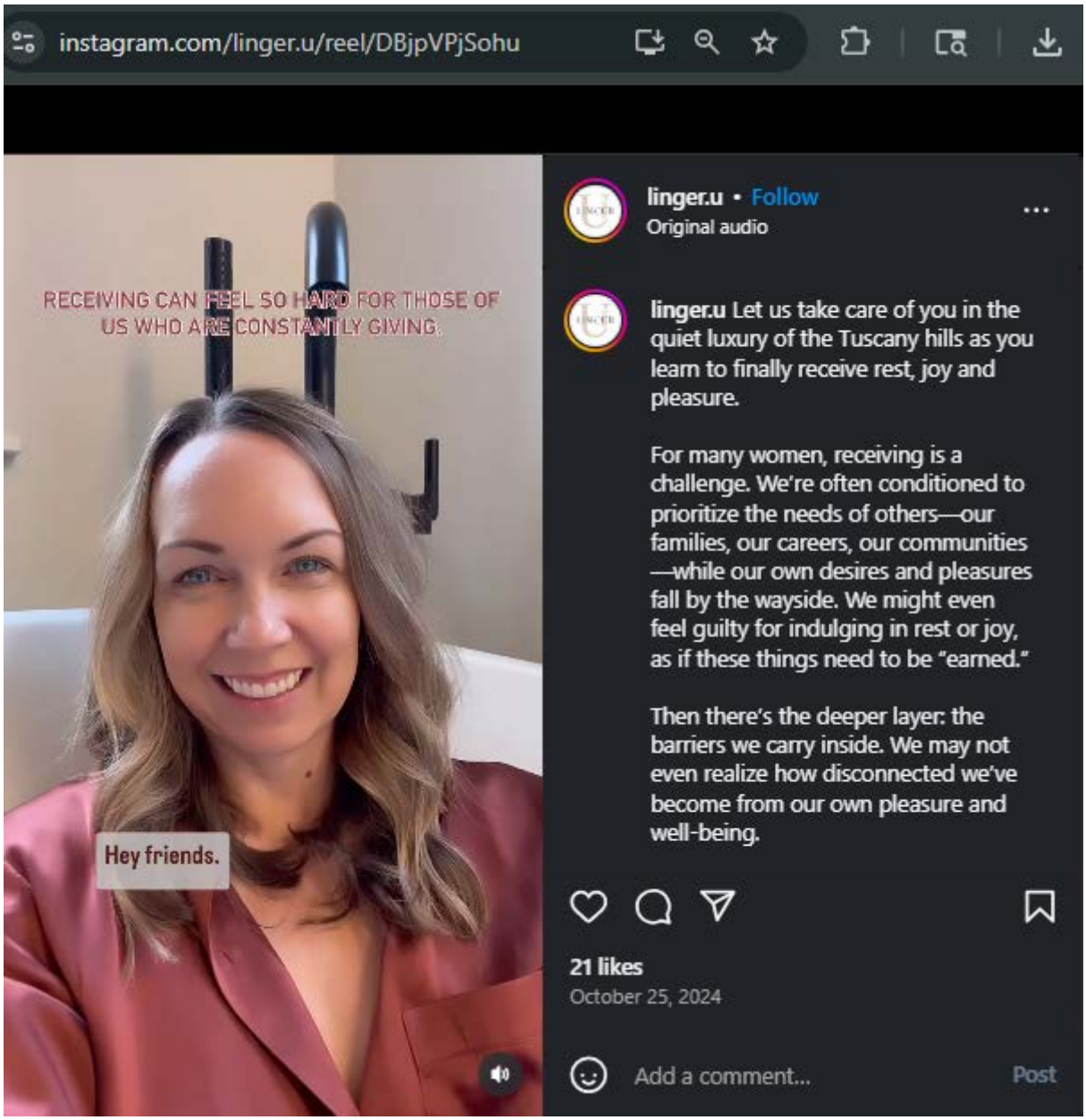
https://www.instagram.com/linger.u/reel/DBjpVPjSohu

Posted: Oct 25, 2024

Captured: Jul 09, 2025

After DOI

*Video of Subject talking about women struggling to receive different kinds of pleasure "Let us take care of you in the quiet luxury of the Tuscany hills as you learn to finally receive rest, joy and pleasure. For many women, receiving is a challenge. We're often conditioned to prioritize the needs of others—our families, our careers, our communities—while our own desires and pleasures fall by the wayside. We might even feel guilty for indulging in rest or joy, as if these things need to be "earned." Then there's the deeper layer: the barriers we carry inside. We may not even realize how disconnected we've become from our own pleasure and well-being. Here are a few common barriers to receiving: Guilt and Shame: Feeling like we don't deserve pleasure or that it's selfish to take time for ourselves. Self-Worth: The belief that we're only worthy of good things if we've "earned" them, often through hard work or self-sacrifice. Cultural Expectations: Society's pressure to constantly perform, achieve, and look a certain way can leave little room for authentic pleasure and rest. Not Knowing What Brings Us Pleasure: After years of putting others first, we can lose touch with what we truly want or what feels good. Our bodies may even forget how to recognize pleasure altogether. These barriers manifest in our relationships, careers, and even our bodies. They can block us from experiencing the joy and intimacy we crave, leaving us feeling unfulfilled and disconnected. But here's the thing—receiving is not only a natural part of life, it's essential to our well-being. Make time and space for you. Join us May 5-10 in Italy. Link in bio."



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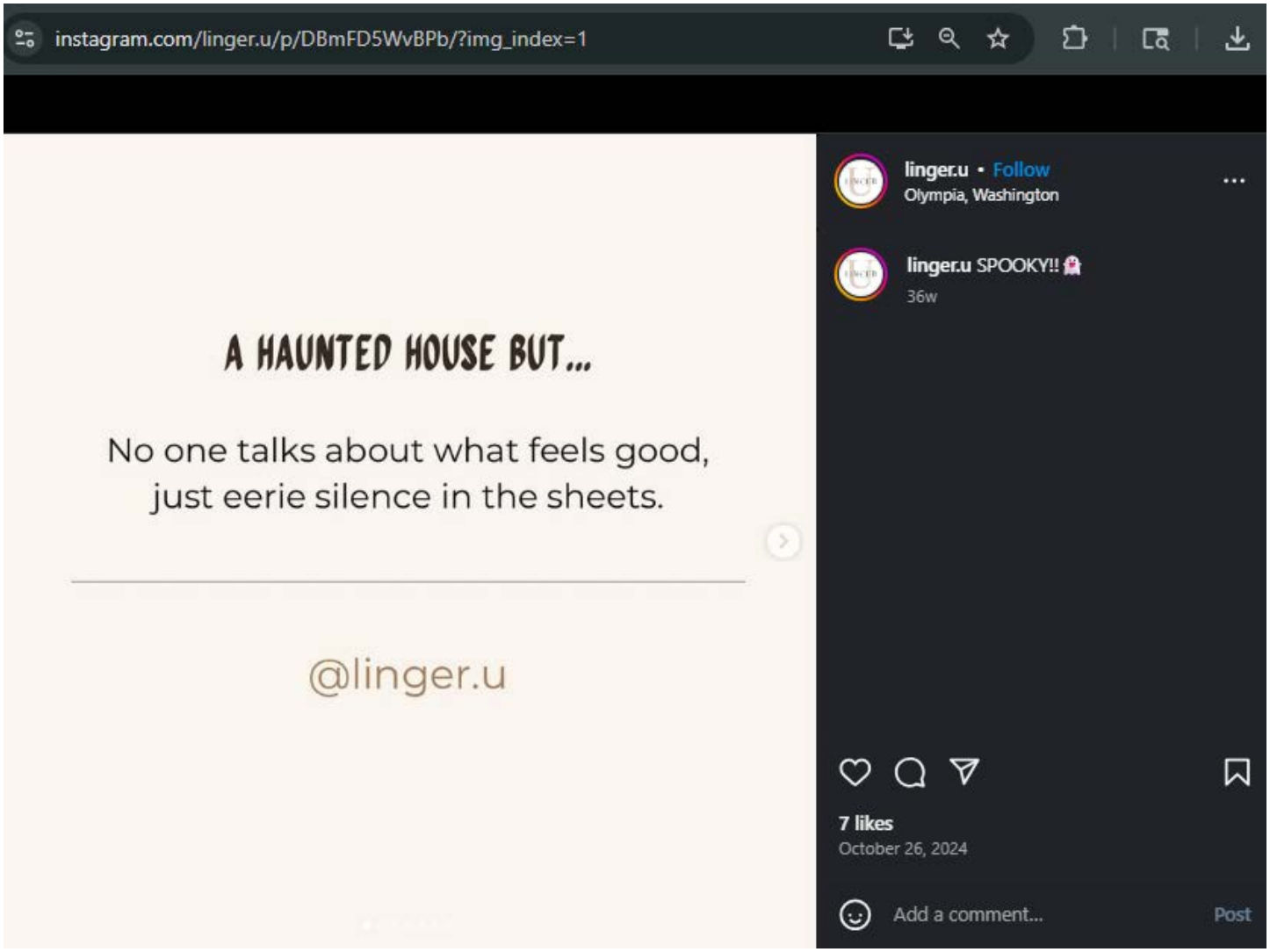
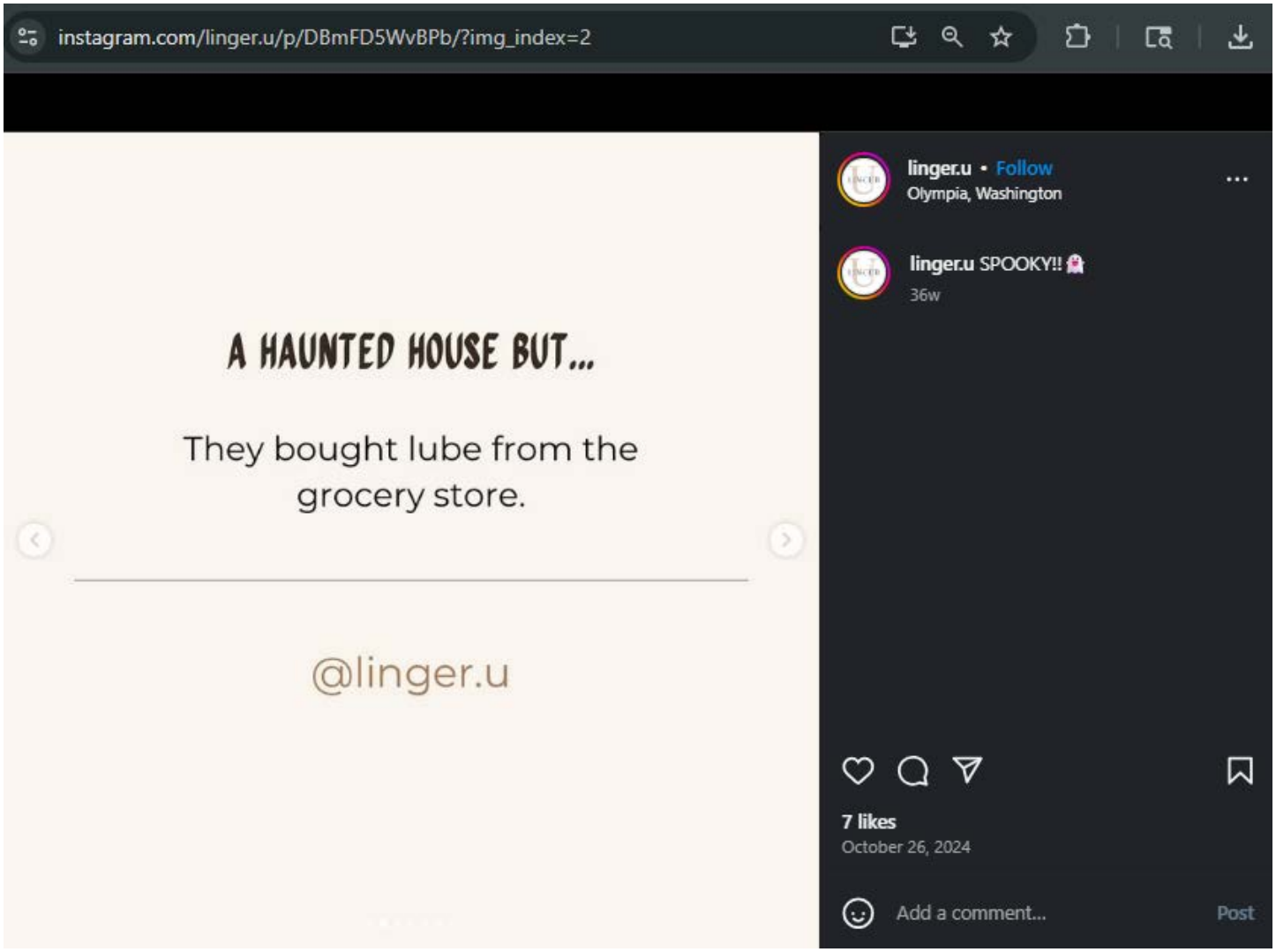
Shauna Marie Stewart
https://www.instagram.com/linger.u/p/DBmFD5WvBPb/?img_index=1

Posted: Oct 26, 2024
Captured: Jul 09, 2025

After DOI

*List of "spooky" things related to pleasure and sex "SPOOKY!!"




instagram.com/linger.u/p/DBmFD5WvBPb/?img_index=2
A HAUNTED HOUSE BUT...
They bought lube from the grocery store.
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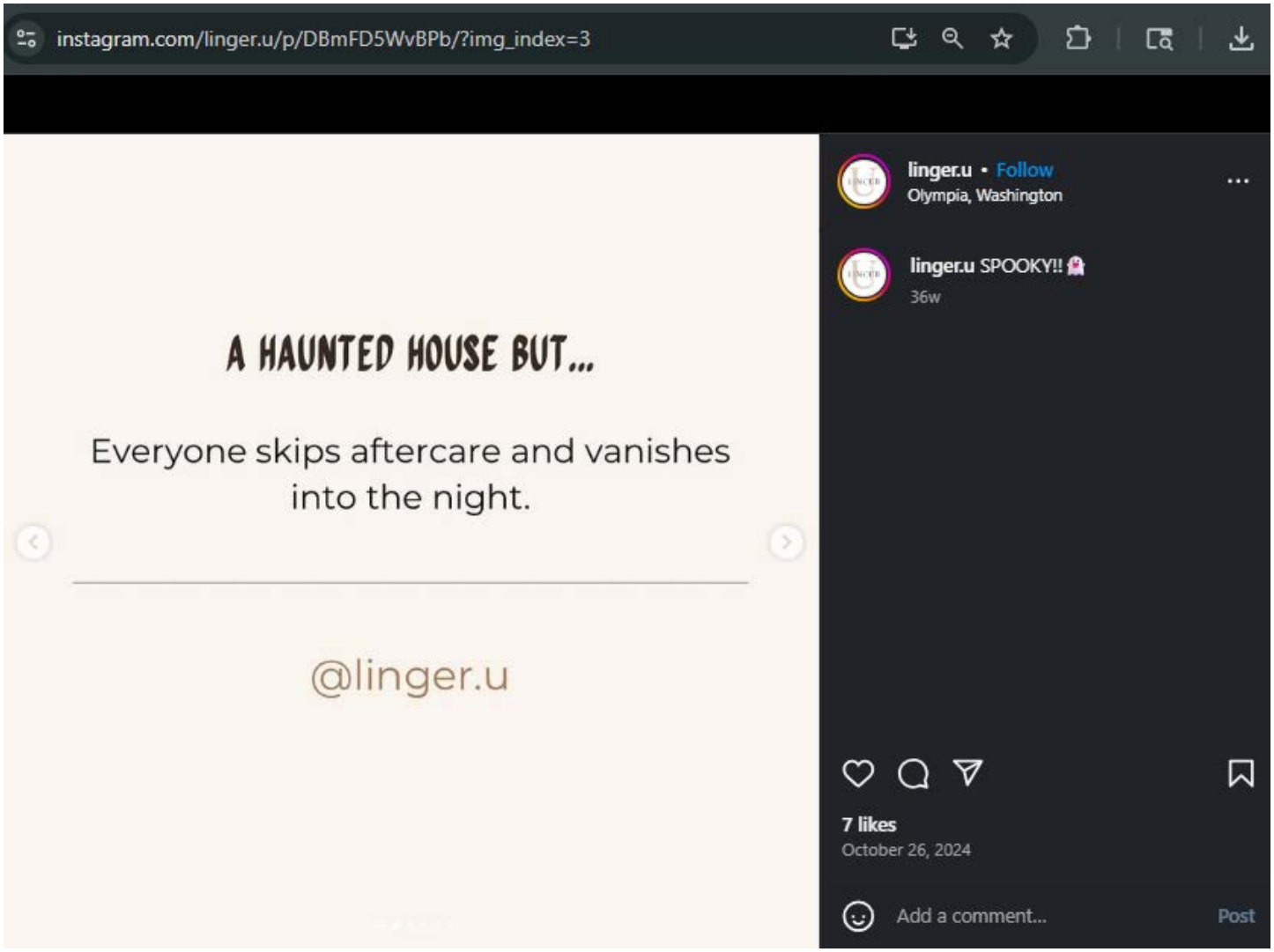
instagram.com/linger.u/p/DBmFD5WvBPb/?img_index=3
A HAUNTED HOUSE BUT...
Everyone skips aftercare and vanishes into the night.
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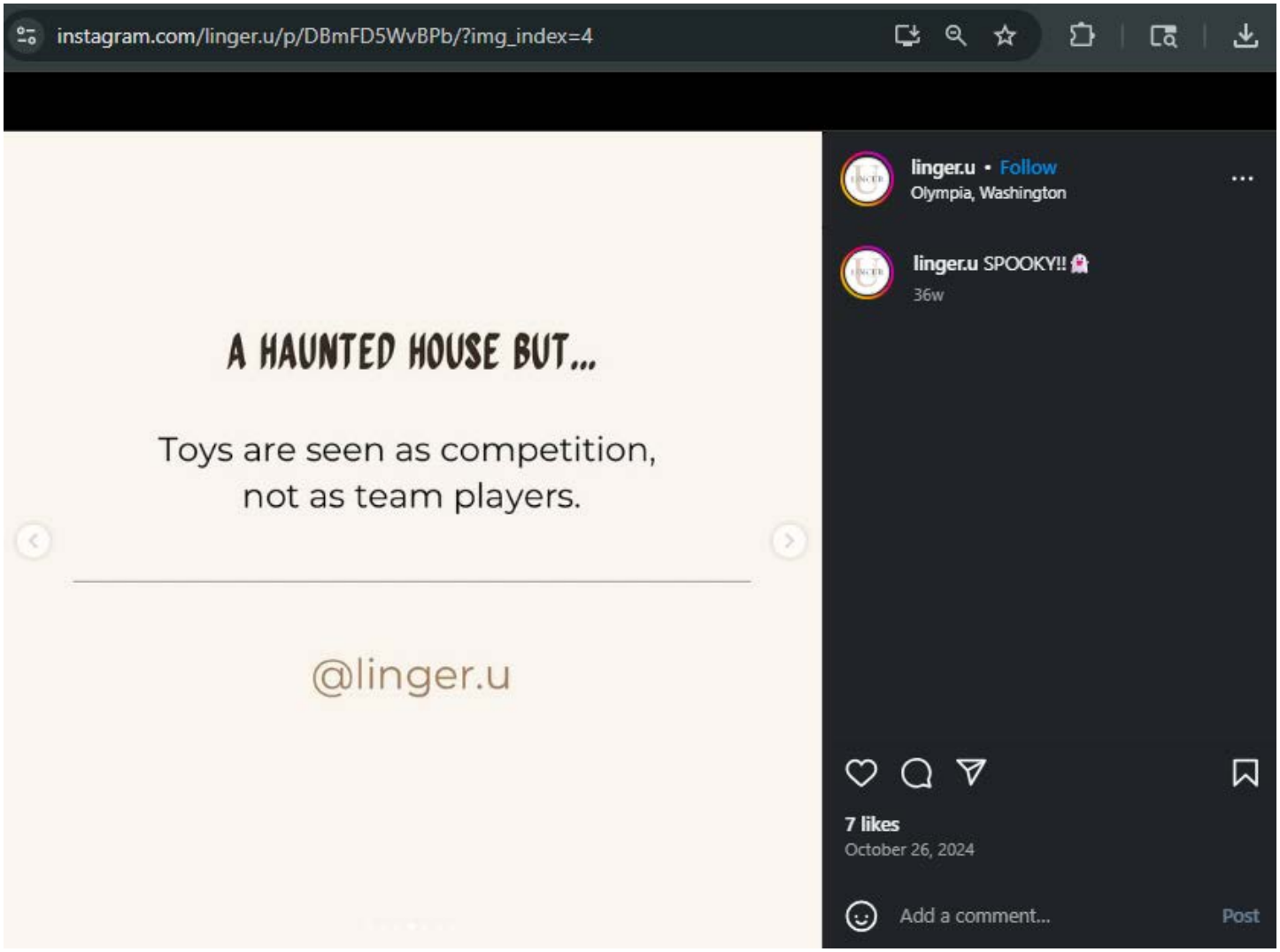
instagram.com/linger.u/p/DBmFD5WvBPb/?img_index=4
A HAUNTED HOUSE BUT...
Toys are seen as competition,
not as team players.
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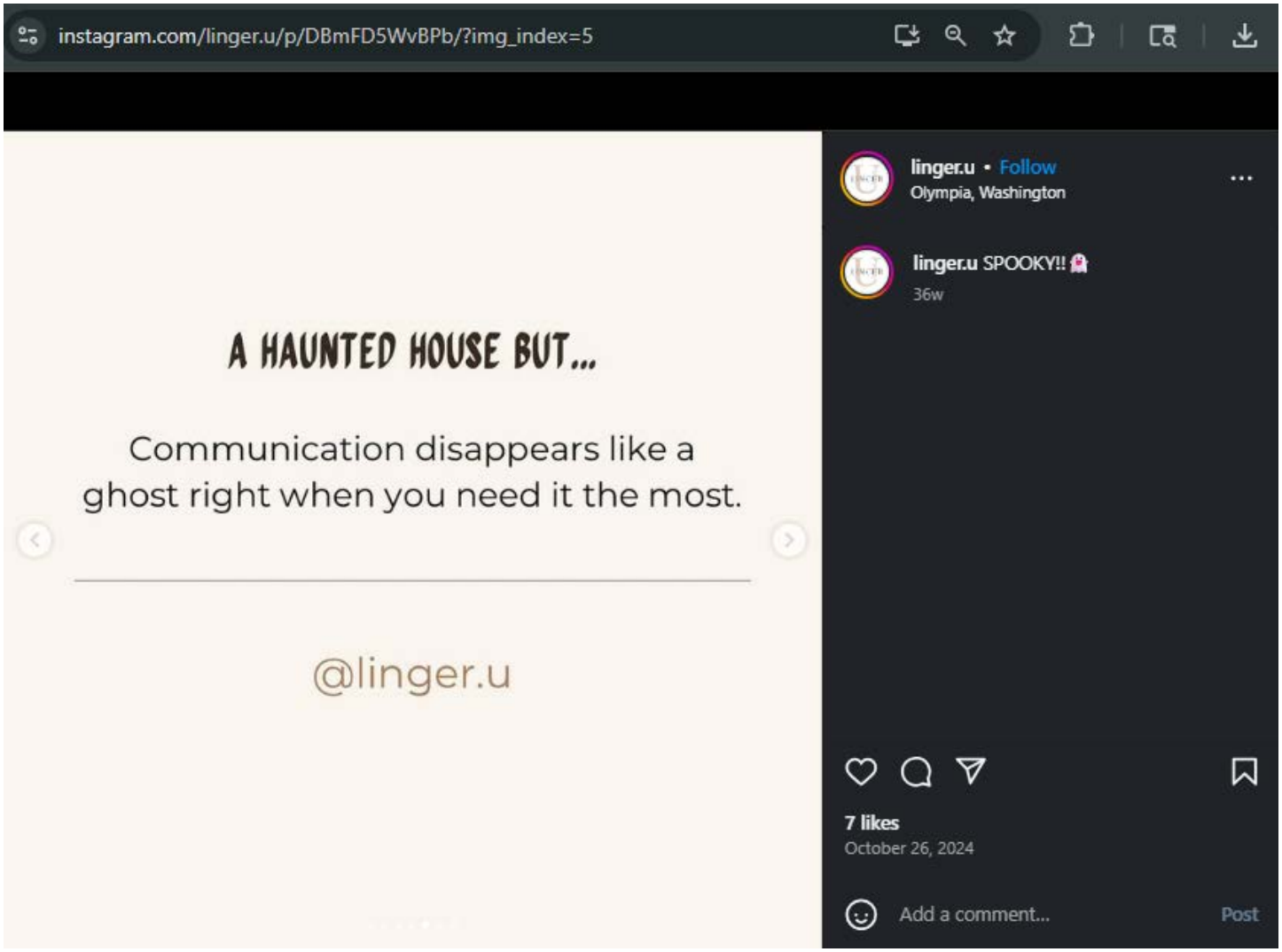
instagram.com/linger.u/p/DBmFD5WvBPb/?img_index=5
A HAUNTED HOUSE BUT...
Communication disappears like a ghost right when you need it the most.
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linger.u SPOOKY!!
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7 likes
October 26, 2024
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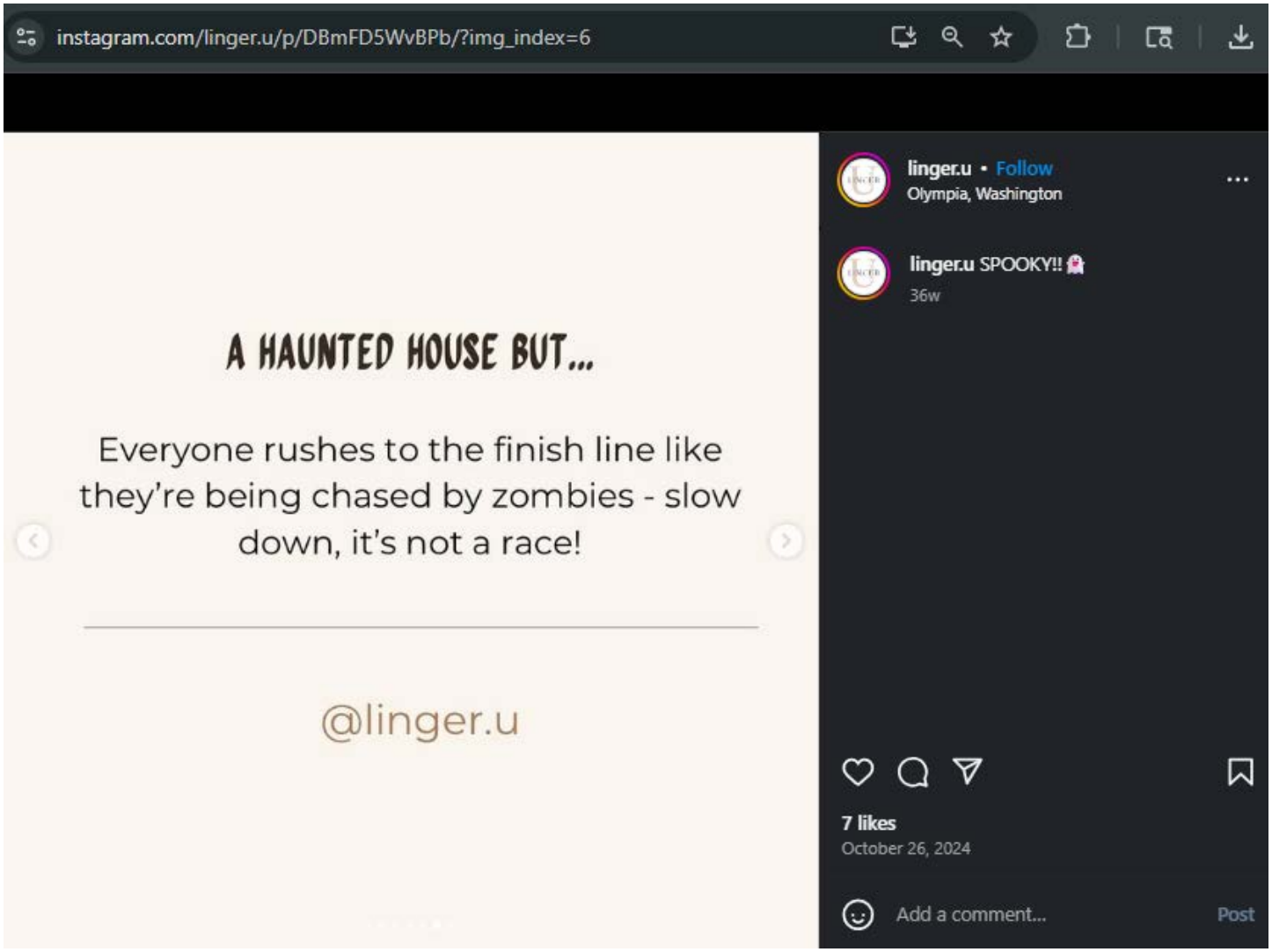
instagram.com/linger.u/p/DBmFD5WvBPb/?img_index=6
A HAUNTED HOUSE BUT...
Everyone rushes to the finish line like they're being chased by zombies - slow down, it's not a race!
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linger.u SPOOKY!!
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7 likes
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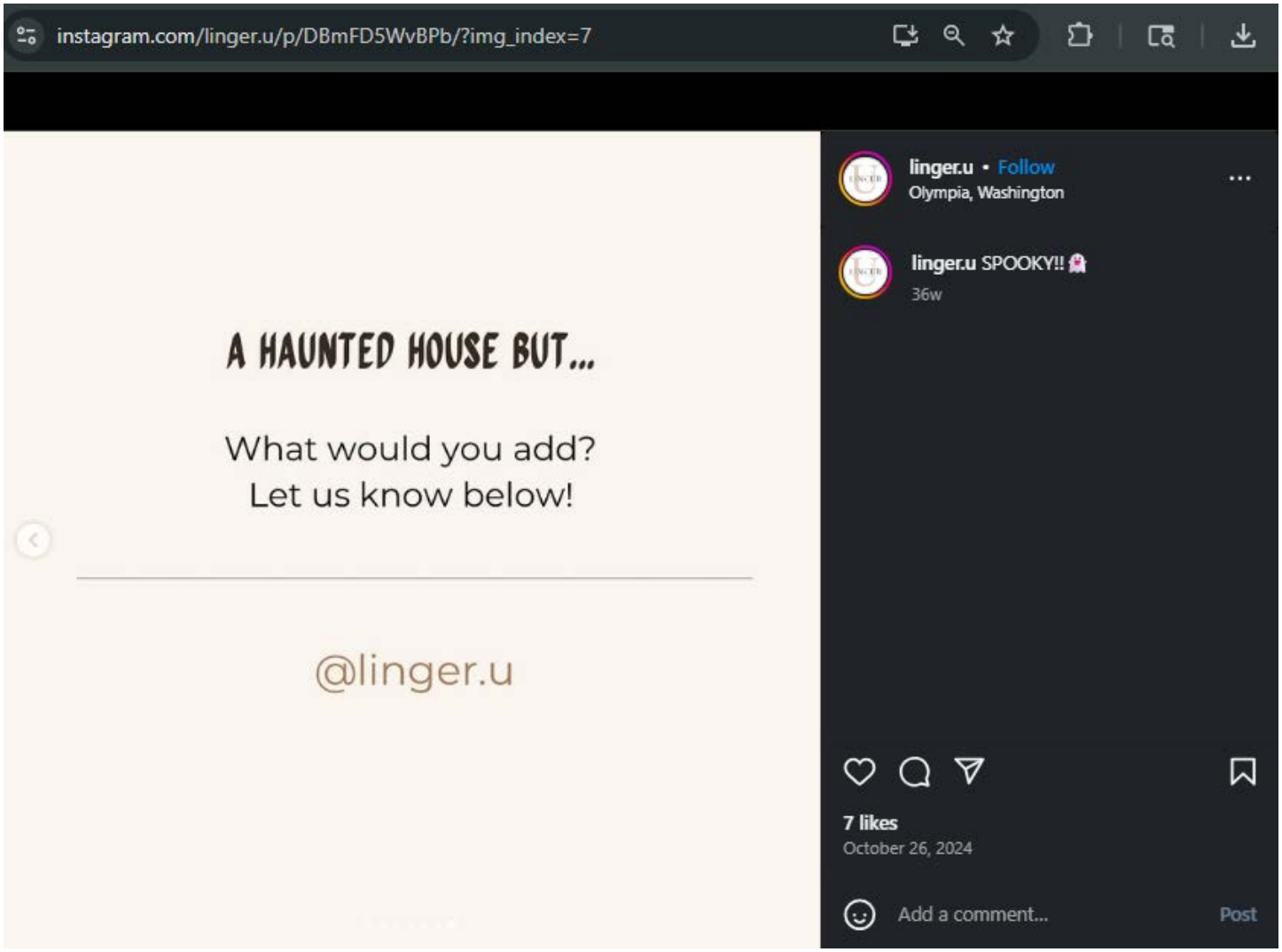
instagram.com/linger.u/p/DBmFD5WvBPb/?img_index=7
A HAUNTED HOUSE BUT...
What would you add?
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Instagram

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System ID: 609191

Shauna Marie Stewart

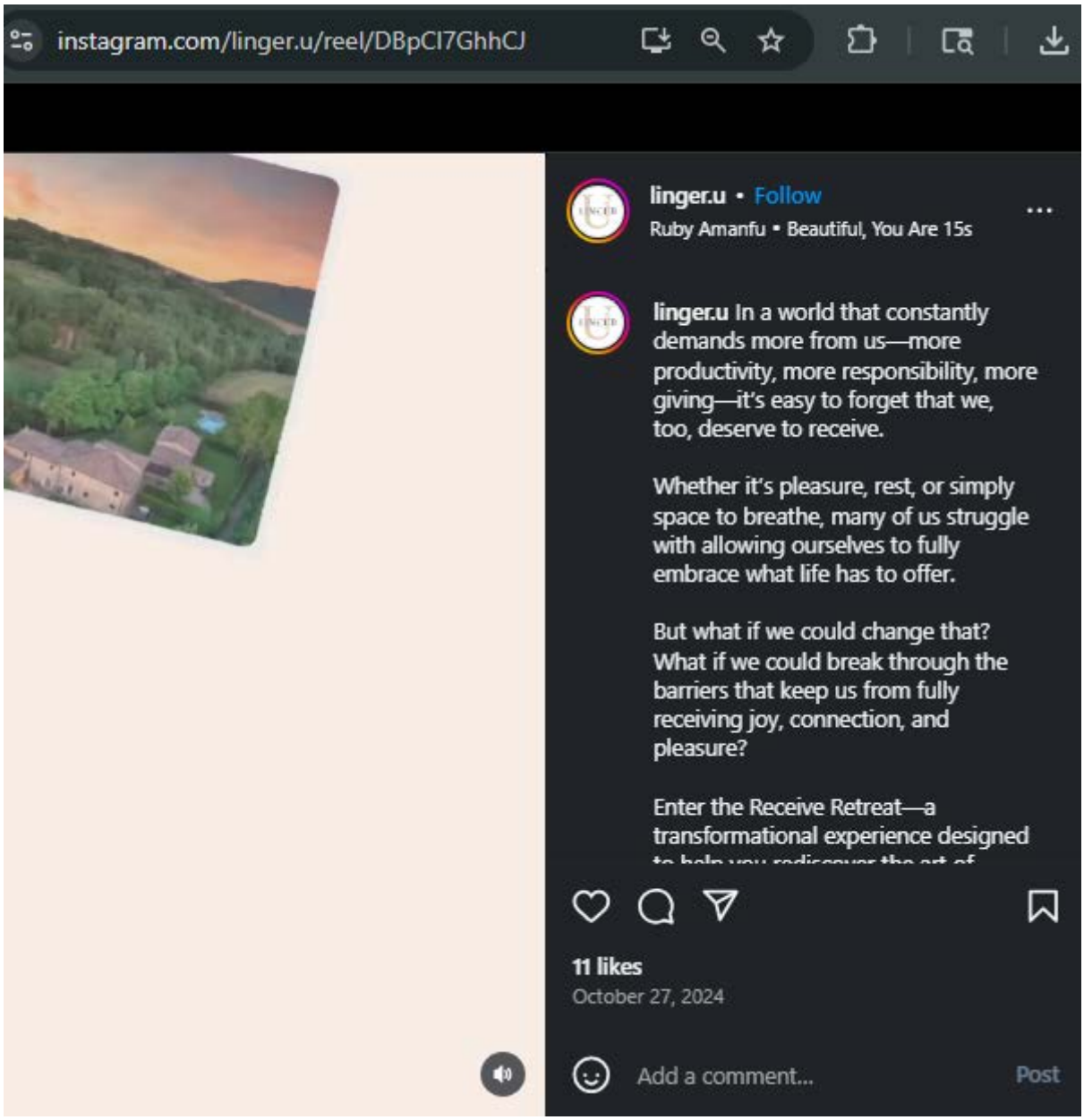
https://www.instagram.com/linger.u/reel/DBpCl7GhhCJ

Posted: Oct 27, 2024

Captured: Jul 09, 2025

After DOI

*Advertised her Women's Receive Retreat in Tuscany, Italy that was scheduled for May 5-10, 2022. She had an "early bird" special that ended on October 31, 2024 "In a world that constantly demands more from us—more productivity, more responsibility, more giving—it’s easy to forget that we, too, deserve to receive. Whether it’s pleasure, rest, or simply space to breathe, many of us struggle with allowing ourselves to fully embrace what life has to offer. But what if we could change that? What if we could break through the barriers that keep us from fully receiving joy, connection, and pleasure? Enter the Receive Retreat—a transformational experience designed to help you rediscover the art of receiving, both platonically and intimately. If you’ve been going through the motions of “self care” routines but you’re still not feeling very alive, consider this your sign to try something new. Join us in Tuscany, May 5-10 for a transformational women’s retreat lovingly designed to help you connect with your body, desires and pleasure. Early bird treats end 10/31 so don’t wait! Link in bio. #womensretreat #womensretreatitaly #italiantvacation #selflove #selfcare"



[Link to download video]

Instagram

linger.u

System ID: 609186

Shauna Marie Stewart

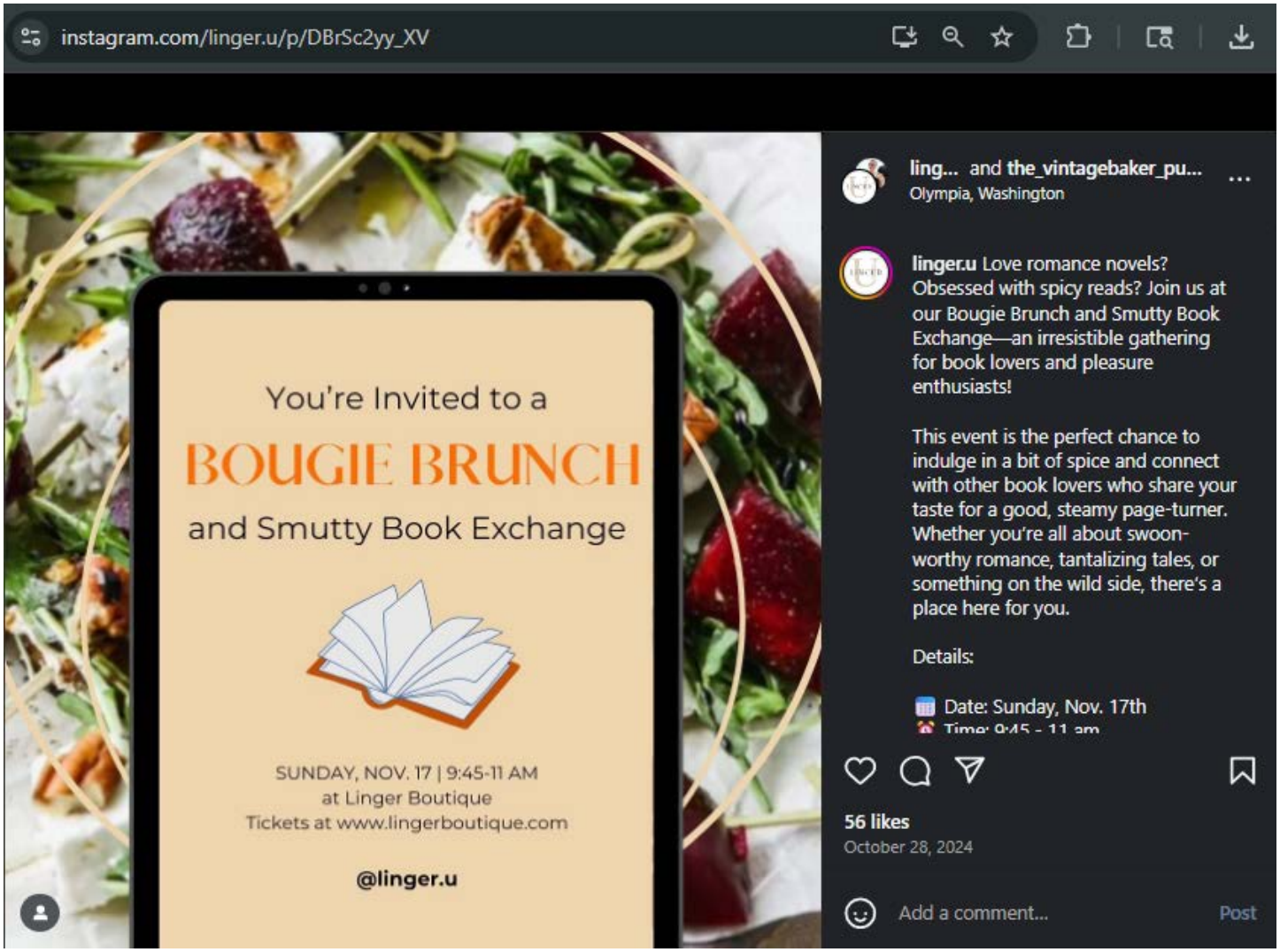
https://www.instagram.com/linger.u/p/DBrSc2yy_XV

Posted: Oct 28, 2024

Captured: Jul 09, 2025

After DOI

*Advertised a Bougie Brunch and Smutty Book Exchange at Linger Boutique "Love romance novels? Obsessed with spicy reads? Join us at our Bougie Brunch and Smutty Book Exchange—an irresistible gathering for book lovers and pleasure enthusiasts! This event is the perfect chance to indulge in a bit of spice and connect with other book lovers who share your taste for a good, steamy page-turner. Whether you’re all about swoon-worthy romance, tantalizing tales, or something on the wild side, there’s a place here for you. Details: Date: Sunday, Nov. 17th Time: 9:45 - 11 am Location: Linger Boutique We’re teaming up with @the_vintagebaker_puyallup who’s providing the brunchy bites! Head to our website in our bio to get tix!"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and Smutty Book Exchange
SUNDAY, NOV. 17 | 9:45-11 AM
at Linger Boutique
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Olympia, Washington
linger.u Love romance novels? Obsessed with spicy reads? Join us at our Bougie Brunch and Smutty Book Exchange—an irresistible gathering for book lovers and pleasure enthusiasts!
This event is the perfect chance to indulge in a bit of spice and connect with other book lovers who share your taste for a good, steamy page-turner. Whether you're all about swoon-worthy romance, tantalizing tales, or something on the wild side, there's a place here for you.
Details:
Date: Sunday, Nov. 17th
56 likes
October 28, 2024
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Post

Other

Apple Podcasts | Posted: Oct 30, 2024

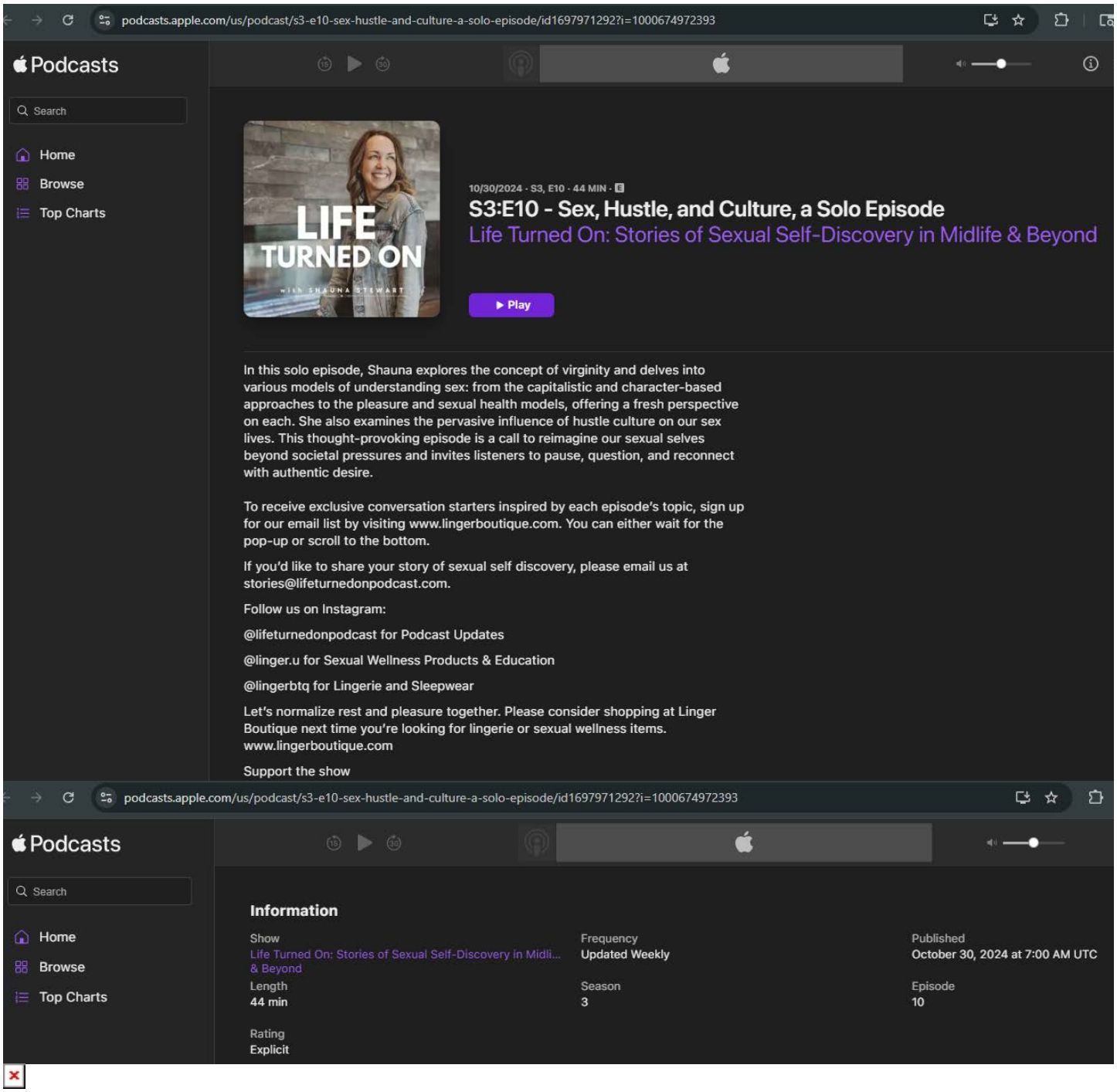
System ID: 607288 | Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e10-sex-hustle-and-culture-a-solo-episode/id1697971292?i=1000674972393

After DOI

*Solo episode talked about a 4-day conference hosted by the Sexual Health Alliance, where she earned her Sex Educator Certification Briefly mentioned sexual harassment, sexual assault, and consent violations (19:37) Encouraged others embrace what brings them joy, as long as it's consensual and respects all parties involved, and repeated herself. She mentioned that there had been horrendous, tragic abuses and violations in cultures, and "maybe to ourselves." She said that it was important to know they people can't have pleasure if there are violations for hurting other people, non-consensually hurting other people. (28:14 - 29:26) Mentioned that she would be attending a Receive Retreat in Italy May 5th-10th (32:25) Talked about consent (35:44 - 36:32) "S3:E10 - Sex, Hustle, and Culture, a Solo Episode" "In this solo episode, Shauna explores the concept of virginity and delves into various models of understanding sex: from the capitalistic and character-based approaches to the pleasure and sexual health models, offering a fresh perspective on each. She also examines the pervasive influence of hustle culture on our sex lives. This thought-provoking episode is a call to reimagine our sexual selves beyond societal pressures and invites listeners to pause, question, and reconnect with authentic desire. To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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LIFE TURNED ON
with SHAUNA STEWART
10/30/2024 · S3, E10 · 44 MIN · E
S3:E10 - Sex, Hustle, and Culture, a Solo Episode
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Frequency
Updated Weekly
Published
October 30, 2024 at 7:00 AM UTC
Length
44 min
Season
3
Episode
10
Rating
Explicit

Instagram

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System ID: 609177

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DB2DgYOzLi8

Posted: Nov 01, 2024

Captured: Jul 09, 2025

After DOI

*Mentioned that the past two months were busy with traveling, starting homeschooling, launching Receive Retreat, shopping for a new collection, her podcast, and more "Today, I'm celebrating this sweet friend. These past two months have been a season of a lot-ness. I visited three different states in four weeks, started homeschooling for the year, launched a retreat, shopped for the SUBCLUB Autumn Collection while welcoming new babes, kept my podcast going, and much more. During this time, Aurora announced her move but there were lots of unknowns. Needless to say, I didn't have capacity to go through the hiring process to ensure we had warm and friendly service during this busy transition time. Katie stepped in to help in the most loving way possible. Her support gave me so much peace while navigating all the things. She was flexible and kind and helpful. I'm enormously grateful to her for all the ways she showed up. Moral of the story: When people offer to help, let them. Thank you, Katie for being a part of this special community. I am enormously grateful!! XO, Shauna"

instagram.com/linger.u/p/DB2DgYOzLi8

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Olympia, Washington

linger.u Today, I'm celebrating this sweet friend. 🎉 These past two months have been a season of a lot-ness. I visited three different states in four weeks, started homeschooling for the year, launched a retreat, shopped for the SUBCLUB Autumn Collection while welcoming new babes, kept my podcast going, and much more.

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November 1, 2024

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Posted: Nov 01, 2024

System ID: 608780

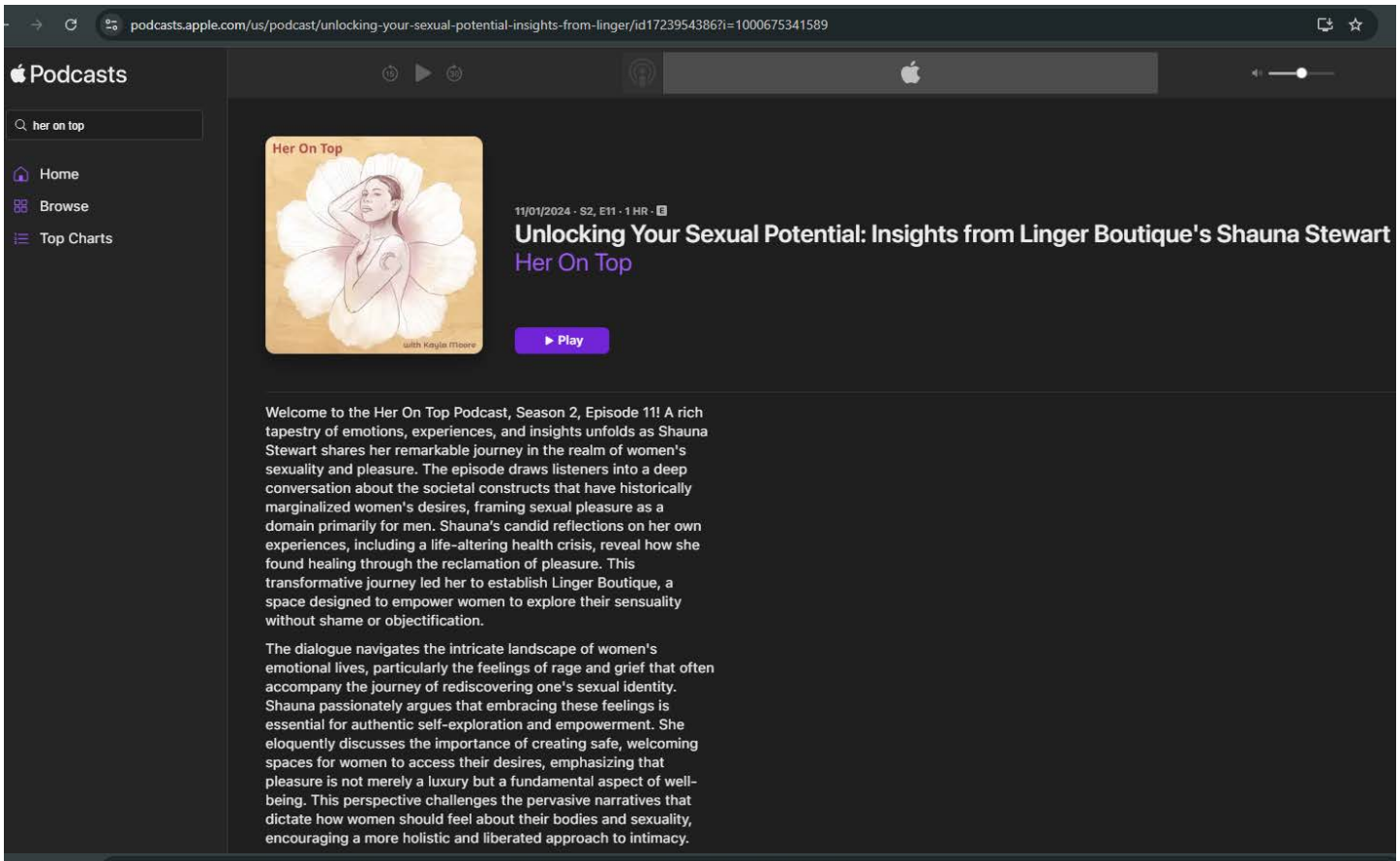
Captured: Jul 09, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/unlocking-your-sexual-potential-insights-from-linger/id1723954386?i=1000675341589

After DOI

*Subject was a guest on the podcast, Her On Top. Included talk about Linger Boutique, her podcast, and sex/pleasure Talked about getting sick in May 2020 and was chronically ill for nine months and her journey to feeling better, and wanted an extraordinary sex life (15:34 - 21:32) Mentioned wanting to feel sexy and sexual but did not want to be overly sexualized; she wanted it to be for her (22:32) "Unlocking Your Sexual Potential: Insights from Linger Boutique's Shauna Stewart" "Welcome to the Her On Top Podcast, Season 2, Episode 11! A rich tapestry of emotions, experiences, and insights unfolds as Shauna Stewart shares her remarkable journey in the realm of women's sexuality and pleasure. The episode draws listeners into a deep conversation about the societal constructs that have historically marginalized women's desires, framing sexual pleasure as a domain primarily for men. Shauna’s candid reflections on her own experiences, including a life-altering health crisis, reveal how she found healing through the reclamation of pleasure. This transformative journey led her to establish Linger Boutique, a space designed to empower women to explore their sensuality without shame or objectification. The dialogue navigates the intricate landscape of women's emotional lives, particularly the feelings of rage and grief that often accompany the journey of rediscovering one's sexual identity. Shauna passionately argues that embracing these feelings is essential for authentic self-exploration and empowerment. She eloquently discusses the importance of creating safe, welcoming spaces for women to access their desires, emphasizing that pleasure is not merely a luxury but a fundamental aspect of well-being. This perspective challenges the pervasive narratives that dictate how women should feel about their bodies and sexuality, encouraging a more holistic and liberated approach to intimacy. Listeners are introduced to the unique offerings of Linger Boutique, which go beyond traditional retail to foster community and connection among women. From workshops that encourage couples to communicate and experiment together to personalized shopping experiences, the boutique serves as a catalyst for transformation. Shauna’s vision is rooted in the belief that women's pleasure is a birthright, and she invites listeners to join her in redefining what it means to embrace one's sexuality. This episode not only informs but also inspires, leaving an indelible message about the power of pleasure and the importance of prioritizing oneself in the quest for intimacy. Go To reclaimingstoriestherapy.com to schedule your FREE 30 minute consultation with Kayla if you want to dive deeper into these topics for yourself in a therapeutic setting. Please leave a Google review for Kayla about the podcast at: https://g.page/r/CdRiE1BnrCIVEAI/review Resources: Podcast Website: her-on-top.captivate.fm Instagram: @herontoppod and @reclaimingstoriestherapy Shauna Stewart Website: https://lingerboutique.com/ Socials: @lingerbtq and @linger.u and @lifeturnedonpodcast Podcast: Life Turned On Podcast (available on all major platforms)"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Unlocking Your Sexual Potential: Insights from Linger Boutique's Shauna Stewart
Her On Top
Play
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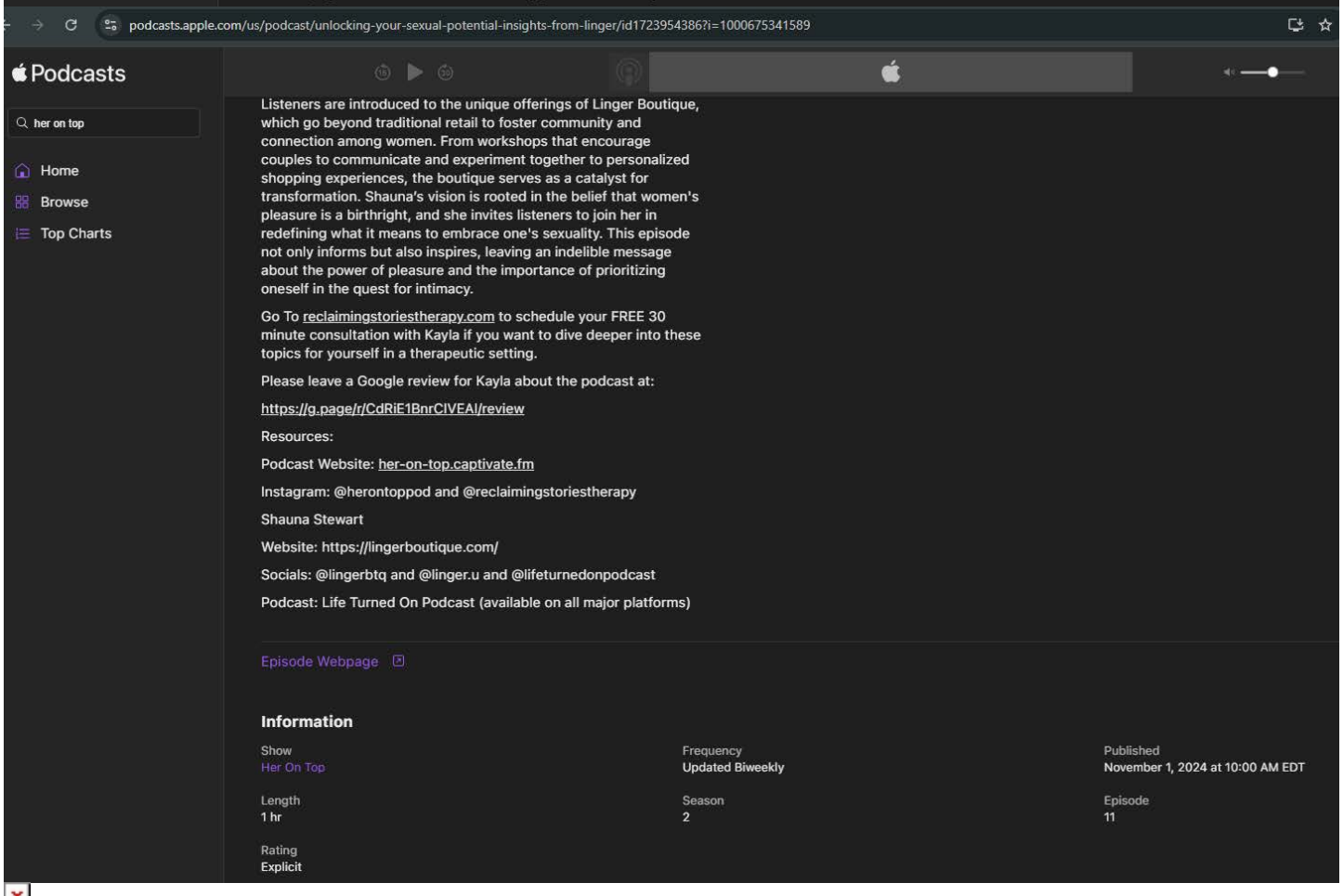
podcasts.apple.com/us/podcast/unlocking-your-sexual-potential-insights-from-linger/id1723954386?i=1000675341589
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Shauna Stewart
Website: https://lingerboutique.com/
Socials: @lingerbtq and @linger.u and @lifeturnedonpodcast
Podcast: Life Turned On Podcast (available on all major platforms)
Episode Webpage
Information
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Her On Top
Frequency
Updated Biweekly
Published
November 1, 2024 at 10:00 AM EDT
Length
1 hr
Season
2
Episode
11
Rating
Explicit

Instagram

linger.u

System ID: 609164

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DB7cthkSP98

Posted: Nov 03, 2024

Captured: Jul 09, 2025

After DOI

*Shared a picture of her new employee at Linger Boutique "Welcome Christina!! □□□ It is my absolute pleasure to introduce our newest team member. An OG Linger supporter, Christina has been a customer from the very beginning (read pop-up days). Two days in and it feels like she's been here a lifetime, she's such a natural fit. Warm, kind, intuitive and knowledgeable, I trust you all will enjoy getting to know her as much as I have. Please help me welcome her to our community below □. Thank you to everyone who shared the open position, encouraged your friends to apply, and raised your hand for the role. It feels like an enormous complement that so many incredible individuals (all of whom would have been a great fit), wanted to be a part of what we're doing here. I am deeply humbled and full of gratitude. Thank you! Thank you!!□"

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Olympia, Washington

linger.u Welcome Christina!! 🎉🎉🎉
It is my absolute pleasure to introduce our newest team member. An OG Linger supporter, Christina has been a customer from the very beginning (read pop-up days).

Two days in and it feels like she's been here a lifetime, she's such a natural fit. Warm, kind, intuitive and knowledgeable, I trust you all will enjoy getting to know her as much as I have.

Please help me welcome her to our community below 👇.

Thank you to everyone who shared the open position, encouraged your friends to apply, and raised your hand

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Posted: Nov 04, 2024

Captured: Jul 09, 2025

After DOI

Hosted a Sexual Wellness Professionals Mix & Mingle at Linger Boutique "Calling all sexual wellness professionals in the greater Olympia/PNW region! □ Let’s make meaningful connections and new friends. Together we can serve our community with shared expertise, referrals and compassion. Join us and please feel free to spread the word."

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Sexual Wellness
professionals
MIX & MINGLE
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linger.u Calling all sexual wellness professionals in the greater Olympia/PNW region! Let's make meaningful connections and new friends. Together we can serve our community with shared expertise, referrals and compassion.
Join us and please feel free to spread the word.
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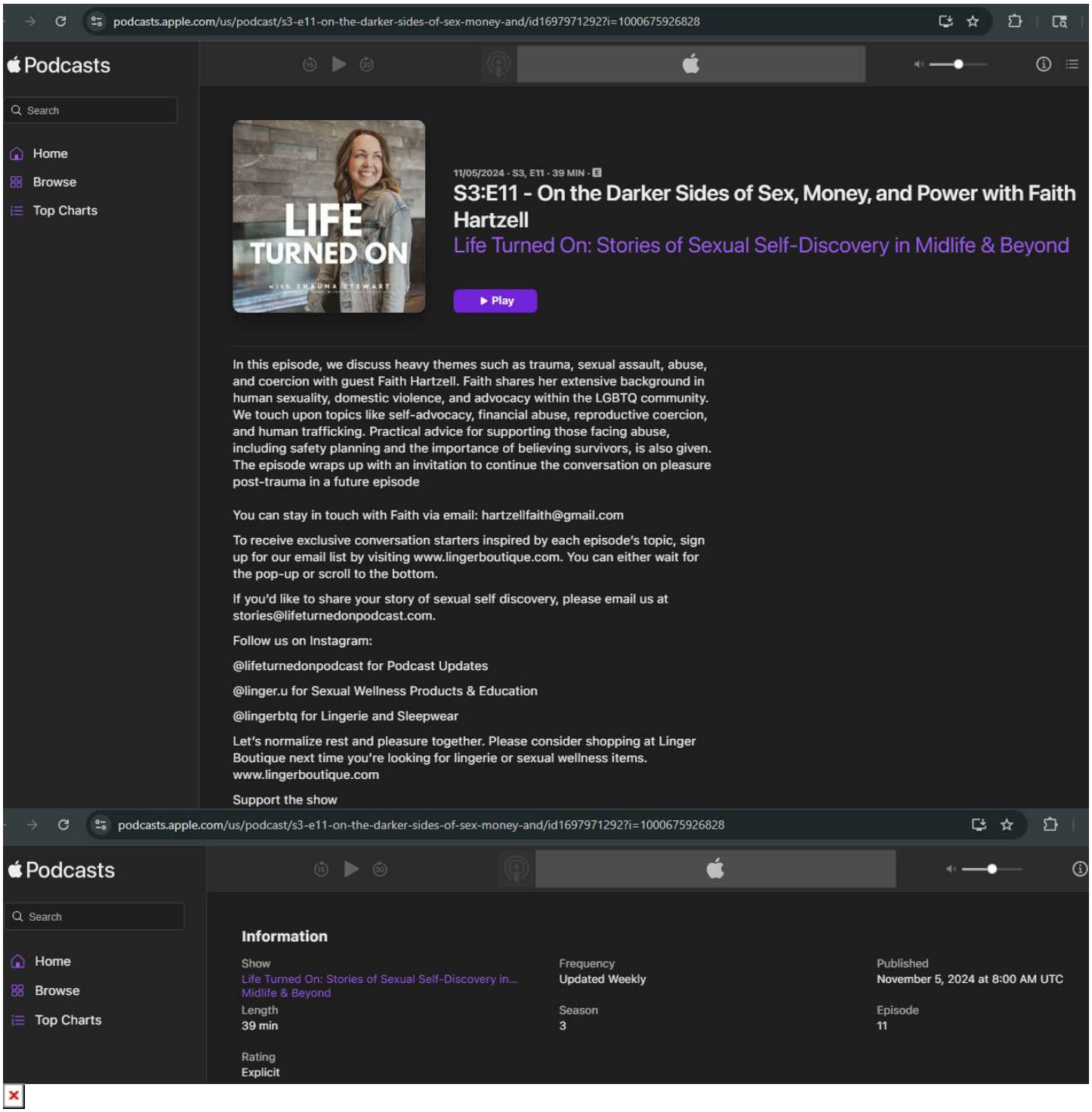
Posted: Nov 05, 2024
System ID: 607279
Captured: Jul 08, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/s3-e11-on-the-darker-sides-of-sex-money-and/id1697971292?i=1000675926828

After DOI

*Discussion with an advocate with a Master's in Human Sexuality. Their topics included self-advocacy, financial abuse, reproductive coercion, and human trafficking "S3:E11 - On the Darker Sides of Sex, Money, and Power with Faith Hartzell" "In this episode, we discuss heavy themes such as trauma, sexual assault, abuse, and coercion with guest Faith Hartzell. Faith shares her extensive background in human sexuality, domestic violence, and advocacy within the LGBTQ community. We touch upon topics like self-advocacy, financial abuse, reproductive coercion, and human trafficking. Practical advice for supporting those facing abuse, including safety planning and the importance of believing survivors, is also given. The episode wraps up with an invitation to continue the conversation on pleasure post-trauma in a future episode You can stay in touch with Faith via email: hartzellfaith@gmail.com To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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LIFE TURNED ON
with SHAUNA STEWART
11/05/2024 · S3, E11 · 39 MIN · E
S3:E11 - On the Darker Sides of Sex, Money, and Power with Faith Hartzell
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
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In this episode, we discuss heavy themes such as trauma, sexual assault, abuse, and coercion with guest Faith Hartzell. Faith shares her extensive background in human sexuality, domestic violence, and advocacy within the LGBTQ community. We touch upon topics like self-advocacy, financial abuse, reproductive coercion, and human trafficking. Practical advice for supporting those facing abuse, including safety planning and the importance of believing survivors, is also given. The episode wraps up with an invitation to continue the conversation on pleasure post-trauma in a future episode
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November 5, 2024 at 8:00 AM UTC
Length
39 min
Season
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Episode
11
Rating
Explicit

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Posted: Nov 07, 2024

System ID: 609154

Captured: Jul 09, 2025

Shauna Marie Stewart

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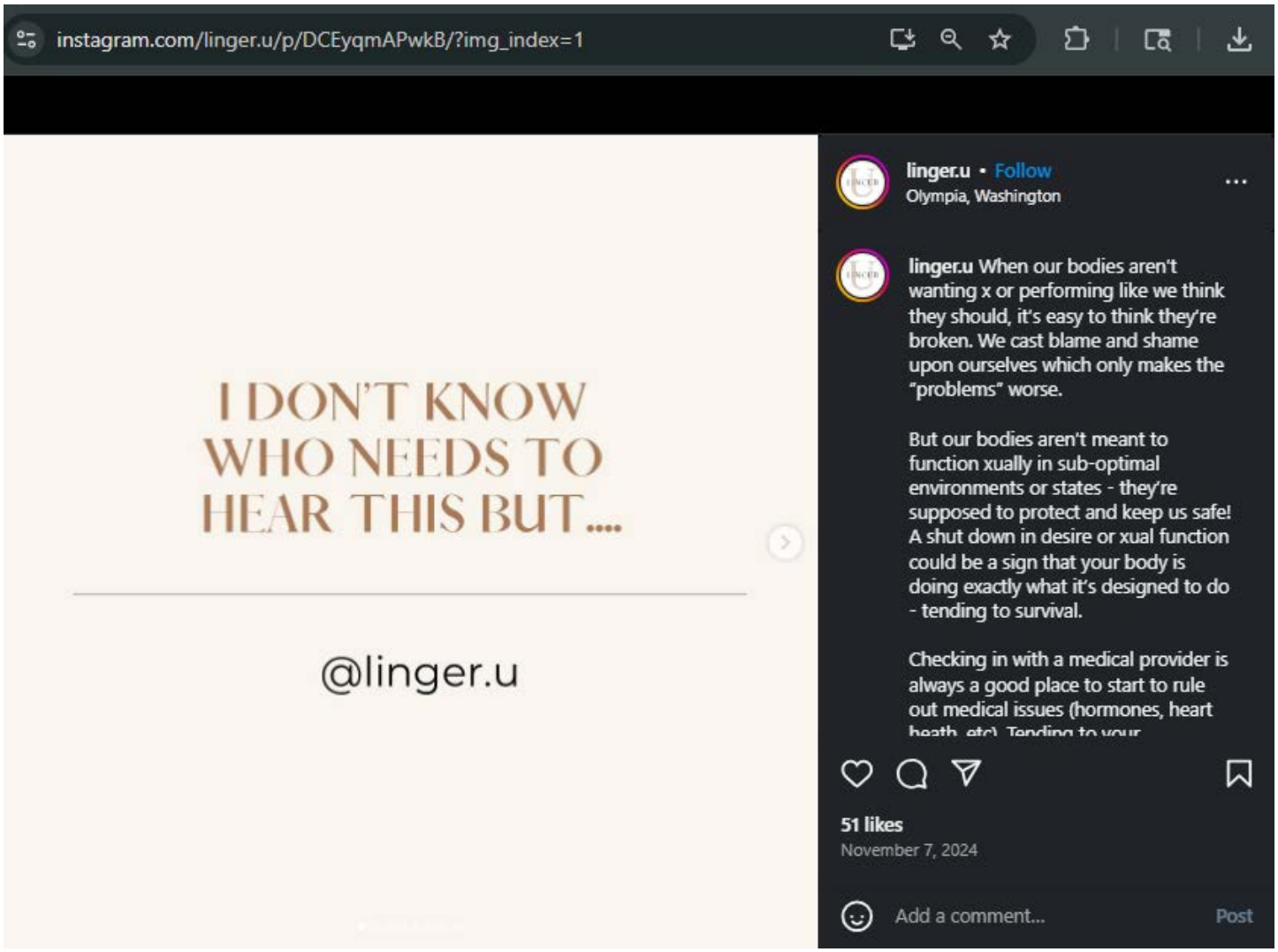
After DOI

*Mentioned platonic and erotic environments "When our bodies aren’t wanting x or performing like we think they should, it’s easy to think they’re broken. We cast blame and shame upon ourselves which only makes the “problems” worse. But our bodies aren’t meant to function xually in sub-optimal environments or states - they’re supposed to protect and keep us safe! A shut down in desire or xual function could be a sign that your body is doing exactly what it’s designed to do - tending to survival. Checking in with a medical provider is always a good place to start to rule out medical issues (hormones, heart heath, etc). Tending to your environment is a great next step. You’re not broken - you need something else. What do you need? #welikeitslow"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Checking in with a medical provider is always a good place to start to rule out medical issues (hormones, heart
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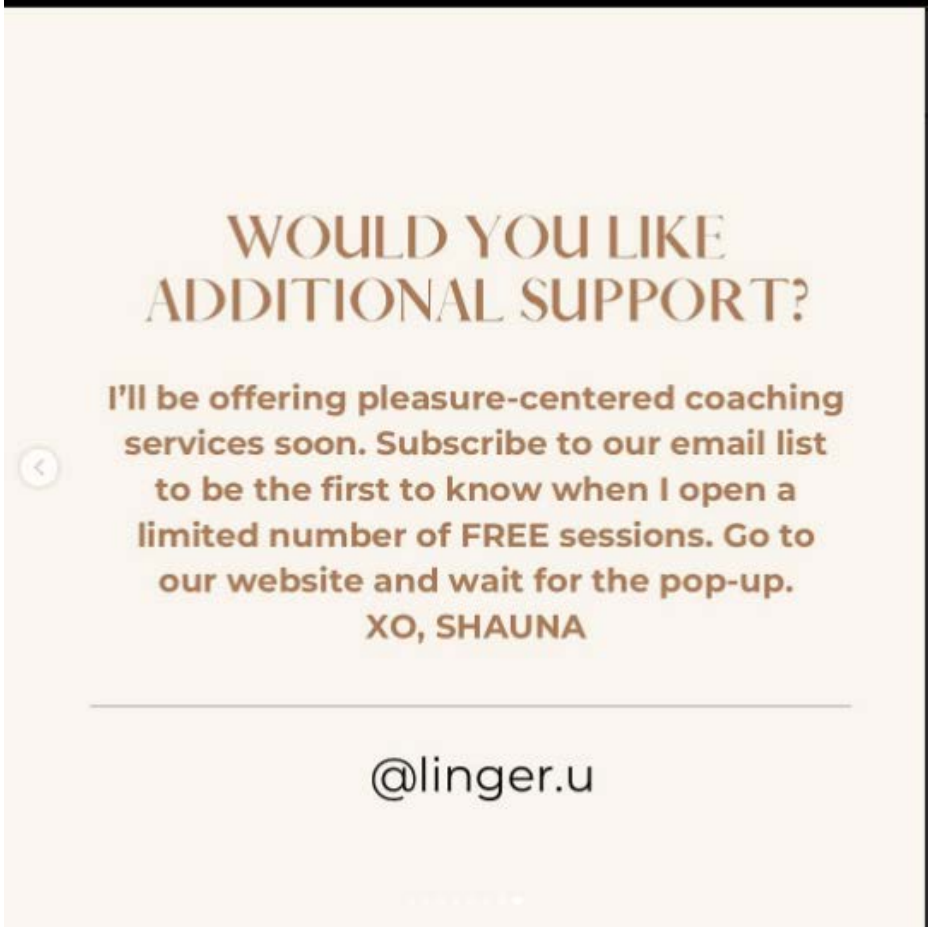

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Posted: Nov 12, 2024

System ID: 609142

Captured: Jul 09, 2025

Shauna Marie Stewart

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After DOI

"Over the past few years, I’ve poured my heart into creating a boutique space that’s more than just a store; it’s a supportive community where all people - but especially women - can learn more about themselves and embrace their sexuality in a way that feels true to them. My hope is that Linger becomes a place where friendships grow, self-discoveries unfold, and everyone who walks through our doors feels seen, supported, and celebrated exactly as they are. It’s with this spirit, I’m inviting you to our Wish for More Event, an afternoon to embrace the joy of giving and receiving. Join us Saturday, November 23rd from Noon to 3 PM. At this event, we’ll treat you to: Festive Sips & Treats to keep you cozy ♀Live models showcasing pieces that could become part of your own cherished story Help crafting your Holiday Wishlist with those special pieces you’d love to unbox or see under the tree Exclusive discounts to show our gratitude for your ongoing support of our small business We’ll also invite you to share wishes for other women in our community by filling our dressing room walls with words of encouragement, inspiration, and love for anyone who steps in. Write something meaningful to help us spread the love. This is a complimentary event. I hope you’ll invite a friend - perhaps someone who hasn’t heard of us yet or has been too shy to visit - and join us for this playful and meaningful experience. XO, Shauna"

instagram.com/linger.u/p/DCSG0O6zOa3/?img_index=1

Wish for More

AT LINGER BOUTIQUE

Create your holiday wishlist and share your wishes for those who step into our dressing rooms! We want you to write on our walls to help spread love, be a comfort, and spark joy.

Saturday, Nov. 23th | NOON to 3 PM

@LINGERBTQ

linger.u and **lingerbtq**
Olympia, Washington

linger.u Over the past few years, I've poured my heart into creating a boutique space that's more than just a store; it's a supportive community where all people - but especially women - can learn more about themselves and embrace their sexuality in a way that feels true to them.

My hope is that Linger becomes a place where friendships grow, self-discoveries unfold, and everyone who walks through our doors feels seen, supported, and celebrated exactly as they are.

It's with this spirit, I'm inviting you to our Wish for More Event, an afternoon to embrace the joy of giving and

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November 12, 2024

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instagram.com/linger.u/p/DCSG0O6zOa3/?img_index=2

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Olympia, Washington

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Other

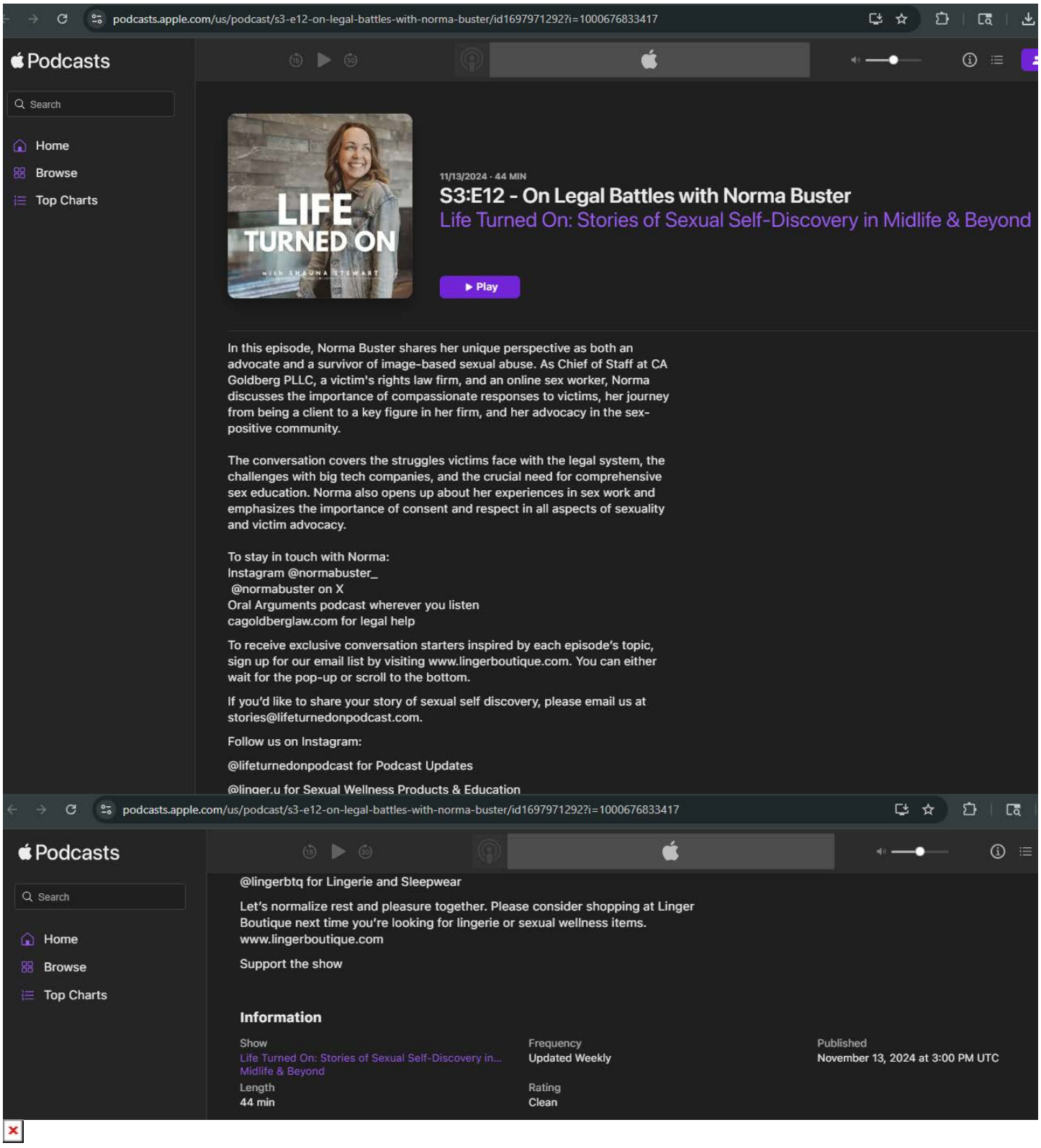
Apple Podcasts
Posted: Nov 13, 2024
System ID: 607276
Captured: Jul 08, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e12-on-legal-battles-with-norma-buster/id1697971292?i=1000676833417

After DOI

*Discussion with Chief of staff of a victim's rights law firm and online sex worker. Their conversation included talk about image-based sexual abuse, the legal system, and financial compensation after an assault "S3:E12 - On Legal Battles with Norma Buster" "In this episode, Norma Buster shares her unique perspective as both an advocate and a survivor of image-based sexual abuse. As Chief of Staff at CA Goldberg PLLC, a victim's rights law firm, and an online sex worker, Norma discusses the importance of compassionate responses to victims, her journey from being a client to a key figure in her firm, and her advocacy in the sex-positive community. The conversation covers the struggles victims face with the legal system, the challenges with big tech companies, and the crucial need for comprehensive sex education. Norma also opens up about her experiences in sex work and emphasizes the importance of consent and respect in all aspects of sexuality and victim advocacy. To stay in touch with Norma: Instagram @normabuster_ @normabuster on X Oral Arguments podcast wherever you listen cagoldberglaw.com for legal help To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e12-on-legal-battles-with-norma-buster/id1697971292?i=1000676833417
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LIFE TURNED ON
11/13/2024 · 44 MIN
S3:E12 - On Legal Battles with Norma Buster
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
In this episode, Norma Buster shares her unique perspective as both an advocate and a survivor of image-based sexual abuse. As Chief of Staff at CA Goldberg PLLC, a victim's rights law firm, and an online sex worker, Norma discusses the importance of compassionate responses to victims, her journey from being a client to a key figure in her firm, and her advocacy in the sex-positive community.
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To stay in touch with Norma:
Instagram @normabuster_
@normabuster on X
Oral Arguments podcast wherever you listen
cagoldberglaw.com for legal help
To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom.
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Information
Show
Life Turned On: Stories of Sexual Self-Discovery in... Midlife & Beyond
Frequency
Updated Weekly
Published
November 13, 2024 at 3:00 PM UTC
Length
44 min
Rating
Clean

Instagram

linger.u

System ID: 609140

Shauna Marie Stewart

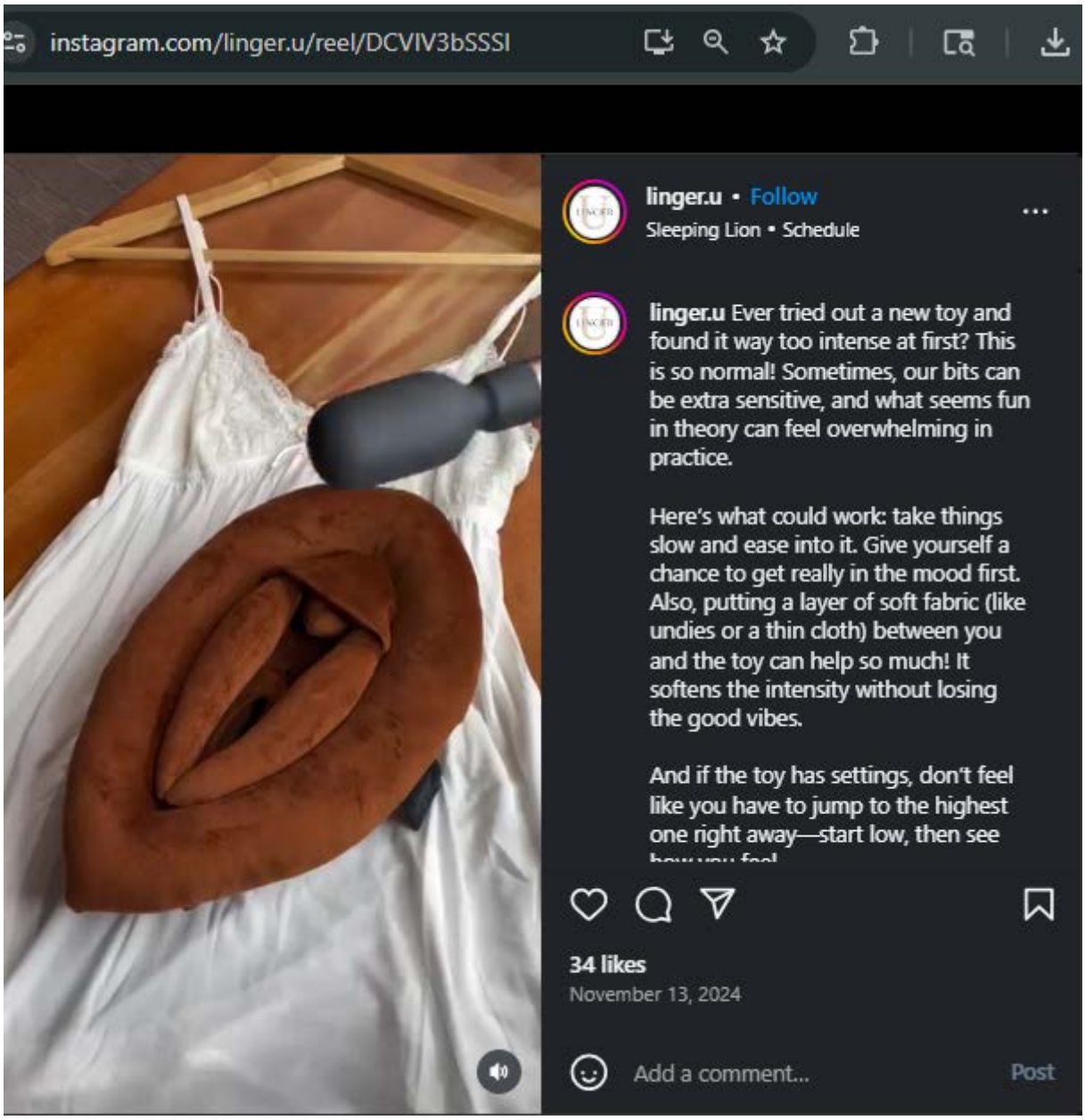
https://www.instagram.com/linger.u/reel/DCVIV3bSSSI

Posted: Nov 13, 2024

Captured: Jul 09, 2025

After DOI

*Video of a vibrator on a pillow shaped like female genitalia "Ever tried out a new toy and found it way too intense at first? This is so normal! Sometimes, our bits can be extra sensitive, and what seems fun in theory can feel overwhelming in practice. Here’s what could work: take things slow and ease into it. Give yourself a chance to get really in the mood first. Also, putting a layer of soft fabric (like undies or a thin cloth) between you and the toy can help so much! It softens the intensity without losing the good vibes. And if the toy has settings, don’t feel like you have to jump to the highest one right away—start low, then see how you feel. Honestly, it’s all about finding what works for you and feeling good along the way. Happy exploring! Ready to feel good? Shop our friendly and approachable boutique in Olympia or on our website!"



[Link to download video]

Instagram

linger.u

System ID: 609137

Shauna Marie Stewart

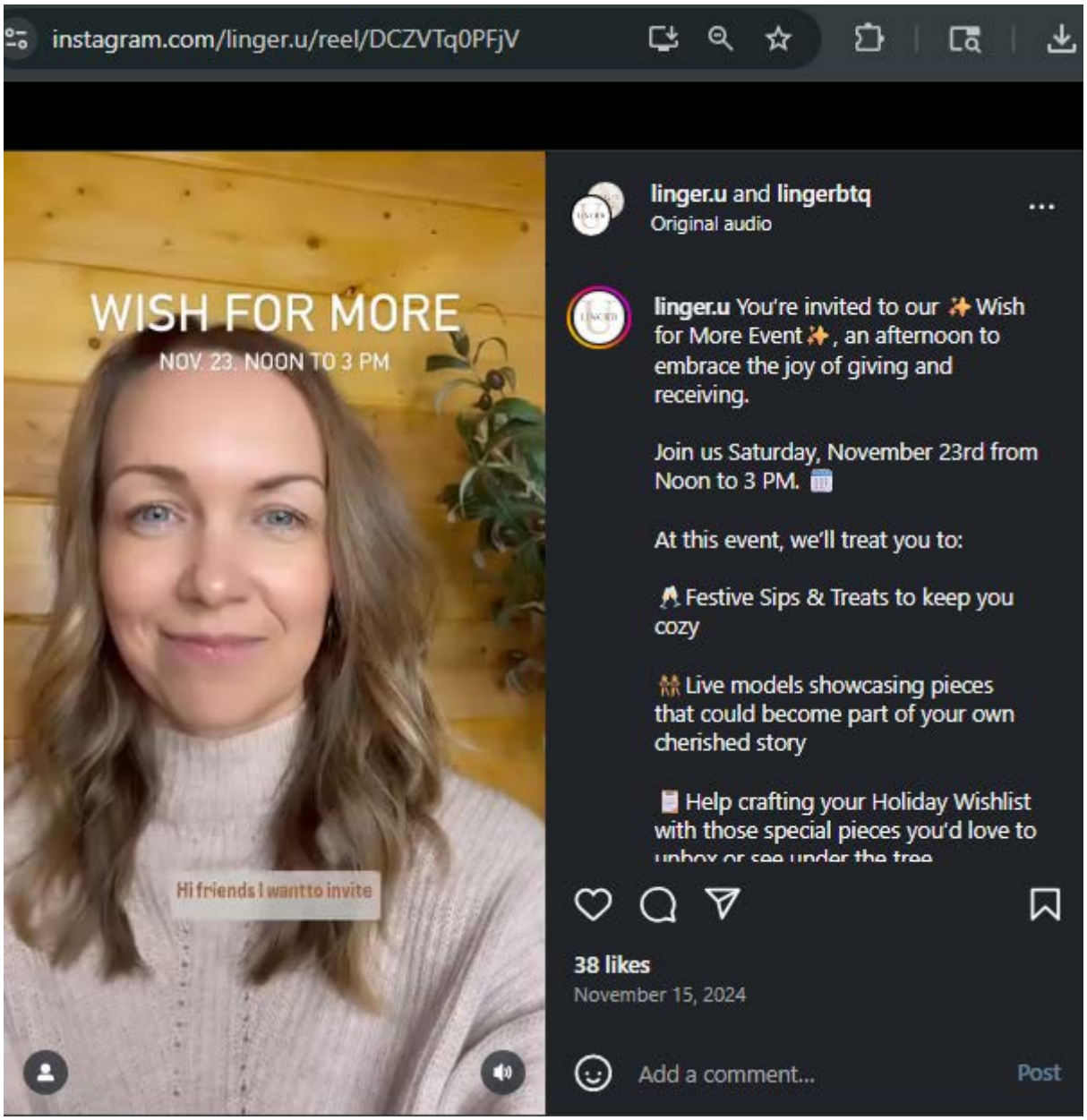
https://www.instagram.com/linger.u/reel/DCZVTq0PFjV

Posted: Nov 15, 2024

Captured: Jul 09, 2025

After DOI

*Announced an event at Linger Boutique; she invited people to come in and try on clothes and write on the walls of the dressing room "You’re invited to our Wish for More Event, an afternoon to embrace the joy of giving and receiving. Join us Saturday, November 23rd from Noon to 3 PM. At this event, we’ll treat you to: Festive Sips & Treats to keep you cozy ♀Live models showcasing pieces that could become part of your own cherished story Help crafting your Holiday Wishlist with those special pieces you’d love to unbox or see under the tree Exclusive discounts to show our gratitude for your ongoing support of our small business We’ll also invite you to share wishes for other women in our community by filling our dressing room walls with words of encouragement, inspiration, and love for anyone who steps in. Write something meaningful to help us spread the love. This is a complimentary event. I hope you’ll invite a friend - perhaps someone who hasn’t heard of us yet or has been too shy to visit - and join us for this playful and meaningful experience. XO, Shauna PS: Our dressing rooms are sacred spaces. Those who step in can start off feeling vulnerable, nervous or even self-critical. While they’re in this space our goal is that they walk out with more confidence and a stronger sense of self and feel a bit more loved. So, while I don’t anticipate needing to do this, I want to make sure it’s understood that any messages that don’t feel good will be painted over. Like, if I feel even an essence - even a La Croix level of flavor - of something that could feel bad in a note, it will be removed. It’s my responsibility to protect the people and energy in our space and I take that very seriously."



[Link to download video]

Instagram

linger.u

Posted: Nov 16, 2024

System ID: 609132

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DCcYpT4ypuy/?img_index=1

After DOI

*Necklaces shaped the torso of a woman and was located at the Olympia Farmers Market "Bound. Necklaces available in store and online."

instagram.com/linger.u/p/DCcYpT4ypuy/?img_index=1

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The Olympia Farmers Market

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Necklaces available in store and online.
33w

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Instagram

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Posted: Nov 18, 2024

System ID: 609123

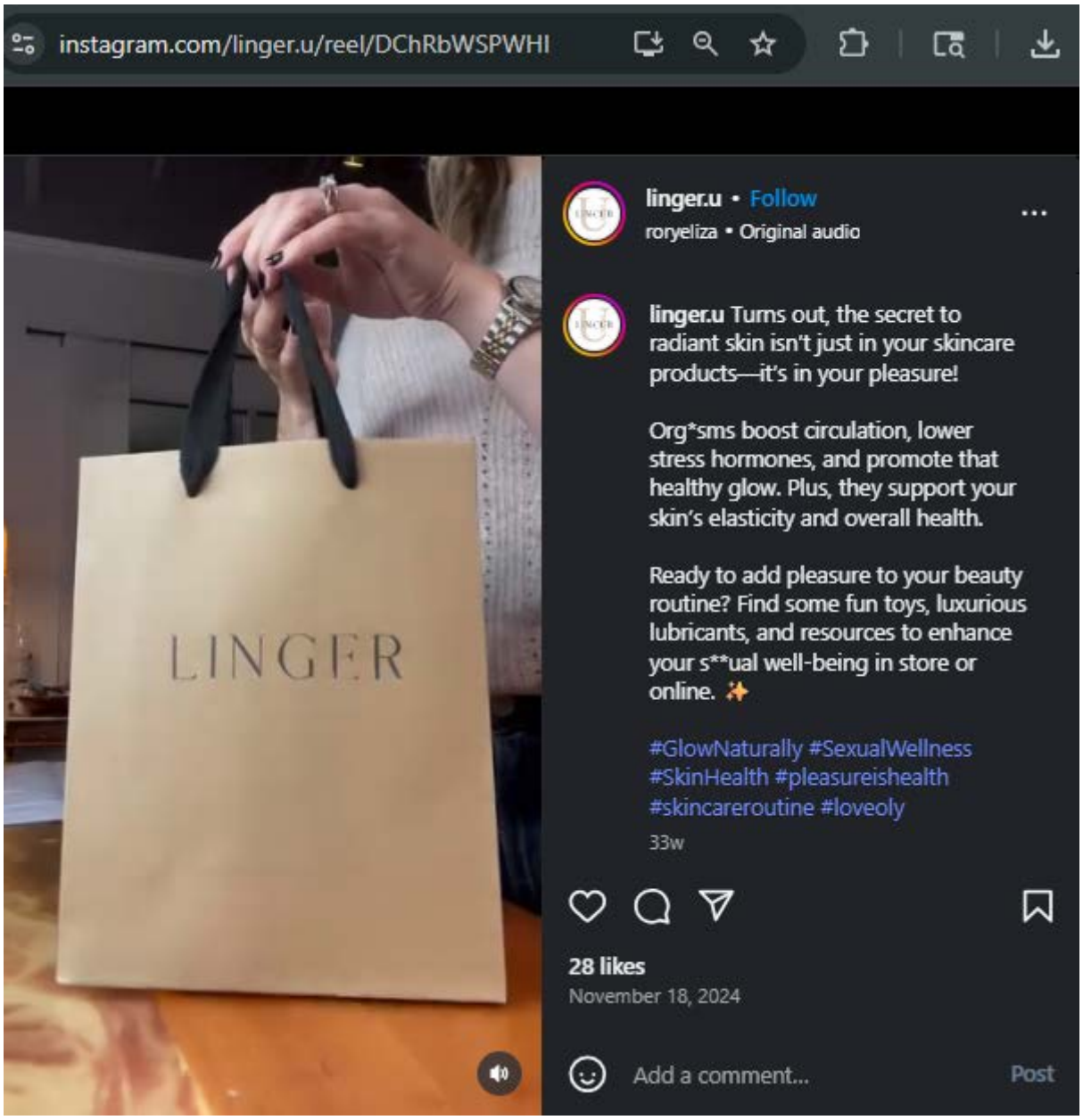
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/DChRbWSPWHI

After DOI

*Video of Subject pulling a vibrator, lube, and a book out of a Linger Boutique bag "Turns out, the secret to radiant skin isn’t just in your skincare products—it’s in your pleasure! Org*sms boost circulation, lower stress hormones, and promote that healthy glow. Plus, they support your skin’s elasticity and overall health. Ready to add pleasure to your beauty routine? Find some fun toys, luxurious lubricants, and resources to enhance your s**ual well-being in store or online. #GlowNaturally #SexualWellness #SkinHealth #pleasureishealth #skincareroutine #loveoly"



[Link to download video]

Other

Apple Podcasts

System ID: 607198

Posted: Nov 20, 2024

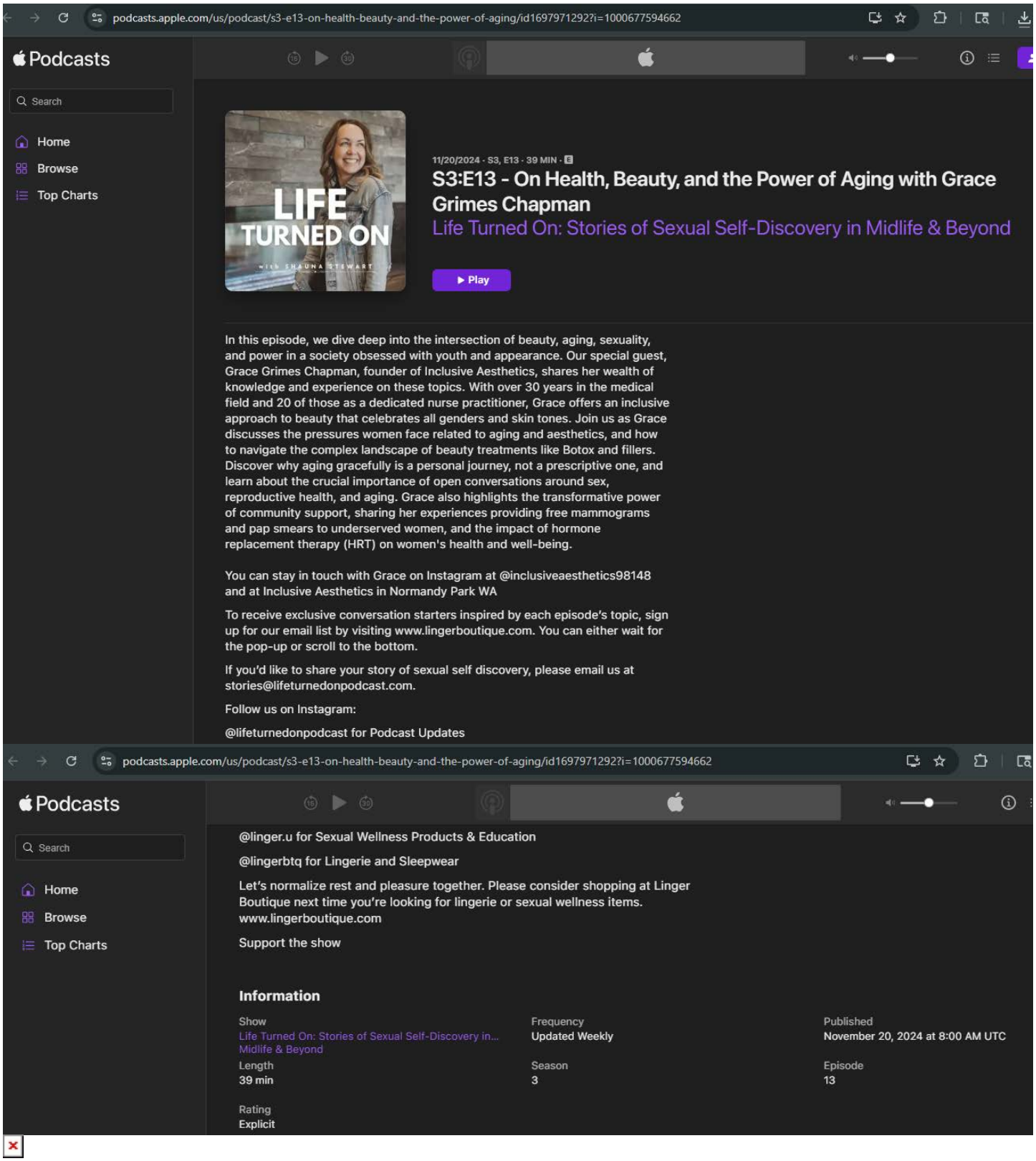
Captured: Jul 07, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e13-on-health-beauty-and-the-power-of-aging/id1697971292?i=1000677594662

After DOI

*Discussion with a founder of Inclusive Aesthetics and former Nurse Practitioner; topics related to sex, aging, and reproductive health. They mentioned informed consent in healthcare (11:03 - 11:22) "S3:E13 - On Health, Beauty, and the Power of Aging with Grace Grimes Chapman" "In this episode, we dive deep into the intersection of beauty, aging, sexuality, and power in a society obsessed with youth and appearance. Our special guest, Grace Grimes Chapman, founder of Inclusive Aesthetics, shares her wealth of knowledge and experience on these topics. With over 30 years in the medical field and 20 of those as a dedicated nurse practitioner, Grace offers an inclusive approach to beauty that celebrates all genders and skin tones. Join us as Grace discusses the pressures women face related to aging and aesthetics, and how to navigate the complex landscape of beauty treatments like Botox and fillers. Discover why aging gracefully is a personal journey, not a prescriptive one, and learn about the crucial importance of open conversations around sex, reproductive health, and aging. Grace also highlights the transformative power of community support, sharing her experiences providing free mammograms and pap smears to underserved women, and the impact of hormone replacement therapy (HRT) on women's health and well-being. You can stay in touch with Grace on Instagram at @inclusiveaesthetics98148 and at Inclusive Aesthetics in Normandy Park WA To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e13-on-health-beauty-and-the-power-of-aging/id1697971292?i=1000677594662
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LIFE TURNED ON
WITH SHAUNA STEWART
11/20/2024 · S3, E13 · 39 MIN · E
S3:E13 - On Health, Beauty, and the Power of Aging with Grace Grimes Chapman
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
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Information
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Life Turned On: Stories of Sexual Self-Discovery in... Midlife & Beyond
Frequency
Updated Weekly
Published
November 20, 2024 at 8:00 AM UTC
Length
39 min
Season
3
Episode
13
Rating
Explicit

Instagram

linger.u

Posted: Nov 22, 2024

System ID: 609119

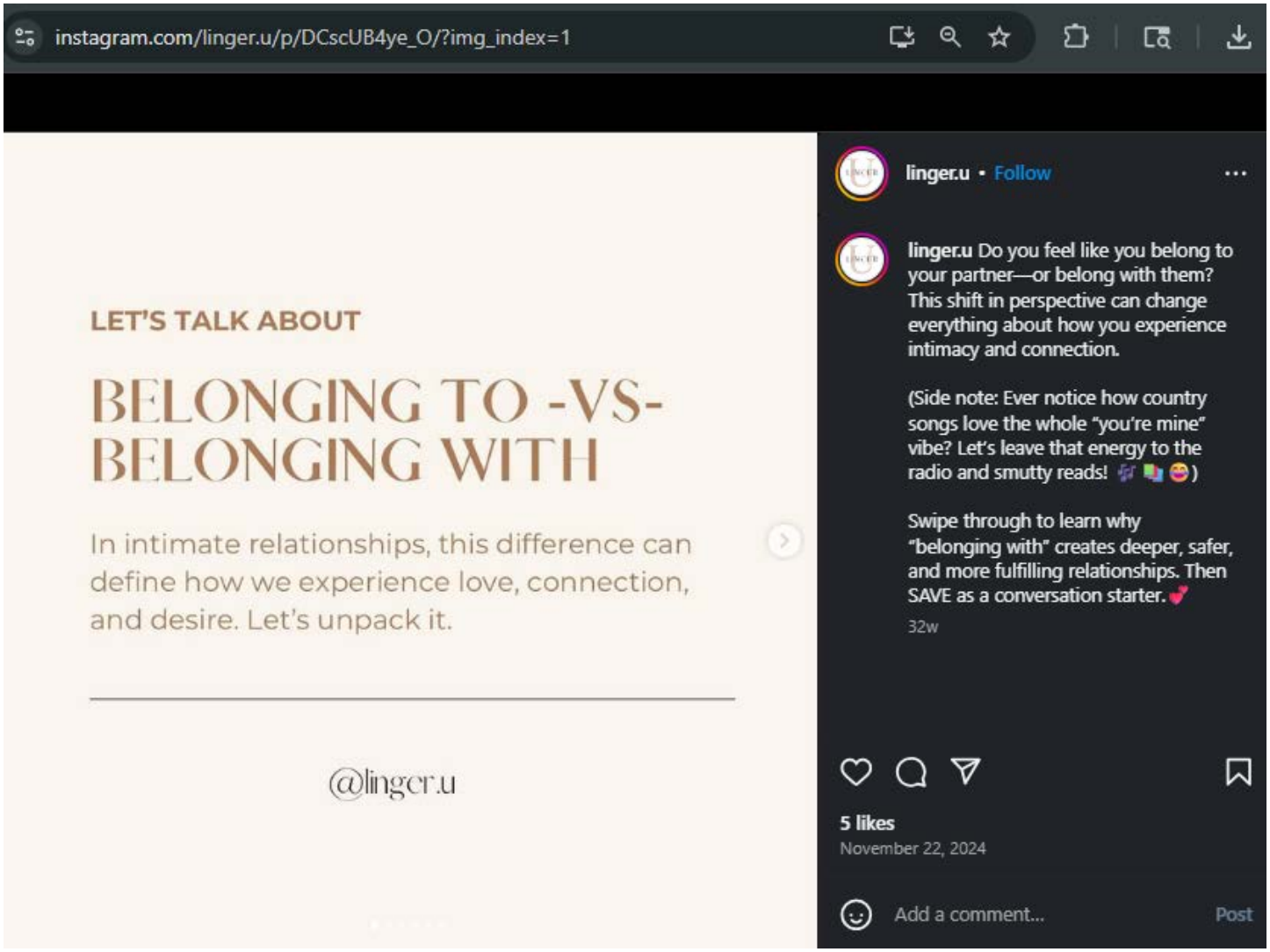
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DCscUB4ye_O/?img_index=1

After DOI

*Post about people belonging to vs belonging with their partner "Do you feel like you belong to your partner—or belong with them? This shift in perspective can change everything about how you experience intimacy and connection. (Side note: Ever notice how country songs love the whole “you’re mine” vibe? Let’s leave that energy to the radio and smutty reads! □□□) Swipe through to learn why “belonging with” creates deeper, safer, and more fulfilling relationships. Then SAVE as a conversation starter.□"


instagram.com/linger.u/p/DCscUB4ye_O/?img_index=1
LET'S TALK ABOUT
BELONGING TO -VS- BELONGING WITH
In intimate relationships, this difference can define how we experience love, connection, and desire. Let's unpack it.
@linger.u
linger.u • Follow
linger.u Do you feel like you belong to your partner—or belong with them? This shift in perspective can change everything about how you experience intimacy and connection.
(Side note: Ever notice how country songs love the whole "you're mine" vibe? Let's leave that energy to the radio and smutty reads! 🎶🍆😂)
Swipe through to learn why "belonging with" creates deeper, safer, and more fulfilling relationships. Then SAVE as a conversation starter.💞
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November 22, 2024
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November 22, 2024

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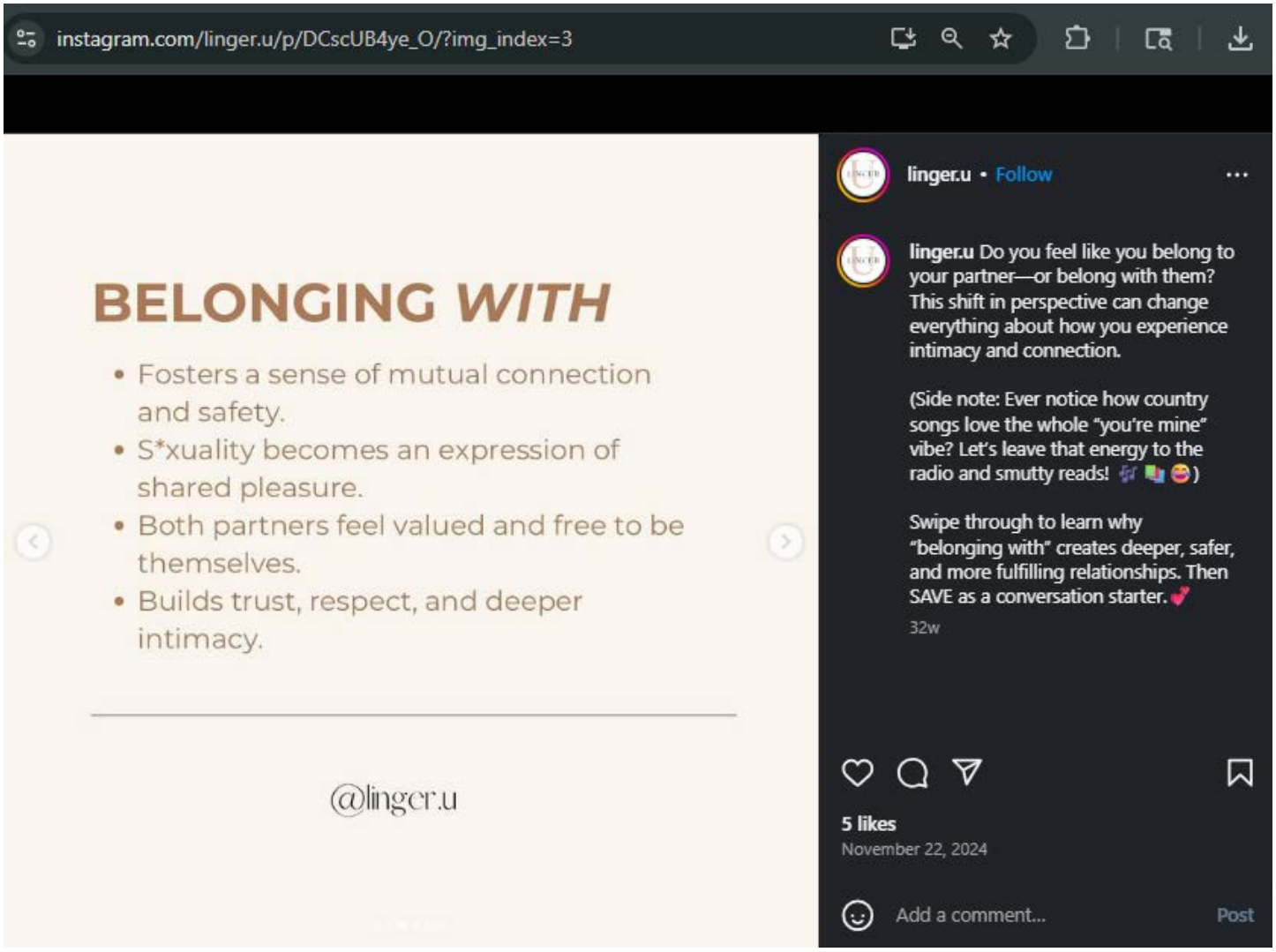
instagram.com/linger.u/p/DCscUB4ye_O/?img_index=3
BELONGING WITH
• Fosters a sense of mutual connection and safety.
• S*xuality becomes an expression of shared pleasure.
• Both partners feel valued and free to be themselves.
• Builds trust, respect, and deeper intimacy.
@linger.u
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linger.u Do you feel like you belong to your partner—or belong with them? This shift in perspective can change everything about how you experience intimacy and connection.
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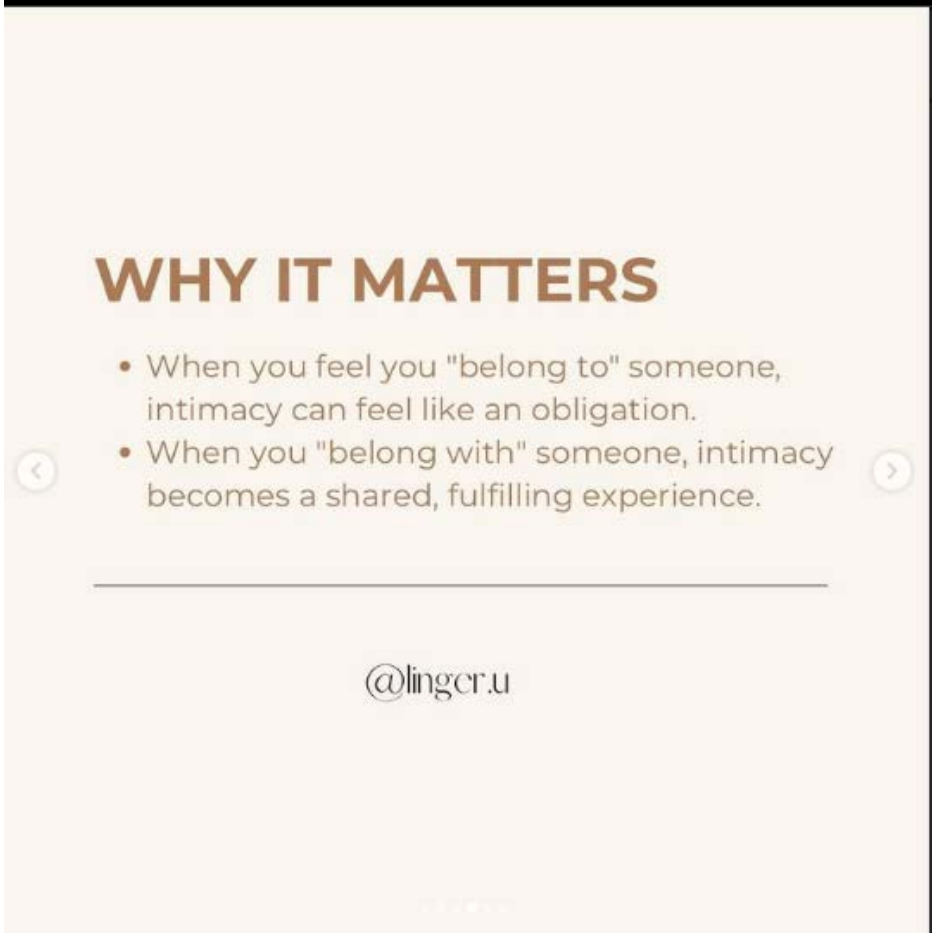

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instagram.com/linger.u/p/DCscUB4ye_O/?img_index=5

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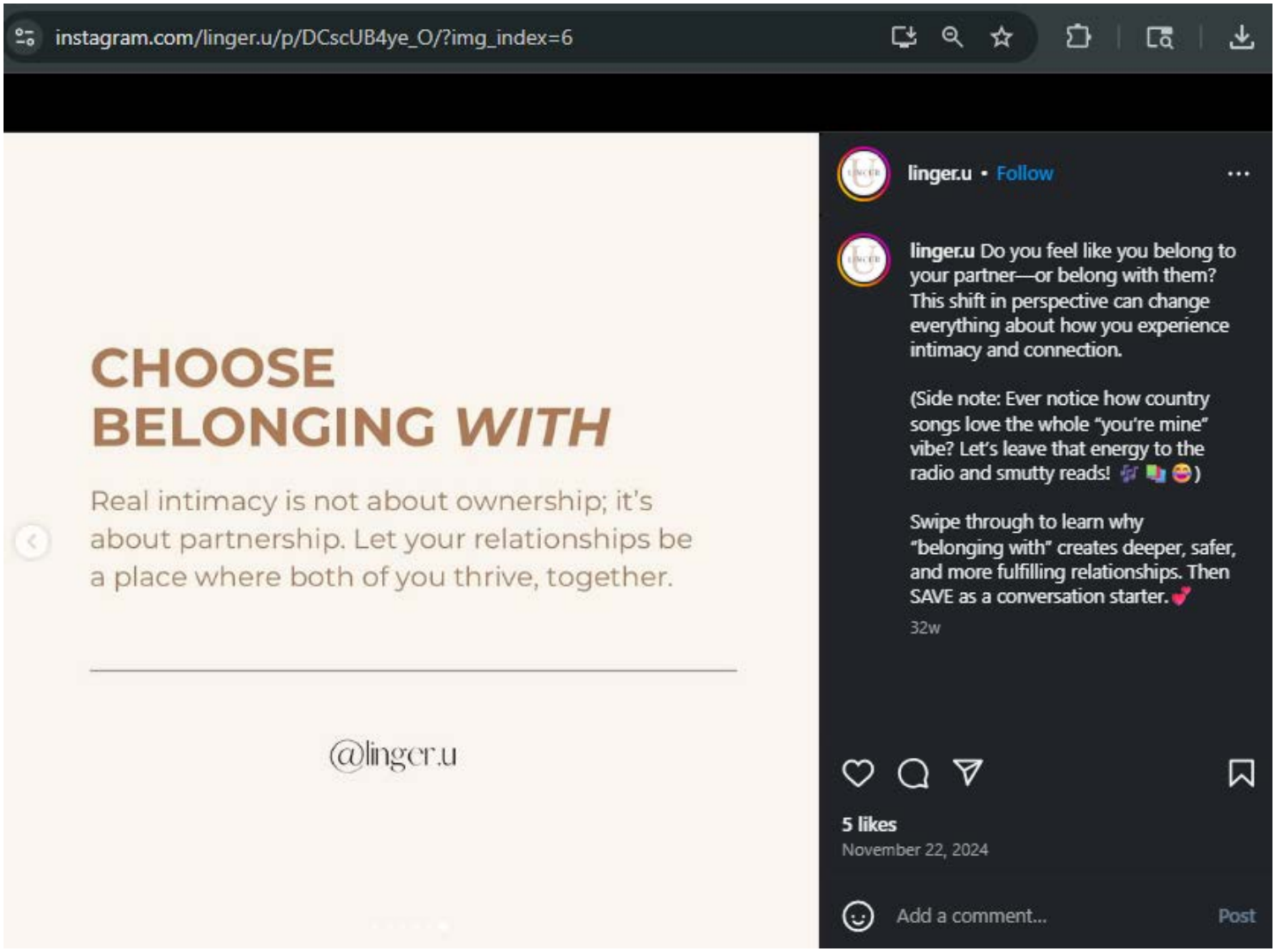
instagram.com/linger.u/p/DCscUB4ye_O/?img_index=6
CHOOSE
BELONGING WITH
Real intimacy is not about ownership; it's about partnership. Let your relationships be a place where both of you thrive, together.
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linger.u Do you feel like you belong to your partner—or belong with them? This shift in perspective can change everything about how you experience intimacy and connection.
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5 likes
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Instagram

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Posted: Nov 24, 2024

System ID: 609112

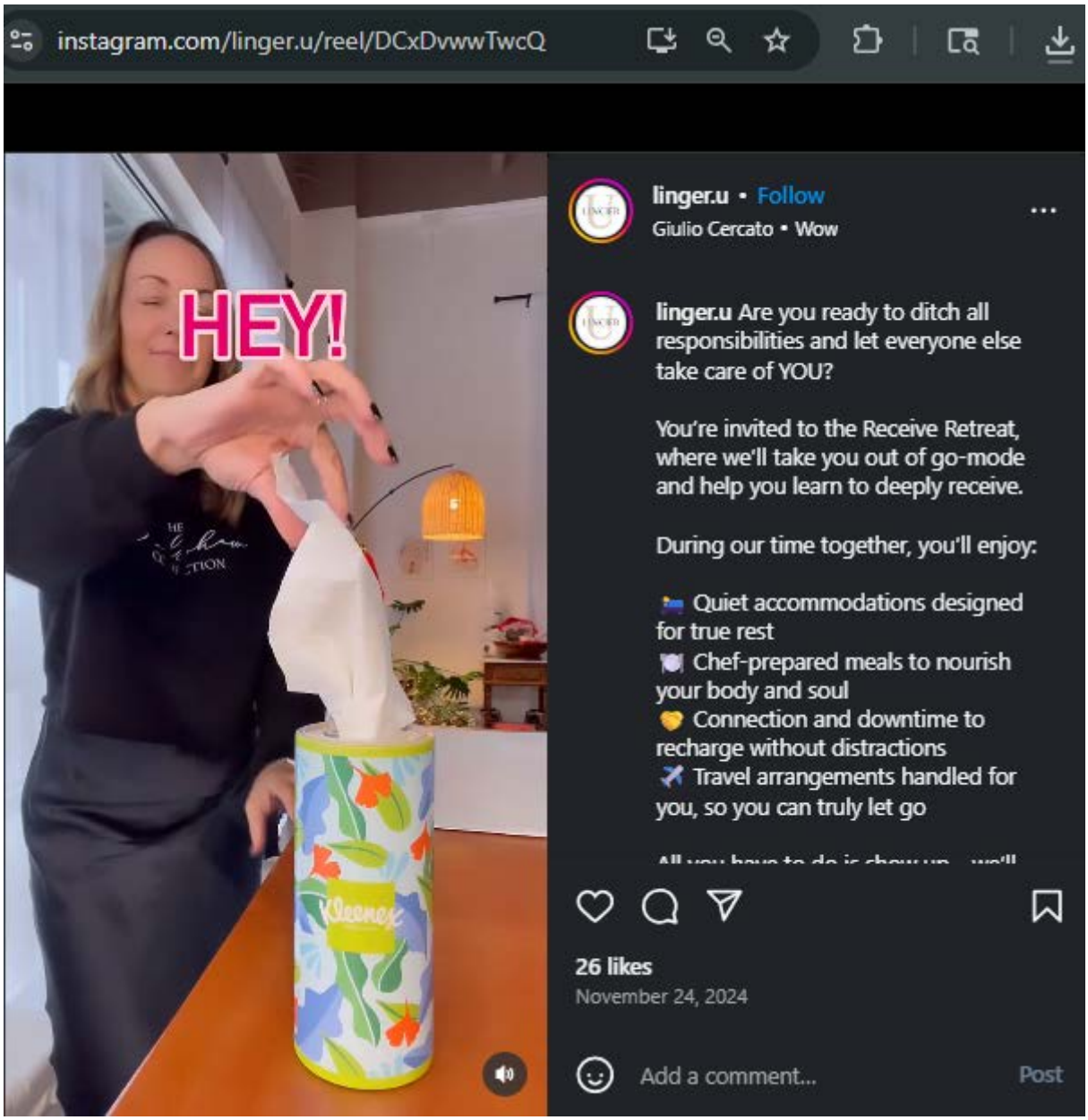
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/DCxDvwwTwcQ

After DOI

*Seen standing and leaning forward "Are you ready to ditch all responsibilities and let everyone else take care of YOU? You’re invited to the Receive Retreat, where we’ll take you out of go-mode and help you learn to deeply receive. During our time together, you’ll enjoy: Quiet accommodations designed for true rest Chef-prepared meals to nourish your body and soul Connection and downtime to recharge without distractions ✈ Travel arrangements handled for you, so you can truly let go All you have to do is show up—we’ll take care of the rest. It’s time to escape, relax, and RECEIVE. Dudes do it. Now, you can too! Ready to book your spot? Click the like in the bio. Rooms are half full so save yours soon! #ReceiveRetreat #TreatYourself #womensretreat #RelaxRechargeReconnect"



[Link to download video]

Other

Apple Podcasts | Posted: Nov 27, 2024

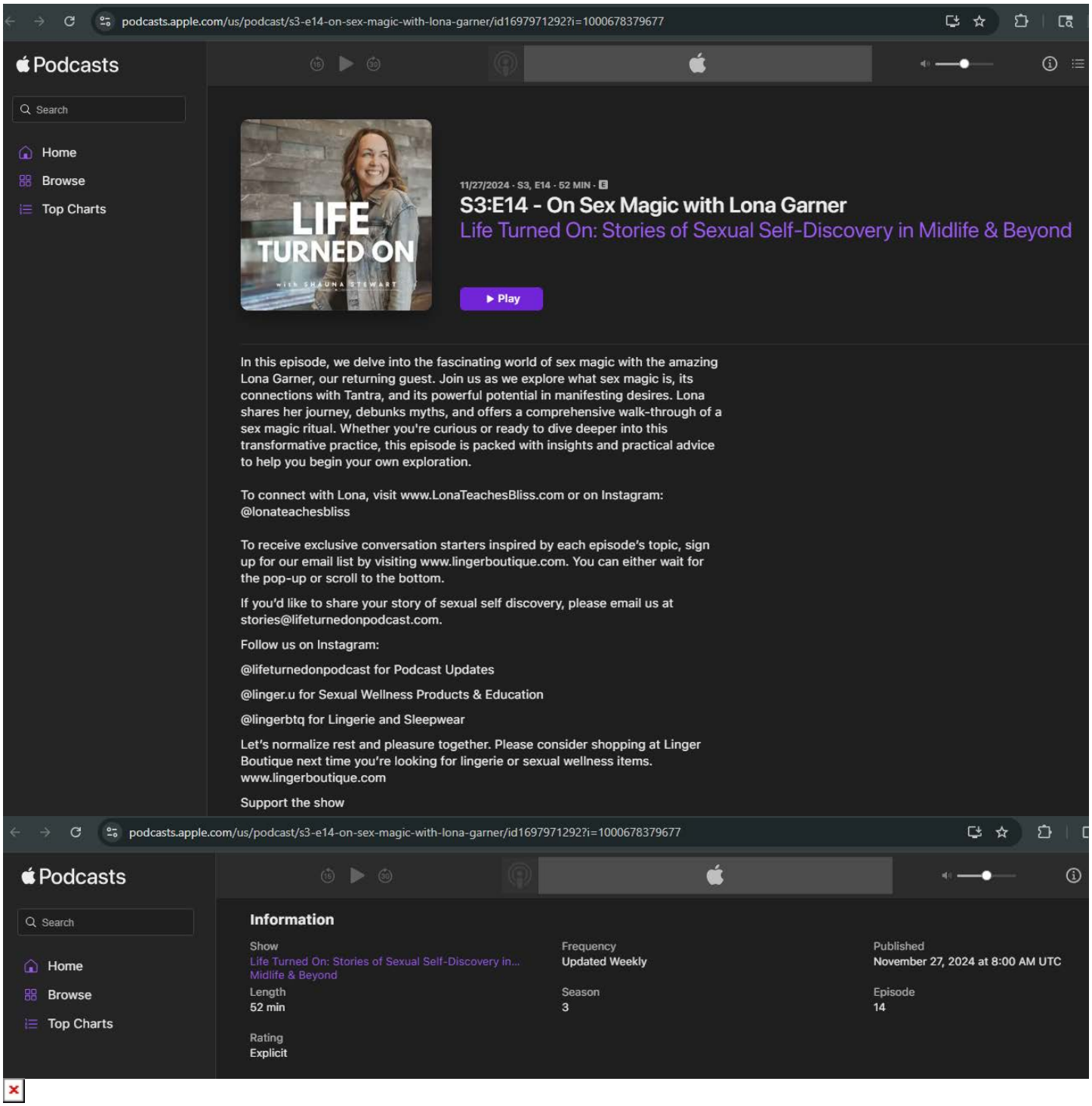
System ID: 607172 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e14-on-sex-magic-with-lona-garner/id1697971292?i=1000678379677

After DOI

*Discussion with a neotantra teacher and sexual bliss coach, who talked about "sex magic" "S3:E14 - On Sex Magic with Lona Garner" "In this episode, we delve into the fascinating world of sex magic with the amazing Lona Garner, our returning guest. Join us as we explore what sex magic is, its connections with Tantra, and its powerful potential in manifesting desires. Lona shares her journey, debunks myths, and offers a comprehensive walk-through of a sex magic ritual. Whether you're curious or ready to dive deeper into this transformative practice, this episode is packed with insights and practical advice to help you begin your own exploration. To connect with Lona, visit www.LonaTeachesBliss.com or on Instagram: @lonateachesbliss To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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WITH SHAUNA STEWART
11/27/2024 · S3, E14 · 52 MIN · E
S3:E14 - On Sex Magic with Lona Garner
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Play
In this episode, we delve into the fascinating world of sex magic with the amazing Lona Garner, our returning guest. Join us as we explore what sex magic is, its connections with Tantra, and its powerful potential in manifesting desires. Lona shares her journey, debunks myths, and offers a comprehensive walk-through of a sex magic ritual. Whether you're curious or ready to dive deeper into this transformative practice, this episode is packed with insights and practical advice to help you begin your own exploration.
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Life Turned On: Stories of Sexual Self-Discovery in... Midlife & Beyond
Frequency
Updated Weekly
Published
November 27, 2024 at 8:00 AM UTC
Length
52 min
Season
3
Episode
14
Rating
Explicit

Instagram

linger.u

Posted: Nov 29, 2024

System ID: 609108

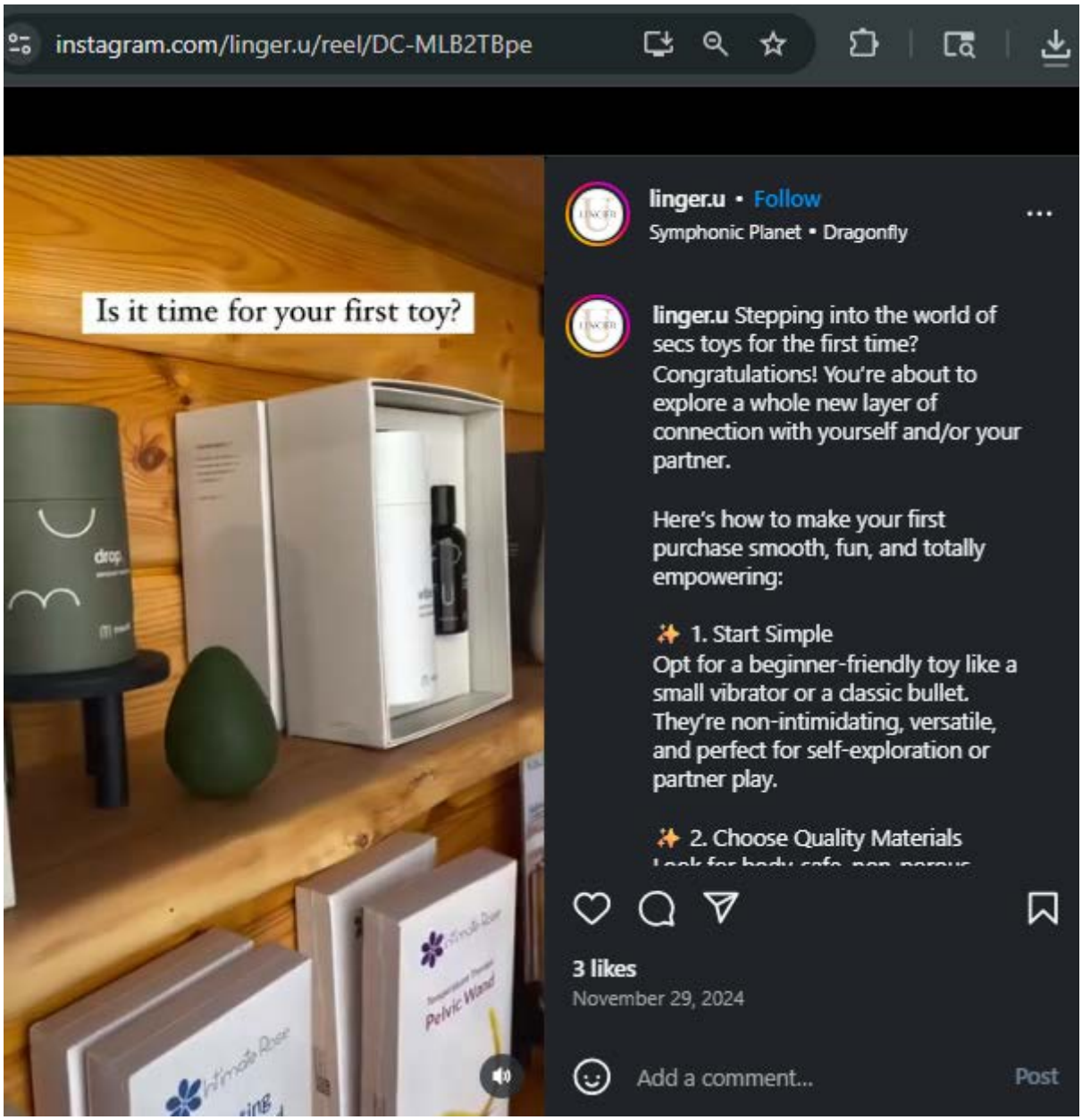
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/DC-MLB2TBpe

After DOI

*Video of a self of sex-toys "Stepping into the world of secs toys for the first time? Congratulations! You’re about to explore a whole new layer of connection with yourself and/or your partner. Here’s how to make your first purchase smooth, fun, and totally empowering: 1. Start Simple Opt for a beginner-friendly toy like a small vibrator or a classic bullet. They’re non-intimidating, versatile, and perfect for self-exploration or partner play. 2. Choose Quality Materials Look for body-safe, non-porous materials like silicone or stainless steel. Always prioritize your health and comfort. 3. Consider Your Desires What excites you? Knowing your body is key to choosing a toy you’ll love. 4. Don’t Forget Lube! Lube makes everything better! Use water-based lube for silicone toys to protect the material. 5. Explore at Your Own Pace This is your journey. Take time to explore and discover what feels good for you. There’s no right or wrong way to enjoy your toy. Ready to shop comfortably? Head to our boutique by the Olympia Farmers Market or tap the link to shop from the comfort of your own home. Remember, your pleasure is worth investing in! Tag a friend who’s been curious or drop your questions below! Let’s talk about it. #SexToyEducation #PleasurePositive #FirstTimeTips #ExploreYourBody"



[Link to download video]

Instagram

linger.u

System ID: 609101

Shauna Marie Stewart

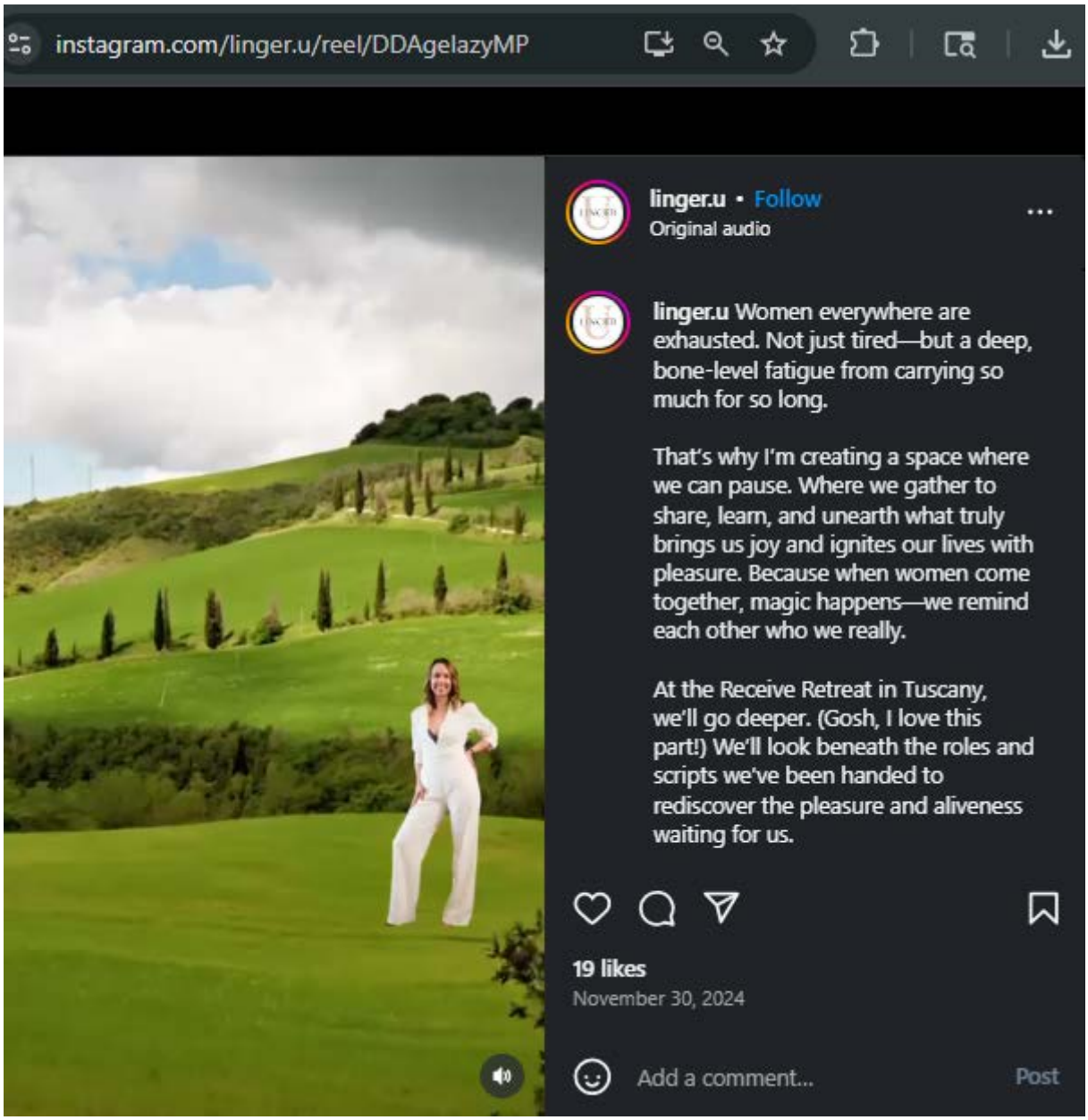
https://www.instagram.com/linger.u/reel/DDAgelazyMP

Posted: Nov 30, 2024

Captured: Jul 09, 2025

After DOI

"Women everywhere are exhausted. Not just tired—but a deep, bone-level fatigue from carrying so much for so long. That’s why I’m creating a space where we can pause. Where we gather to share, learn, and unearth what truly brings us joy and ignites our lives with pleasure. Because when women come together, magic happens—we remind each other who we really. At the Receive Retreat in Tuscany, we’ll go deeper. (Gosh, I love this part!) We’ll look beneath the roles and scripts we’ve been handed to rediscover the pleasure and aliveness waiting for us. RECEIVE isn’t just a retreat. It’s a chance to come back to you. A special Cyber Monday offer for the Receive Retreat will be delivered to your inbox soon… are you on the list? If not, head to our website and wait for the pop-up. In the meantime, if you have any questions please feel free to DM me! Rooms are half sold but there’s still room for you. #ReceiveRetreat #TuscanyMagic #RestAndPleasure #WomenGathering #LiveFully #womensretreat"



[Link to download video]

Instagram

linger.u

System ID: 609096

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DDGV88qvf4E

Posted: Dec 02, 2024

Captured: Jul 09, 2025

After DOI

"Once upon a time, I worked at an executive business and life coaching firm. They had all the answers. Armed with their “proven plans” and “disciplined strategies,” you too could achieve the perfect work/life balance, which is, afterall, the true marker of “success.” Life, they said, was simply an accumulation of accounts, a series of deposits and withdrawals in every aspect of your life (relationships, health, etc.) and if you businessified your entire way of being you could achieve and produce more, and thus: happiness.
Except, many of us (all women) tried it their way and felt... underwhelmed? Disillusioned? Unimpressed? The suits strutting across big stages commanding us to create spreadsheets to live our best lives just wasn’t it. So we created something else. Some of you have asked if I’ve ever planned a retreat like RECEIVE and the answer is yes, but also no. The answer is no because the specifics of RECEIVE is the result of the past four years of my lived experience, formal education, a love for the people in our Linger community, and a very personal pursuit of pleasure, connection and aliveness. But it’s also yes, because back then, a few of us looked around at what was being offered by the corporate bros and transmuted our WTF?!? into pure f*cking gold. Together, we planned semi-annual long-weekend retreats filled with gentle movement, access to nature, rich conversations, meaningful content and time for silence and contemplation. In other words, we gathered to find our own truths from the inside out. As we shared and listened, we were invited to go deeper within to figure out what it was we really wanted with our own lives. Similar to RECEIVE, I was in charge of content. I loved creating a space where women felt safe to explore their edges and be vulnerable with themselves and with others. And, I loved that there was never a one-size-fits-all solution, my job was simply guiding people into a deeper self-discovery journey with themselves. From those early retreats, I’m carrying forward a heart for meaningful content, community, connection and collaboration with plenty of respect for whitespace. Continued in comments. "

instagram.com/linger.u/p/DDGV88qvf4E

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linger.u Once upon a time, I worked at an executive business and life coaching firm. They had all the answers. Armed with their "proven plans" and "disciplined strategies," you too could achieve the perfect work/life balance, which is, afterall, the true marker of "success."

Life, they said, was simply an accumulation of accounts, a series of deposits and withdrawals in every aspect of your life (relationships, health, etc.) and if you businessified your entire way of being you could achieve and produce more, and thus: happiness. 📈

Except, many of us (all women) tried it their way and felt... underwhelmed?

34 likes

December 2, 2024

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System ID: 609090

Shauna Marie Stewart

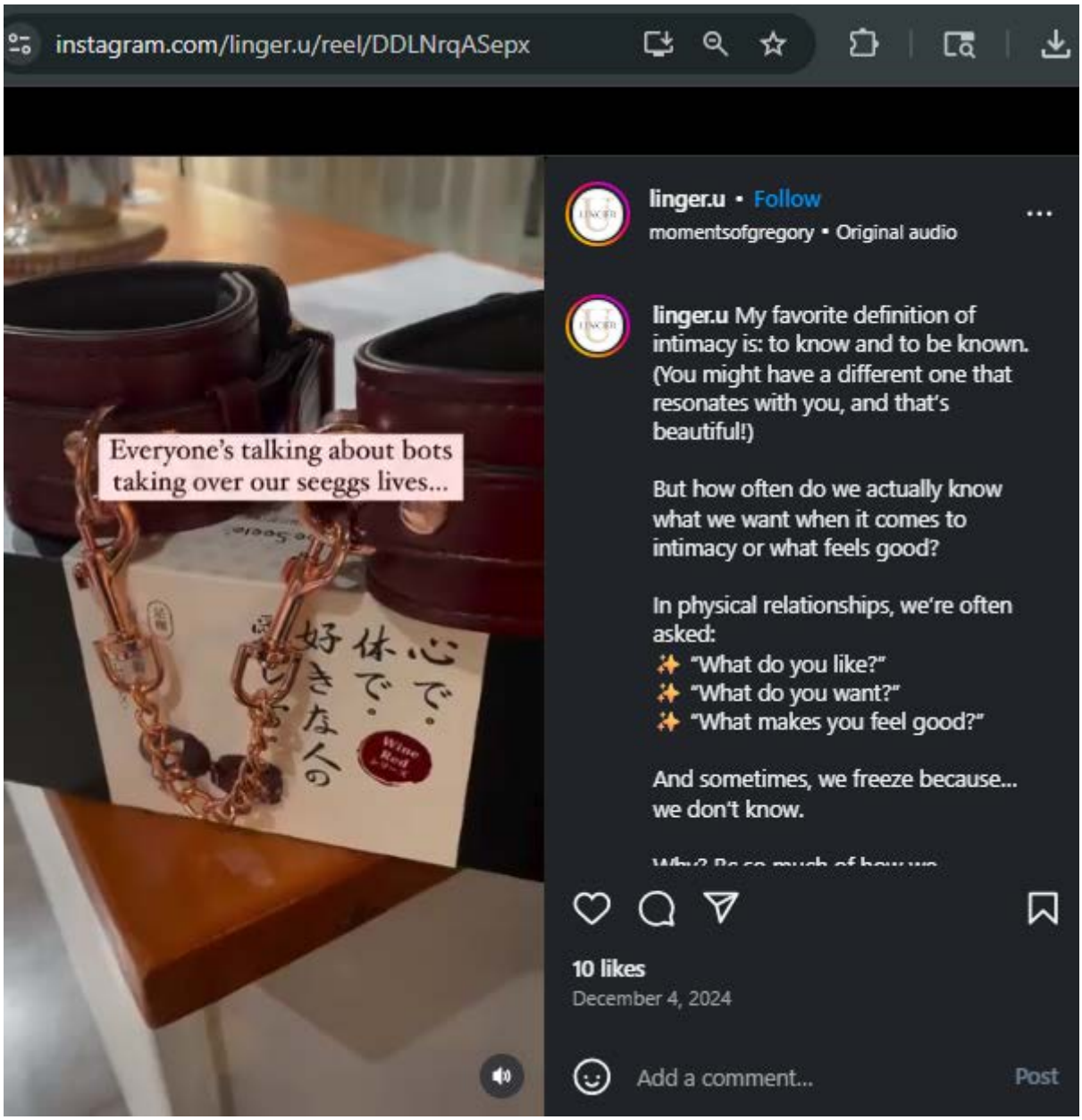
https://www.instagram.com/linger.u/reel/DDLNrqASepx

Posted: Dec 04, 2024

Captured: Jul 09, 2025

After DOI

*Video showing handcuffs, paddles, etc "My favorite definition of intimacy is: to know and to be known. (You might have a different one that resonates with you, and that’s beautiful!) But how often do we actually know what we want when it comes to intimacy or what feels good? In physical relationships, we’re often asked: “What do you like?” “What do you want?” “What makes you feel good?” And sometimes, we freeze because… we don’t know. Why? Bc so much of how we experience ourselves has been outsourced to external influences—whether it’s culture, technology or both. Instead of tuning into our desires, we might default to what our partner wants or what’s “normal.” It becomes yet another outsourced experience. If this feels familiar, you’re not alone. And the good news? You can change it, if you want. Intimacy—whether with yourself or others—begins with curiosity. Here are some ways to start: Get curious. Start exploring your own body and emotions. What feels good? What excites you? What doesn’t? Approach it like a playful experiment with no judgment. Talk about it. So much of intimacy gets tangled in taboos. Break the silence—talk to your partner, friends, or even journal. What’s been on your mind? What are you curious about? Slow down. (Surprised to see this here?) Take the pressure off needing to know everything right away. Self-discovery is a journey, not a test. It’s okay to say, “I’m still figuring that out.” Reconnect with yourself. Take time to be alone with your thoughts, your body, your desires. Pleasure doesn’t need an audience—it starts with you. The more you get curious and explore, the closer you’ll get to uncovering what you like, what you want, and what truly lights you up. That’s the kind of knowing that leads to the richest, most fulfilling intimacy—both with yourself and others. If you’d like some deeper guidance and support in your own journey, I’d love for you to join us in Tuscany for the Receive Retreat. Not only will you travel to Italy with an incredible group of women, but you’ll also connect with the parts of yourself that don’t need outsourcing, they just need time to be revealed. Visit the link in bio or DM me for more info."



[Link to download video]

Other

Apple Podcasts | Posted: Dec 04, 2024

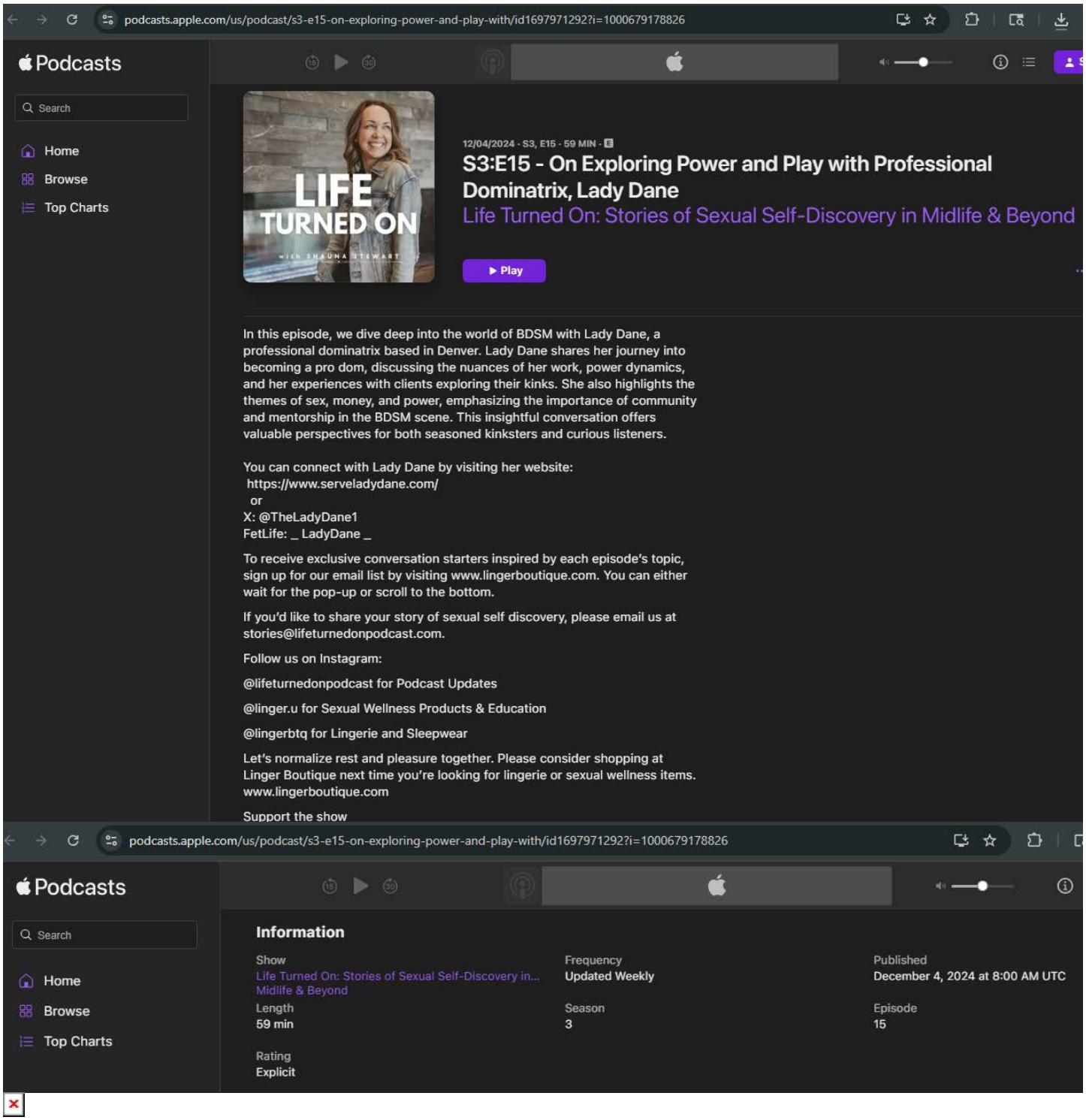
System ID: 607161 | Captured: Jul 07, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e15-on-exploring-power-and-play-with/id1697971292?i=1000679178826

After DOI

*Discussion with a professional dominatrix, who talked about her experiences with the BDSM community and her sexual preferences; . Subject mentioned that they met at the Sexual Health Alliance's Sexology Conference (2:32) "S3:E15 - On Exploring Power and Play with Professional Dominatrix, Lady Dane" "In this episode, we dive deep into the world of BDSM with Lady Dane, a professional dominatrix based in Denver. Lady Dane shares her journey into becoming a pro dom, discussing the nuances of her work, power dynamics, and her experiences with clients exploring their kinks. She also highlights the themes of sex, money, and power, emphasizing the importance of community and mentorship in the BDSM scene. This insightful conversation offers valuable perspectives for both seasoned kinksters and curious listeners. You can connect with Lady Dane by visiting her website: https://www.serveladydane.com/ or X: @TheLadyDane1 FetLife: _ LadyDane _ To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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LIFE TURNED ON
12/04/2024 · S3, E15 · 59 MIN · E
S3:E15 - On Exploring Power and Play with Professional Dominatrix, Lady Dane
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
In this episode, we dive deep into the world of BDSM with Lady Dane, a professional dominatrix based in Denver. Lady Dane shares her journey into becoming a pro dom, discussing the nuances of her work, power dynamics, and her experiences with clients exploring their kinks. She also highlights the themes of sex, money, and power, emphasizing the importance of community and mentorship in the BDSM scene. This insightful conversation offers valuable perspectives for both seasoned kinksters and curious listeners.
You can connect with Lady Dane by visiting her website:
https://www.serveladydane.com/
or
X: @TheLadyDane1
FetLife: _ LadyDane _
To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Updated Weekly
Published
December 4, 2024 at 8:00 AM UTC
Length
59 min
Season
3
Episode
15
Rating
Explicit

Instagram

linger.u

System ID: 609082

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DDOOLWoJs4b

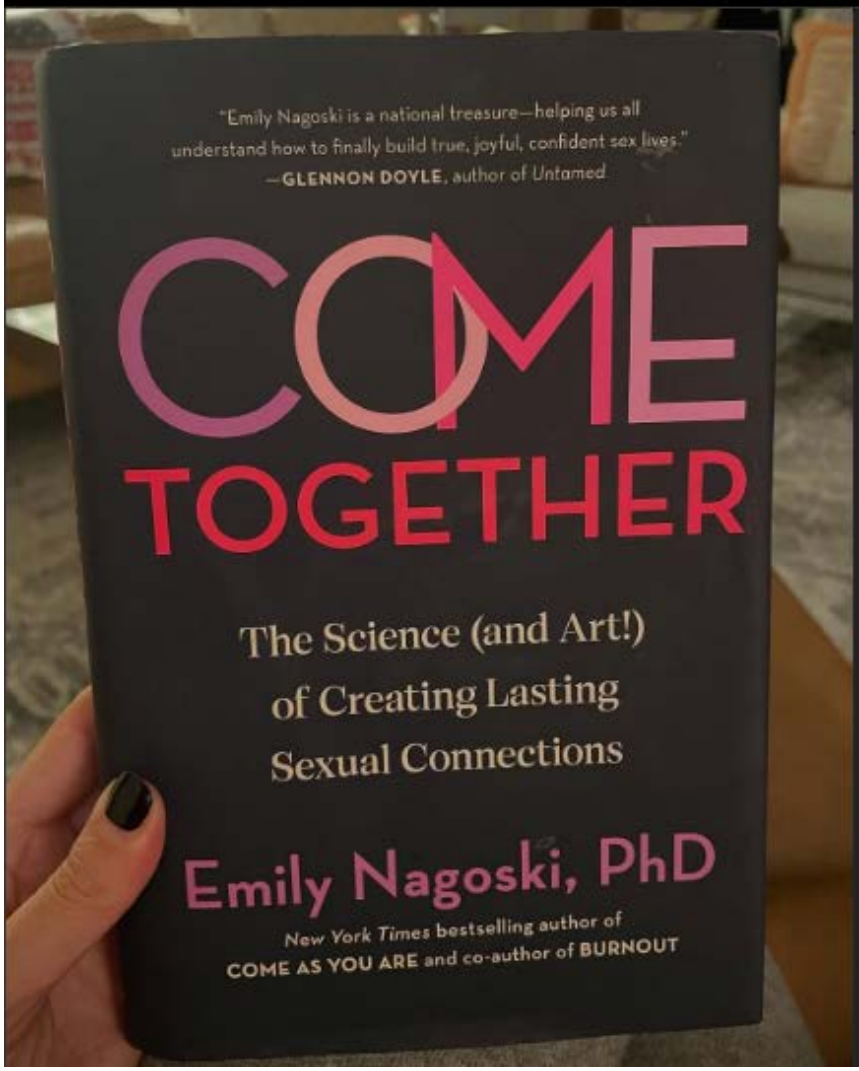
Posted: Dec 05, 2024

Captured: Jul 09, 2025

After DOI

*Book recommendation "At the risk of sounding overly dramatic, unlearning pretty much EVERYTHING we've been taught about sex, how we're supposed to behave, and what we should believe is an essential early step in experiencing more joy and confidence in our sex lives - especially in long term relationships. This book helps us get started. I pre-ordered this book but it's been waiting on my nightstand for more than a year. Formal education had to take priority but I'm so glad I finally got to dive in. □ My favorite sections were on the Sex Imperatives and Gender Mirage. Both concepts identify and debunk the multitude of scripts and beliefs we've inherited that stand in the way of our pleasure and connection. I was also pleasantly surprised to discover that Emily wove in a chapter about □magic□ to a book about the science of sex. The otherworldly, altered states of connection and consciousness that are available to us are so real and they can be accessed with or without a partner. □ If you're interested in reading more, you can pick up this book in store or on our website. If you've read it already, I'd love to know what stood out to you below."

instagram.com/linger.u/p/DDOOLWoJs4b



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Olympia, Washington

linger.u At the risk of sounding overly dramatic, unlearning pretty much EVERYTHING we've been taught about sex, how we're supposed to behave, and what we should believe is an essential early step in experiencing more joy and confidence in our sex lives - especially in long term relationships. This book helps us get started.

I pre-ordered this book but it's been waiting on my nightstand for more than a year. Formal education had to take priority but I'm so glad I finally got to dive in. 🤯

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Posted: Dec 07, 2024

System ID: 609076

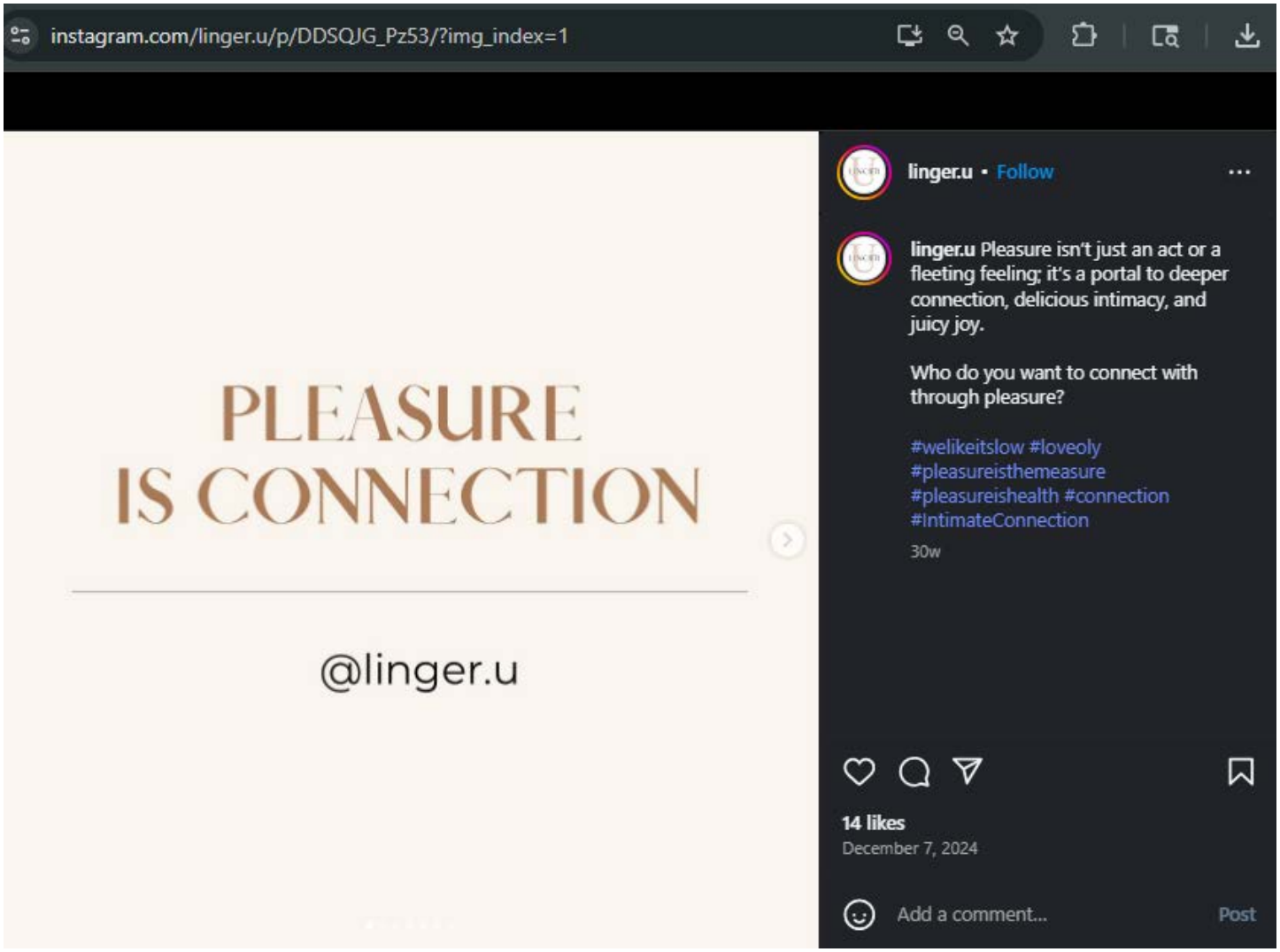
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DDSQJG_Pz53/?img_index=7

After DOI

"Pleasure isn’t just an act or a fleeting feeling; it’s a portal to deeper connection, delicious intimacy, and juicy joy. Who do you want to connect with through pleasure? #welikeitslow #loveoly #pleasureisthemeasure #pleasureishealth #connection #IntimateConnection"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Who do you want to connect with through pleasure?
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Who do you want to connect with through pleasure?

#welikeitslow #loveoly #pleasureisthemeasure #pleasureishealth #connection #IntimateConnection

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Who do you want to connect with through pleasure?

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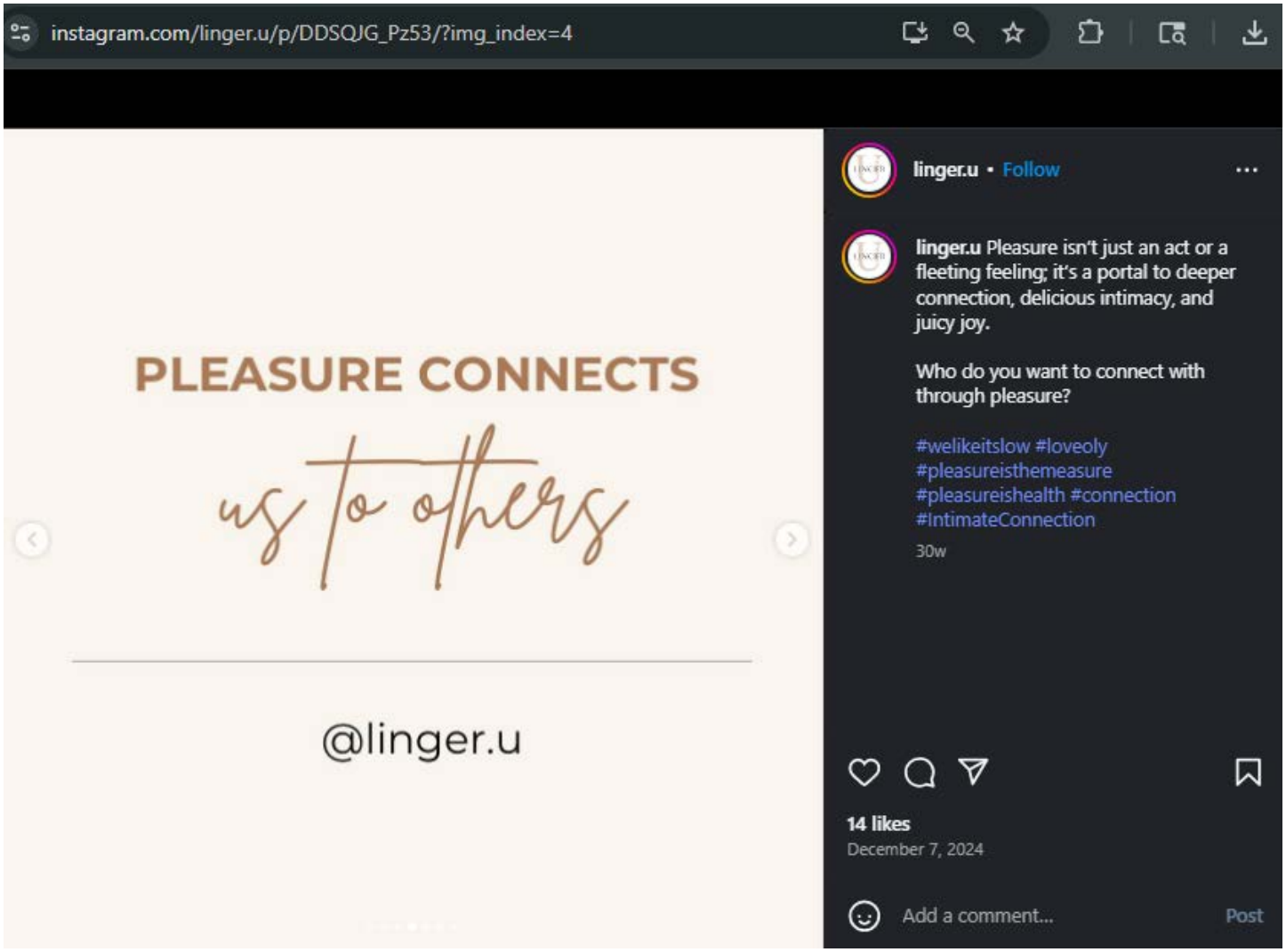
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Who do you want to connect with through pleasure?

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Other

Apple Podcasts

Posted: Dec 11, 2024

System ID: 607119

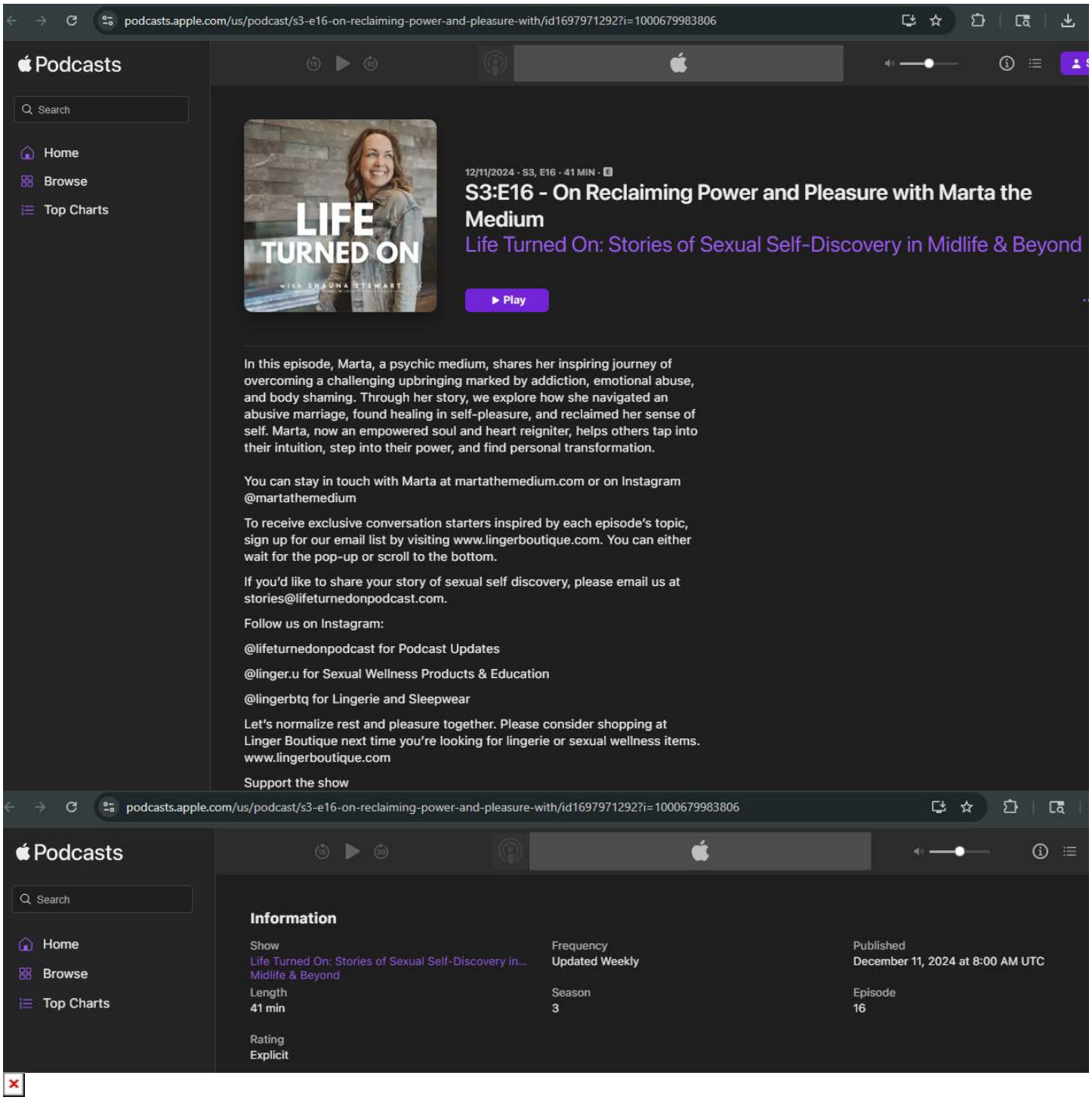
Captured: Jul 07, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e16-on-reclaiming-power-and-pleasure-with/id1697971292?i=1000679983806

After DOI

*Discussion with a psychic medium, who talked about her life experiences; including childhood trauma and her abusive marriage (mentions of rape) "S3:E16 - On Reclaiming Power and Pleasure with Marta the Medium" "In this episode, Marta, a psychic medium, shares her inspiring journey of overcoming a challenging upbringing marked by addiction, emotional abuse, and body shaming. Through her story, we explore how she navigated an abusive marriage, found healing in self-pleasure, and reclaimed her sense of self. Marta, now an empowered soul and heart reigniter, helps others tap into their intuition, step into their power, and find personal transformation. You can stay in touch with Marta at martathemedium.com or on Instagram @martathemedium To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let's normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you're looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
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In this episode, Marta, a psychic medium, shares her inspiring journey of overcoming a challenging upbringing marked by addiction, emotional abuse, and body shaming. Through her story, we explore how she navigated an abusive marriage, found healing in self-pleasure, and reclaimed her sense of self. Marta, now an empowered soul and heart reigniter, helps others tap into their intuition, step into their power, and find personal transformation.
You can stay in touch with Marta at martathemedium.com or on Instagram @martathemedium
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41 min
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3
Episode
16
Rating
Explicit

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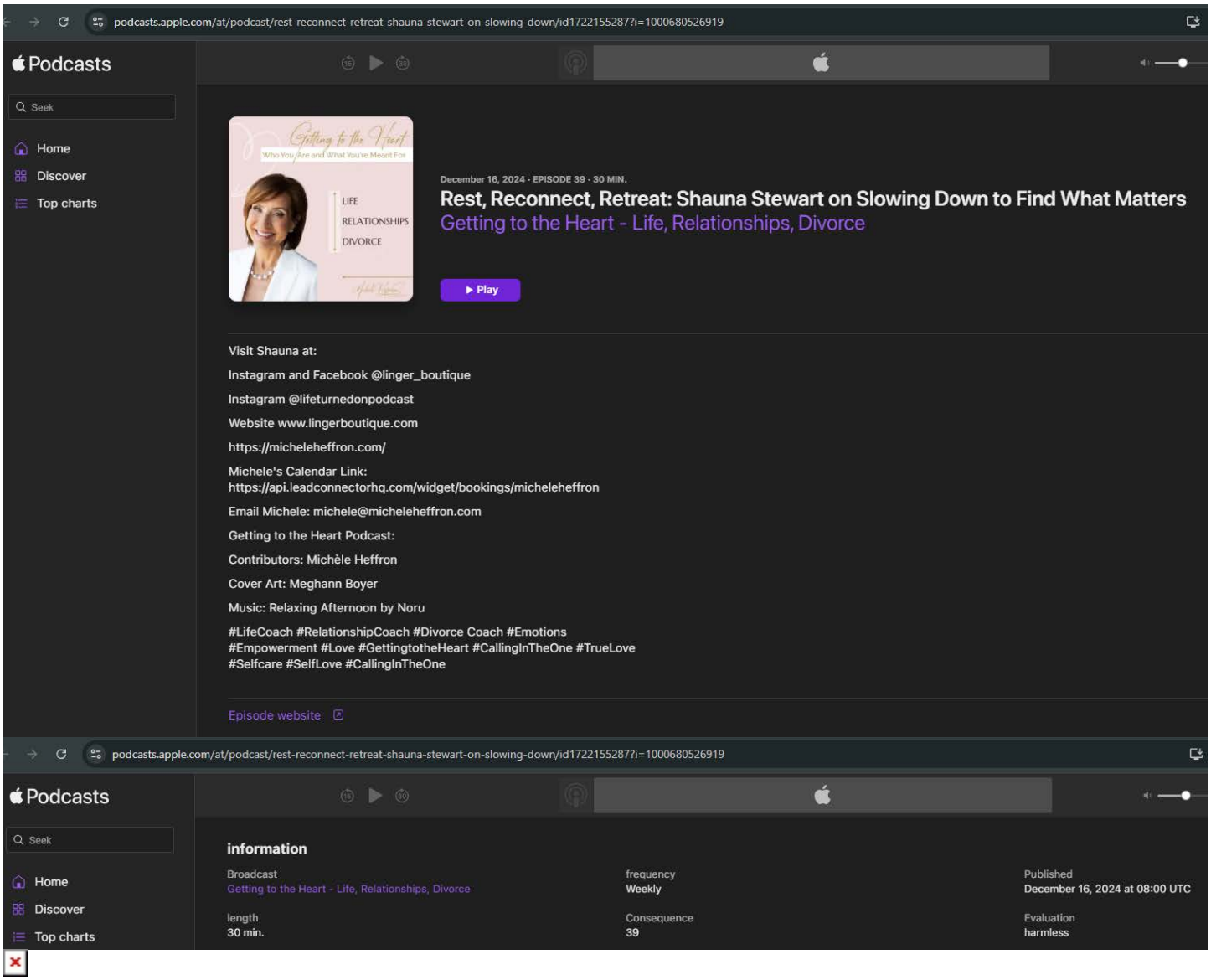
Apple Podcasts
Posted: Dec 16, 2024
System ID: 608722
Captured: Jul 09, 2025
Shauna Marie Stewart
https://podcasts.apple.com/at/podcast/rest-reconnect-retreat-shauna-stewart-on-slowing-down/id1722155287?i=1000680526919

After DOI

*Subject was a repeat guest on the podcast, Getting to the Heart - Life, Relationships, Divorce Talked about her professional and personal education in her pursuit of pleasure and her career Mentioned taking dance classes (15:28) Discussed hosting the Receive Retreat in Tuscany (21:08 - 25:32) "Rest, Reconnect, Retreat: Shauna Stewart on Slowing Down to Find What Matters" "Visit Shauna at: Instagram and Facebook @linger_boutique Instagram @lifeturnedonpodcast Website www.lingerboutique.com https://micheleheffron.com/ Michele's Calendar Link: https://api.leadconnectorhq.com/widget/bookings/micheleheffron Email Michele: michele@micheleheffron.com Getting to the Heart Podcast: Contributors: Michèle Heffron Cover Art: Meghann Boyer Music: Relaxing Afternoon by Noru #LifeCoach #RelationshipCoach #Divorce Coach #Emotions #Empowerment #Love #GettingtotheHeart #CallingInTheOne #TrueLove #Selfcare #SelfLove #CallingInTheOne"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December 16, 2024 · EPISODE 39 · 30 MIN.
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#Selfcare #SelfLove #CallingInTheOne
Episode website

podcasts.apple.com/at/podcast/rest-reconnect-retreat-shauna-stewart-on-slowing-down/id1722155287?i=1000680526919
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December 16, 2024 at 08:00 UTC
length
30 min.
Consequence
39
Evaluation
harmless

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Posted: Dec 16, 2024

System ID: 609069

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DDqMOw0yS6Y/?img_index=1

After DOI

"An Open Letter to the Husbands The Received Retreat is the ultimate gift for the woman you love. Swipe to find out why. XO, Shauna PS: You don’t have to be married or into men to attend the Receive Retreat. This letter was written on behalf of several women who deeply want to say yes to this experience but want/need the support of their husbands. Rooms are half full. Save your spot today!"

instagram.com/linger.u/p/DDqMOw0yS6Y/?img_index=1

linger.u and **2 others**
Olympia, Washington

linger.u An Open Letter to the Husbands 💌

The Received Retreat is the ultimate gift for the woman you love.

Swipe to find out why.

XO,
Shauna

PS: You don't have to be married or into men to attend the Receive Retreat. This letter was written on behalf of several women who deeply want to say yes to this experience but want/need the support of their husbands.

Rooms are half full. Save your spot

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December 16, 2024

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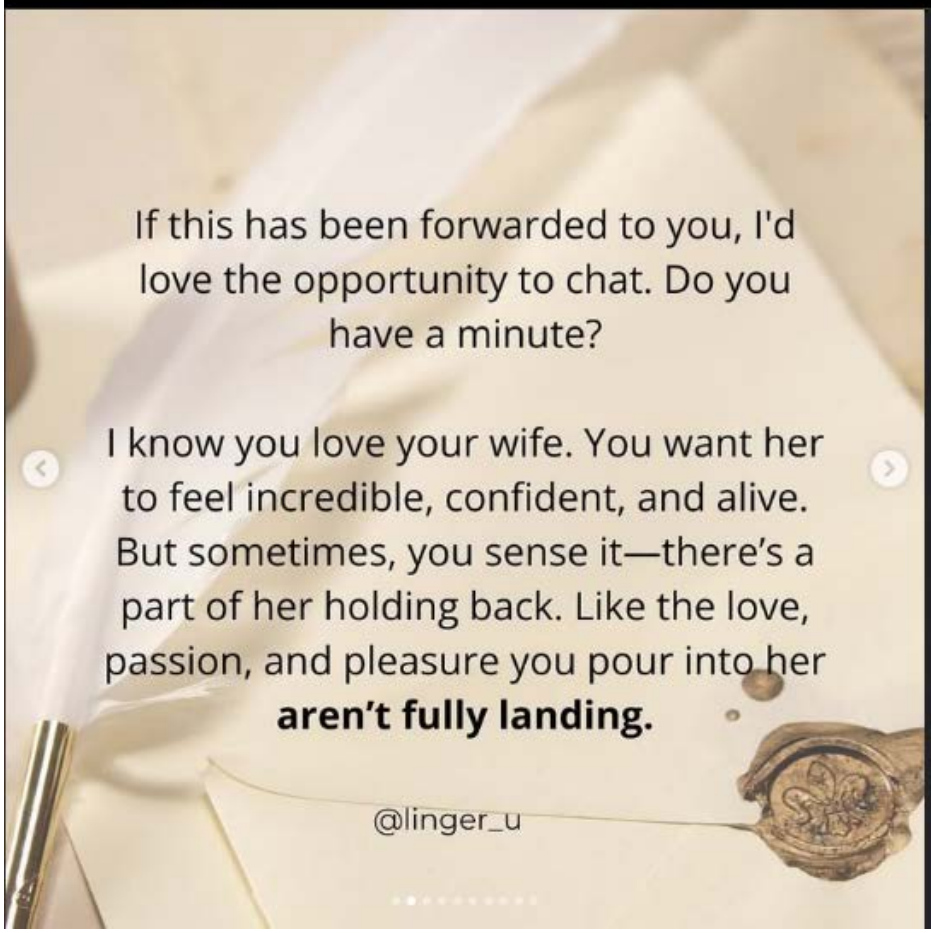

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Swipe to find out why.

XO,
Shauna

PS: You don't have to be married or into men to attend the Receive Retreat. This letter was written on behalf of several women who deeply want to say yes to this experience but want/need the support of their husbands.

Rooms are half full. Save your spot

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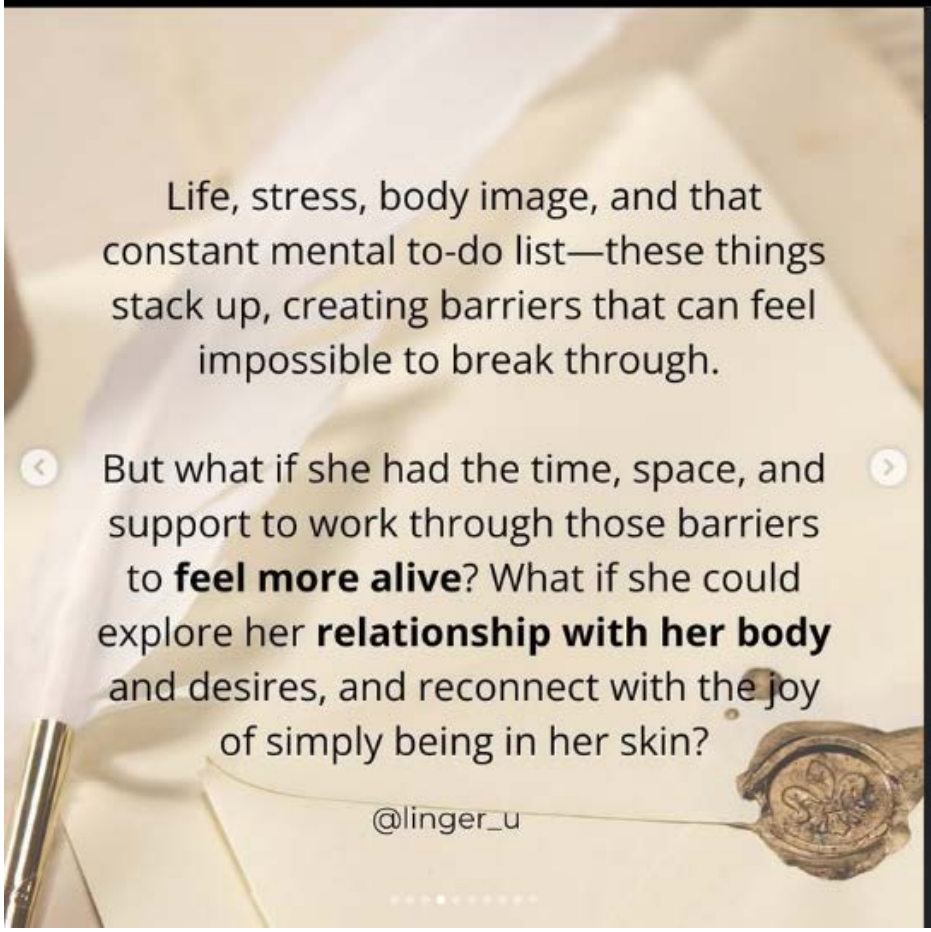

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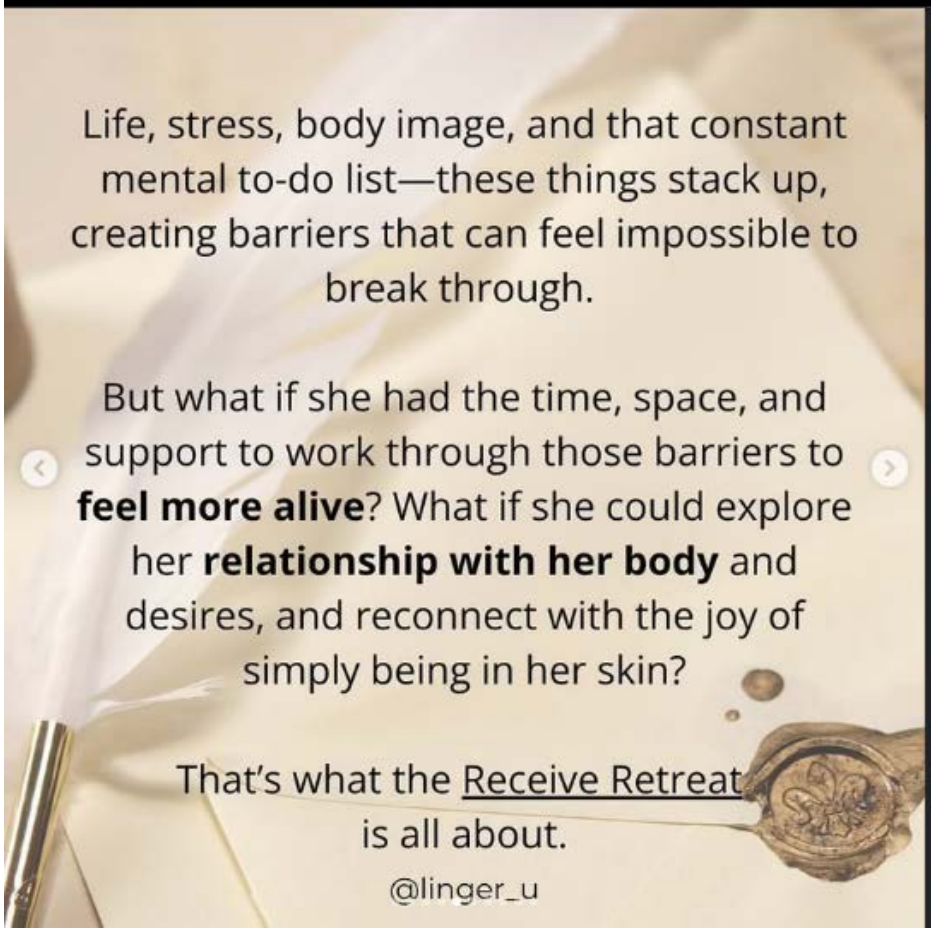

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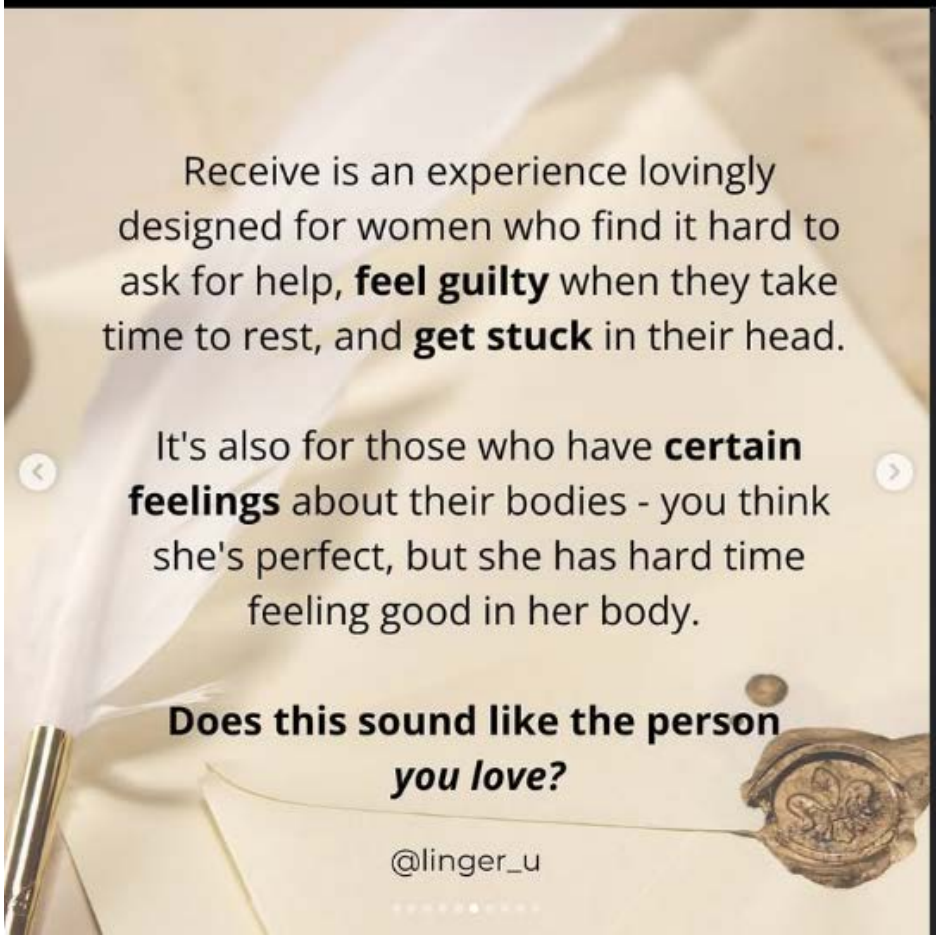

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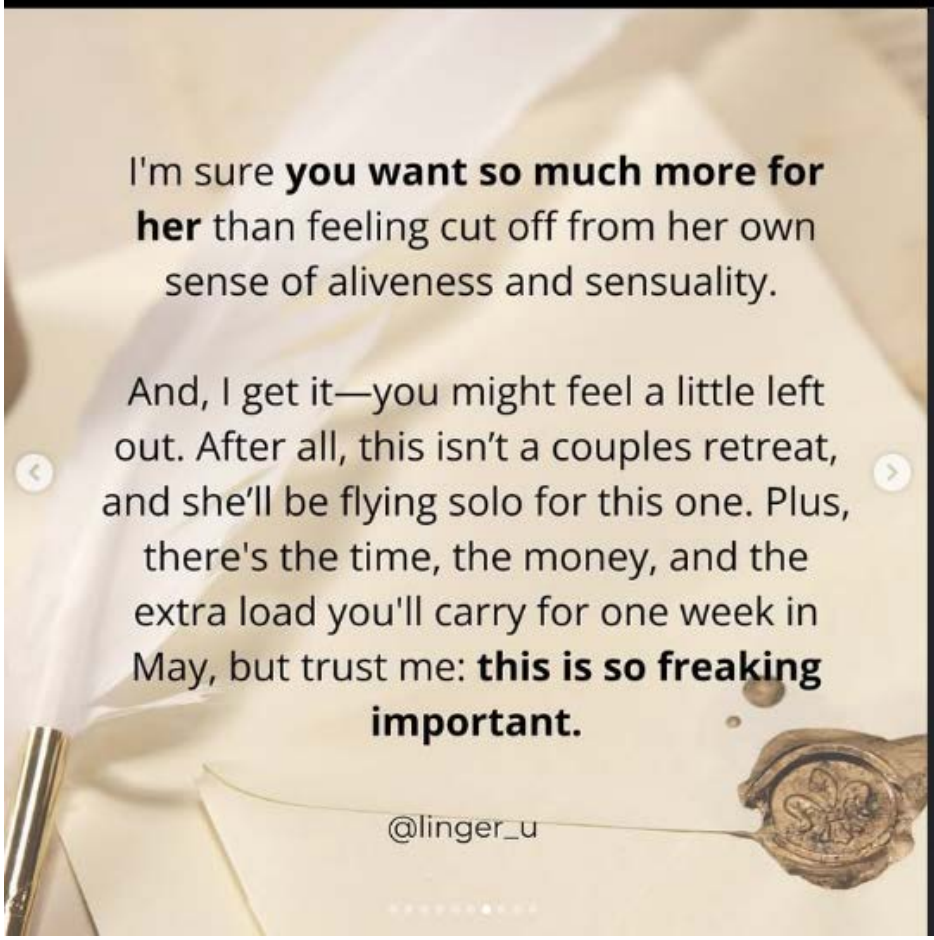

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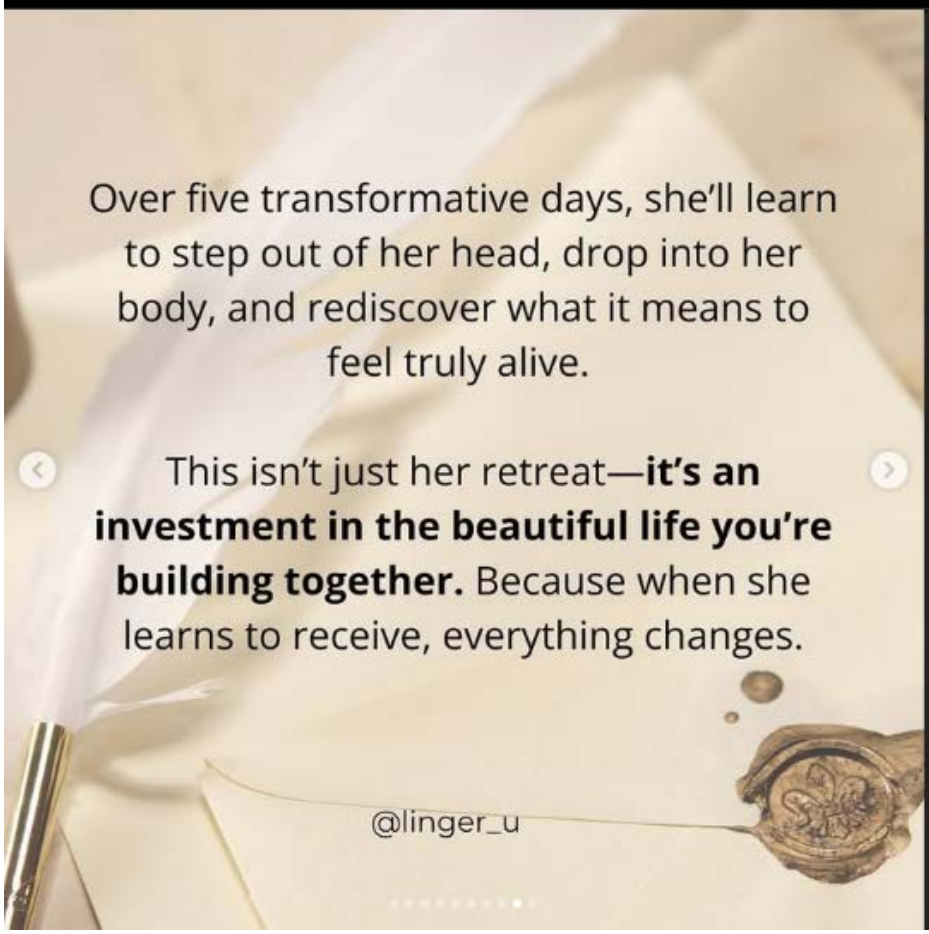

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Other

Apple Podcasts

Posted: Dec 18, 2024

System ID: 607096

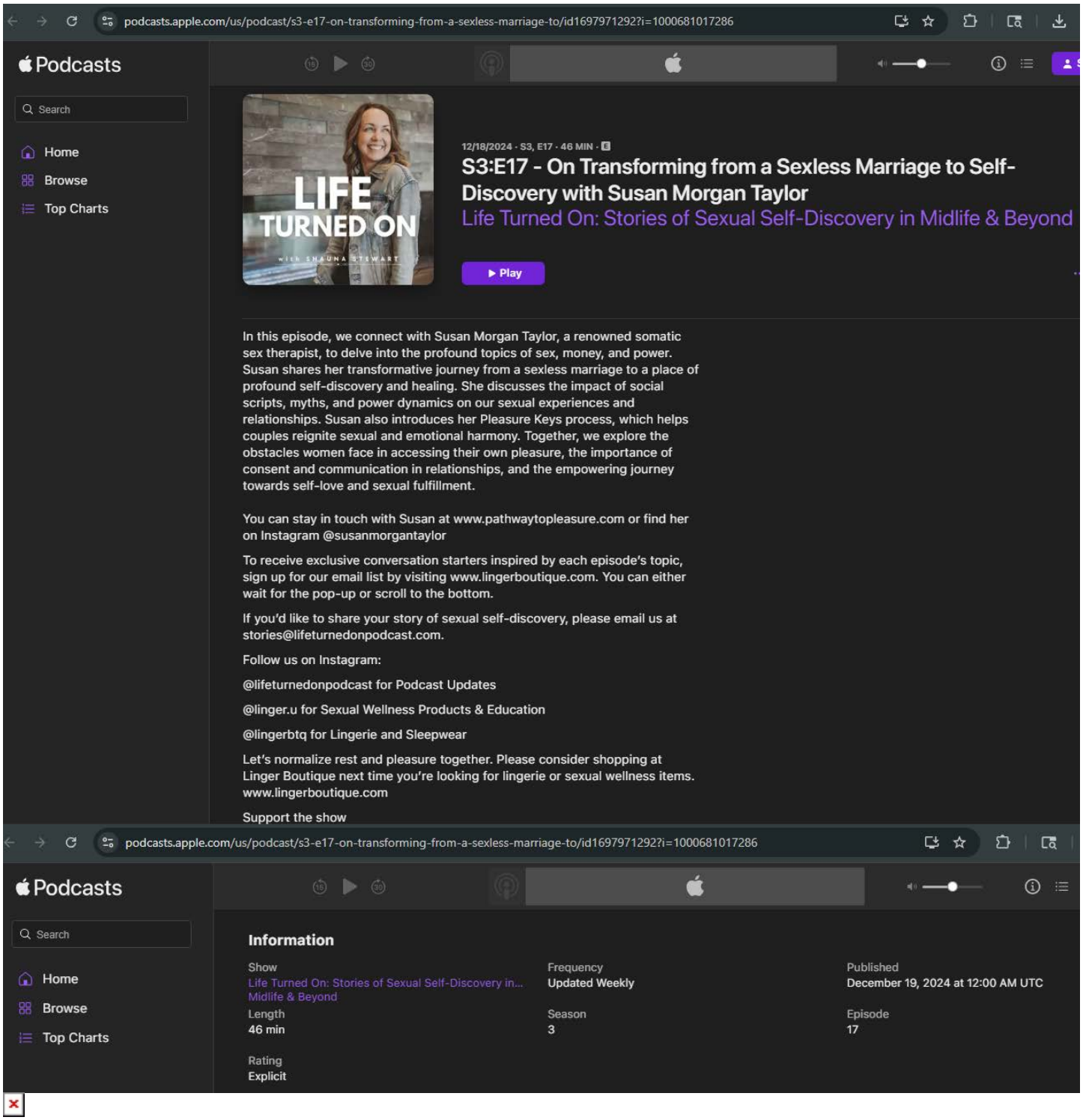
Captured: Jul 07, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e17-on-transforming-from-a-sexless-marriage-to/id1697971292?i=1000681017286

After DOI

*Discussion with Sex Therapist about sexless marriages and sex/pleasure. Mentions of masturbation and orgasms "S3:E17 - On Transforming from a Sexless Marriage to Self-Discovery with Susan Morgan Taylor" "In this episode, we connect with Susan Morgan Taylor, a renowned somatic sex therapist, to delve into the profound topics of sex, money, and power. Susan shares her transformative journey from a sexless marriage to a place of profound self-discovery and healing. She discusses the impact of social scripts, myths, and power dynamics on our sexual experiences and relationships. Susan also introduces her Pleasure Keys process, which helps couples reignite sexual and emotional harmony. Together, we explore the obstacles women face in accessing their own pleasure, the importance of consent and communication in relationships, and the empowering journey towards self-love and sexual fulfillment. You can stay in touch with Susan at www.pathwaytopleasure.com or find her on Instagram @susanmorgantaylor To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self-discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e17-on-transforming-from-a-sexless-marriage-to/id1697971292?i=1000681017286
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LIFE TURNED ON
12/18/2024 · S3, E17 · 46 MIN ·
S3:E17 - On Transforming from a Sexless Marriage to Self-Discovery with Susan Morgan Taylor
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
In this episode, we connect with Susan Morgan Taylor, a renowned somatic sex therapist, to delve into the profound topics of sex, money, and power. Susan shares her transformative journey from a sexless marriage to a place of profound self-discovery and healing. She discusses the impact of social scripts, myths, and power dynamics on our sexual experiences and relationships. Susan also introduces her Pleasure Keys process, which helps couples reignite sexual and emotional harmony. Together, we explore the obstacles women face in accessing their own pleasure, the importance of consent and communication in relationships, and the empowering journey towards self-love and sexual fulfillment.
You can stay in touch with Susan at www.pathwaytopleasure.com or find her on Instagram @susanmorgantaylor
To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom.
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Updated Weekly
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December 19, 2024 at 12:00 AM UTC
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46 min
Season
3
Episode
17
Rating
Explicit

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Posted: Dec 21, 2024

System ID: 609050

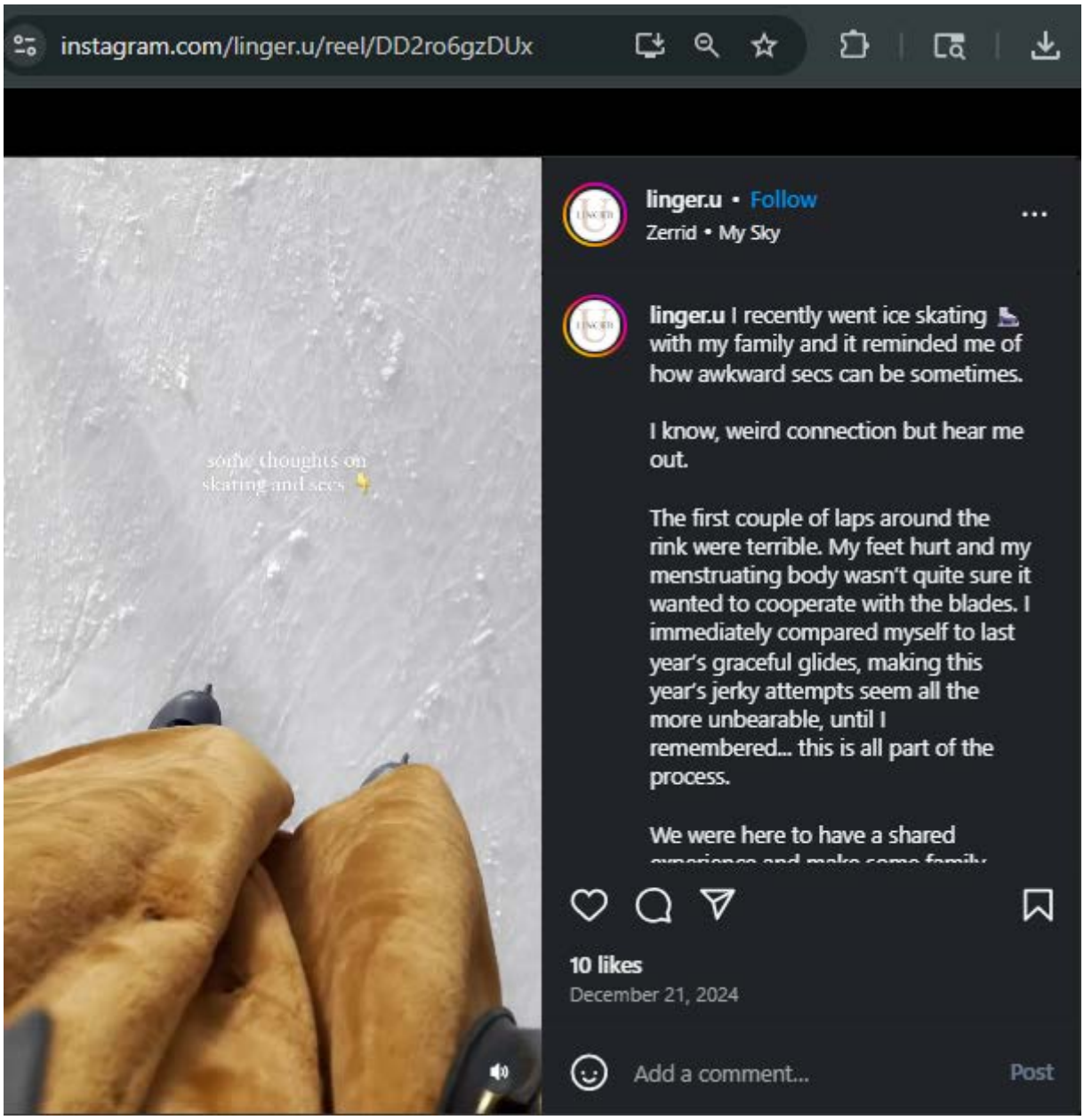
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/DD2ro6gzDUx

After DOI

*Video ice skating "I recently went ice skating with my family and it reminded me of how awkward secs can be sometimes. I know, weird connection but hear me out. The first couple of laps around the rink were terrible. My feet hurt and my menstruating body wasn't quite sure it wanted to cooperate with the blades. I immediately compared myself to last year's graceful glides, making this year's jerky attempts seem all the more unbearable, until I remembered... this is all part of the process. We were here to have a shared experience and make some family memories, together. So, I allowed myself to sit down and when I was ready, I tried again. Soon enough, I felt better. Eventually, I even got to a place of flow (until my now-inflated ego tried showing off to my son and caused my whole body to inelegantly flail about until reaching safety). So what does any of this have to do with secs? ❄Sometimes we want to want something, but our bodies just aren't quite on board yet. That's okay It's always okay to say no, but sometimes the "enthusiastic maybe" leads to a lot more fun. Sometimes secs is awkard and clunky before reaching flow. Sometimes we don't reach flowstate. That's okay, too. Secs doesn't have to be a linear experience. It gets to ebb and flow, start and stop and take turns. It's okay to take breaks. Like my amatuer skate feet, women's bodies take 20-40 minutes to warm up. It's okay to slow down. (In fact, PLEASE DO!) Laughter, snacks, and letting go of "how things are supposed to be" makes everything better, even when it doesn't go as planned. It's okay to let it be what it's going to be. Movies and media make secs look so easy. In real life, it can be anything but. This isn't a sign that you or your relationship is broken, it simply means you're normal. Stay gentle, kind and curious and go from there. "



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Instagram

linger.u

Posted: Dec 23, 2024

System ID: 609041

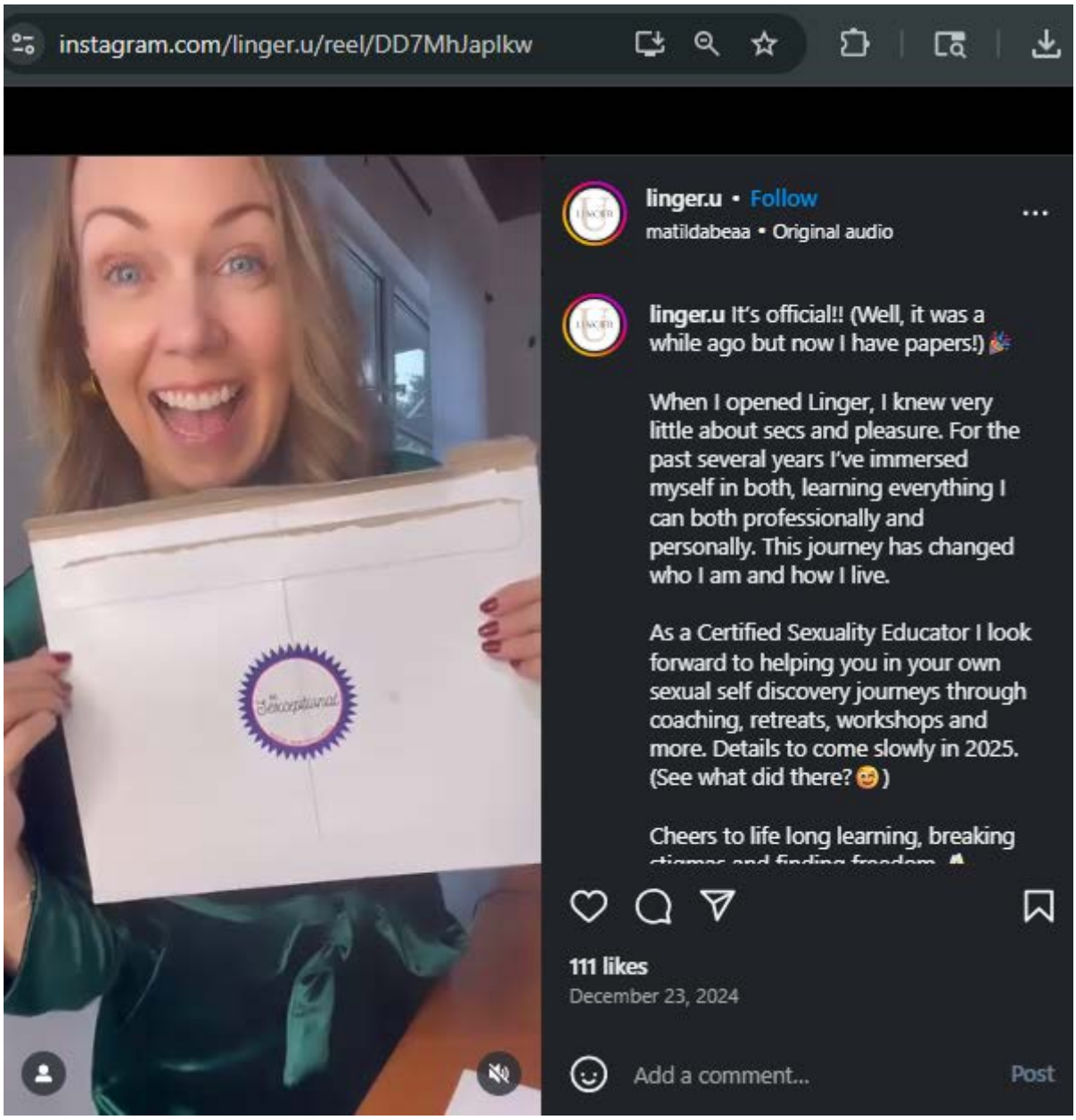
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/DD7MhJaplkw

After DOI

*Seen holding her Sexuality Educator Certification issued by the Sexual Health Alliance "It’s official!! (Well, it was a while ago but now I have papers!)□ When I opened Linger, I knew very little about secs and pleasure. For the past several years I’ve immersed myself in both, learning everything I can both professionally and personally. This journey has changed who I am and how I live. As a Certified Sexuality Educator I look forward to helping you in your own sexual self discovery journeys through coaching, retreats, workshops and more. Details to come slowly in 2025. (See what did there?□) Cheers to life long learning, breaking stigmas and finding freedom.□ . A big thank you goes to the @sexualhealthalliance for being a safe and radically progressive place to learn and make new friends! The self-paced course work helped me navigate some challenging times, while the live digital and in-person conferences connected me with some of the most incredible humans and teachings. Thank you! Thank you!"



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Other

Apple Podcasts

Posted: Dec 25, 2024

System ID: 607002

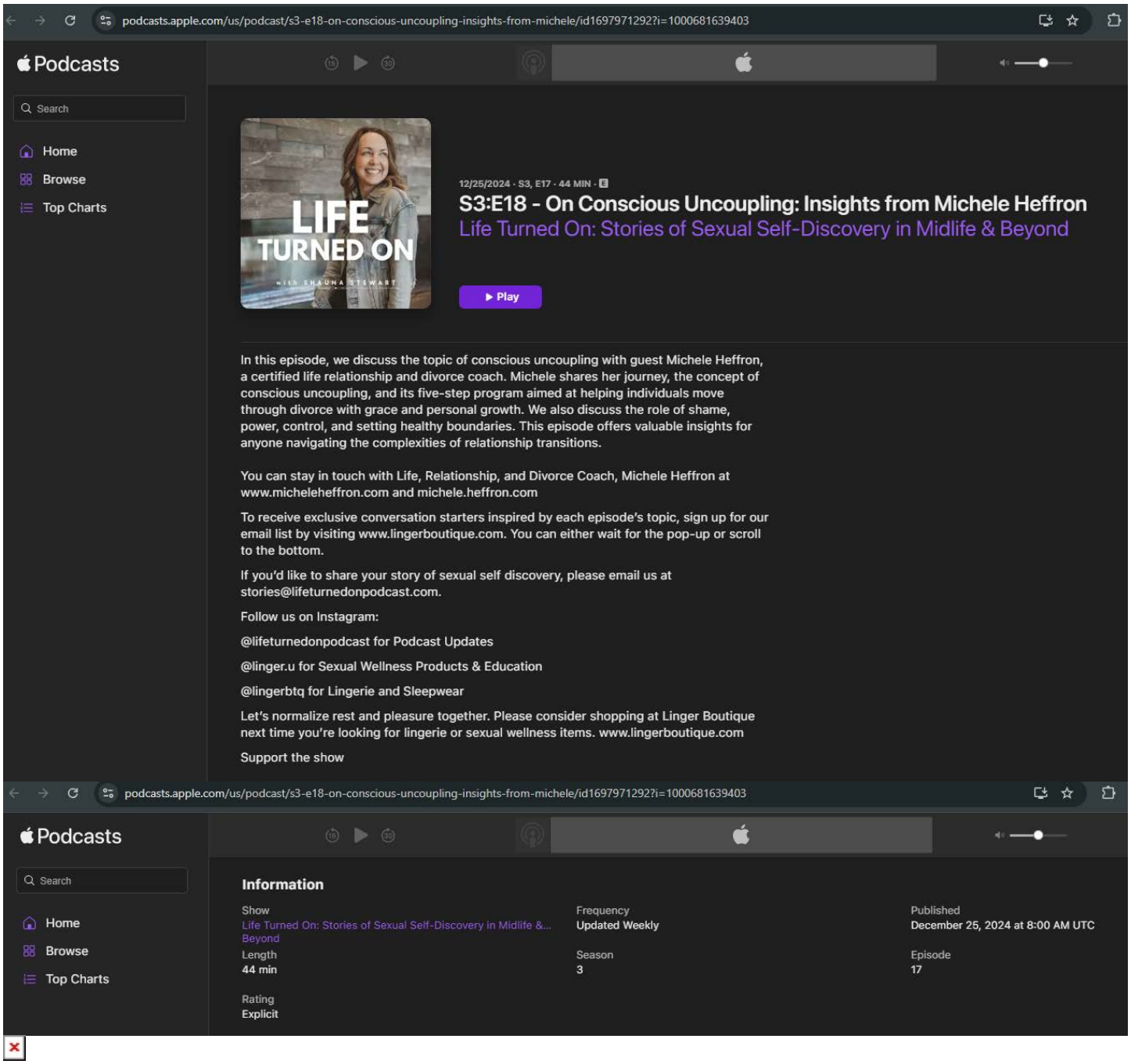
Captured: Jul 07, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e18-on-conscious-uncoupling-insights-from-michele/id1697971292?i=1000681639403

After DOI

*Talked about sex in couple relationships "S3:E18 - On Conscious Uncoupling: Insights from Michele Heffron" "In this episode, we discuss the topic of conscious uncoupling with guest Michele Heffron, a certified life relationship and divorce coach. Michele shares her journey, the concept of conscious uncoupling, and its five-step program aimed at helping individuals move through divorce with grace and personal growth. We also discuss the role of shame, power, control, and setting healthy boundaries. This episode offers valuable insights for anyone navigating the complexities of relationship transitions. You can stay in touch with Life, Relationship, and Divorce Coach, Michele Heffron at www.micheleheffron.com and michele.heffron.com To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e18-on-conscious-uncoupling-insights-from-michele/id1697971292?i=1000681639403
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WITH SHAUNA STEWART
12/25/2024 · S3, E17 · 44 MIN · E
S3:E18 - On Conscious Uncoupling: Insights from Michele Heffron
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
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Life Turned On: Stories of Sexual Self-Discovery in Midlife &... Beyond
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44 min
Rating
Explicit
Frequency
Updated Weekly
Season
3
Published
December 25, 2024 at 8:00 AM UTC
Episode
17

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linger.u

Posted: Dec 27, 2024

System ID: 609036

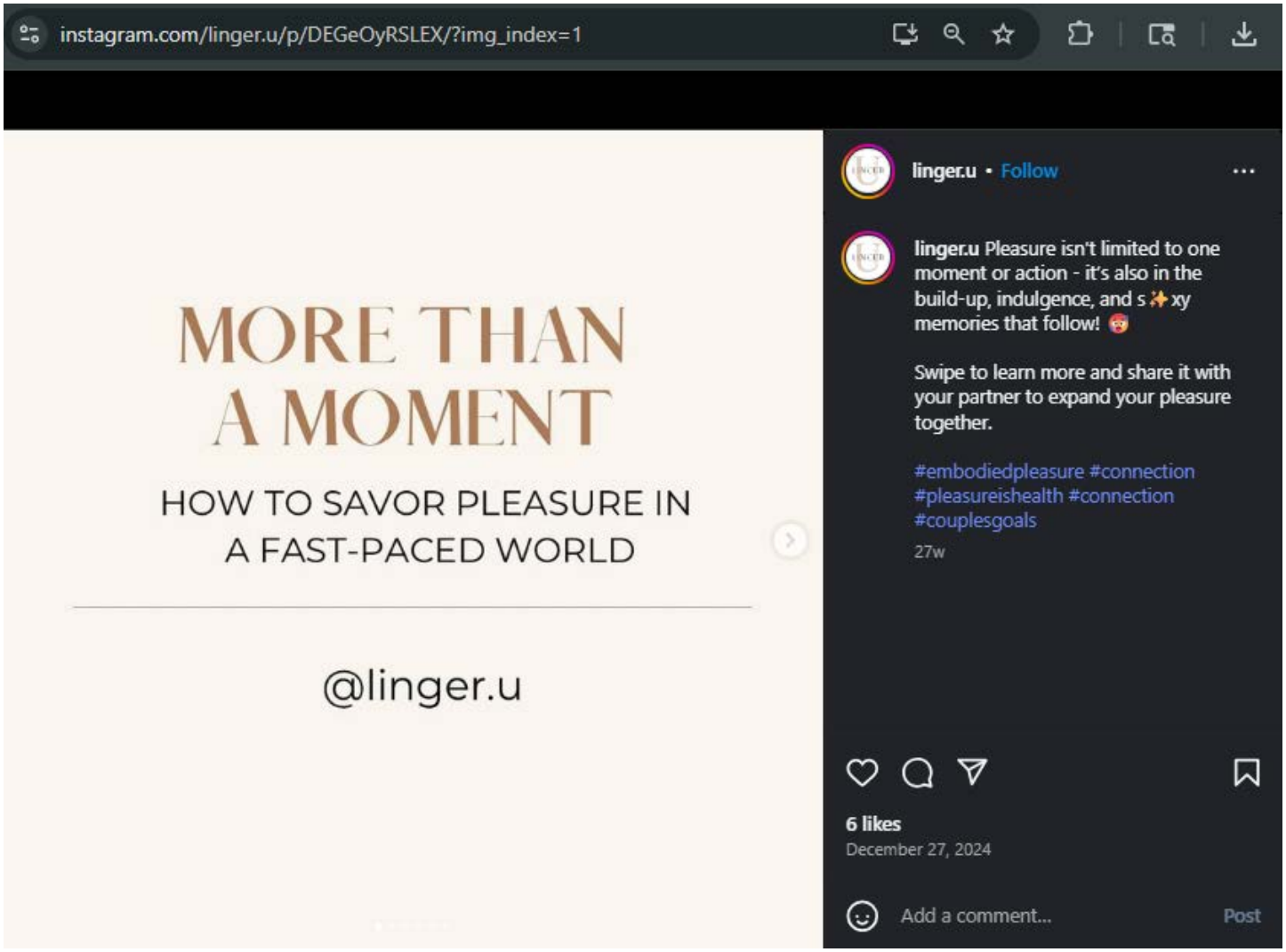
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DEGeOyRSLEX/?img_index=1

After DOI

*Post about how to savor pleasure "Pleasure isn’t limited to one moment or action - it’s also in the build-up, indulgence, and s□xy memories that follow! □ Swipe to learn more and share it with your partner to expand your pleasure together. #embodiedpleasure #connection #pleasureishealth #connection #couplesgoals"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MORE THAN
A MOMENT
HOW TO SAVOR PLEASURE IN
A FAST-PACED WORLD
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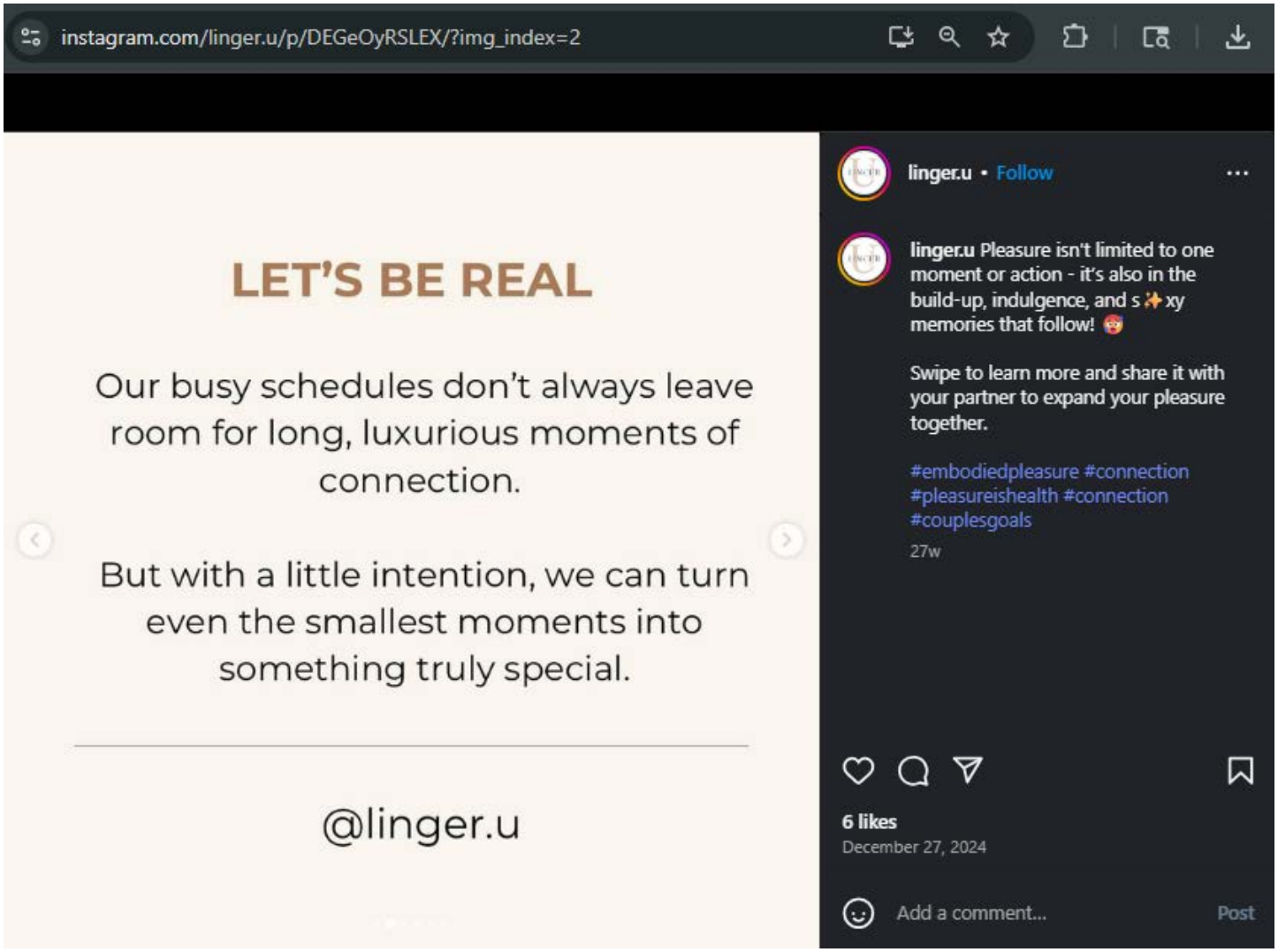
instagram.com/linger.u/p/DEGeOyRSLEX/?img_index=2
LET'S BE REAL
Our busy schedules don't always leave room for long, luxurious moments of connection.
But with a little intention, we can turn even the smallest moments into something truly special.
@linger.u
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linger.u Pleasure isn't limited to one moment or action - it's also in the build-up, indulgence, and s✨xy memories that follow! 😉
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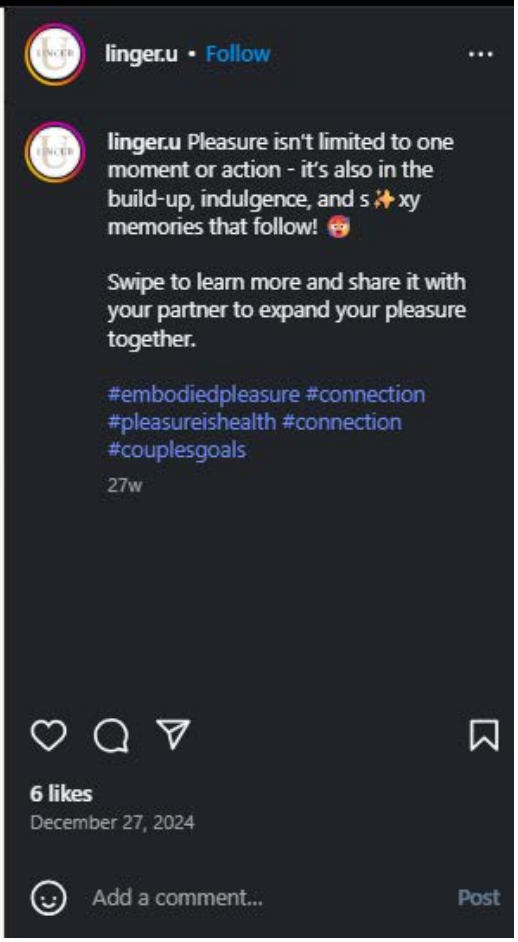

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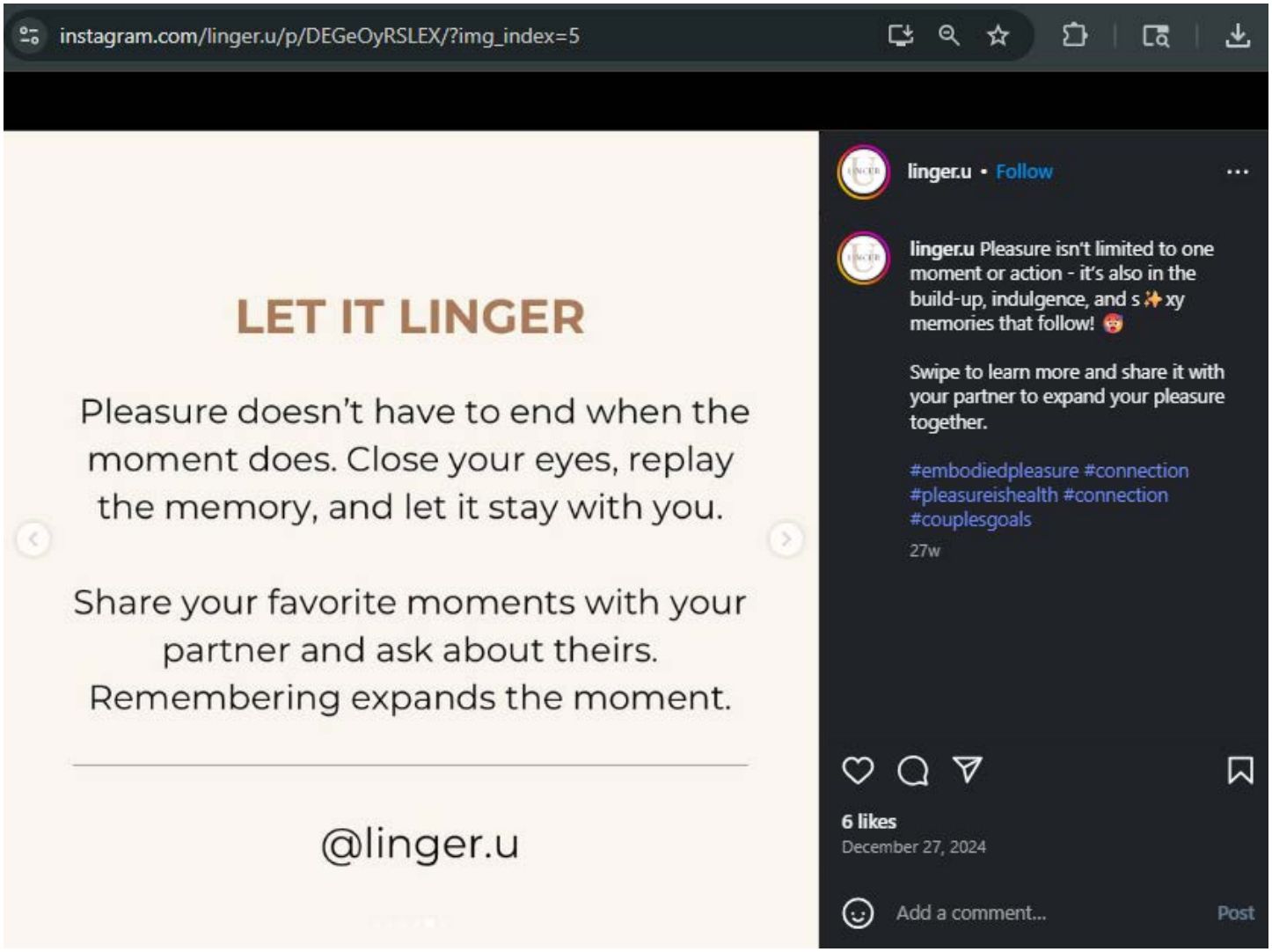
instagram.com/linger.u/p/DEGeOyRSLEX/?img_index=5
LET IT LINGER
Pleasure doesn't have to end when the moment does. Close your eyes, replay the memory, and let it stay with you.
Share your favorite moments with your partner and ask about theirs. Remembering expands the moment.
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linger.u Pleasure isn't limited to one moment or action - it's also in the build-up, indulgence, and s✨xy memories that follow! 😍
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Posted: Dec 28, 2024

System ID: 609025

Captured: Jul 09, 2025

Shauna Marie Stewart

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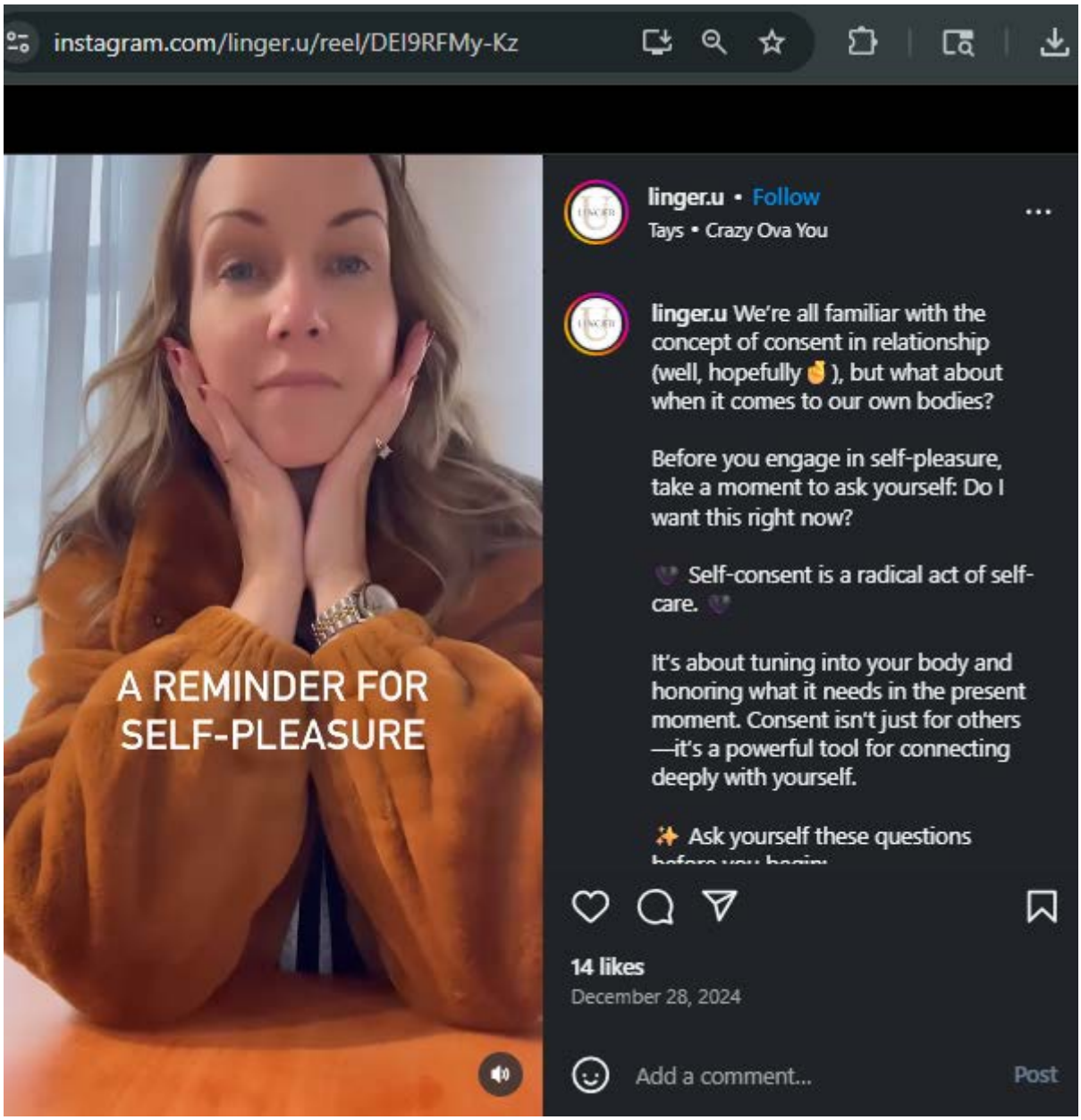
After DOI

*Post about consent "We’re all familiar with the concept of consent in relationship (well, hopefully), but what about when it comes to our own bodies? Before you engage in self-pleasure, take a moment to ask yourself: Do I want this right now? Self-consent is a radical act of self-care. It’s about tuning into your body and honoring what it needs in the present moment. Consent isn’t just for others—it’s a powerful tool for connecting deeply with yourself. Ask yourself these questions before you begin: Is this what I truly desire right now? Am I doing this for myself, or out of obligation? How can I make this experience feel nourishing and loving? When we check in with ourselves, we step into our power, giving ourselves permission to enjoy pleasure without guilt or shame. We don’t like to “should”, but self-pleasure should always feel like an act of self-love—empowering, present, and intentional. #SelfConsent #PleasureOnYourTerms #SelfLove #EmbodyYourDesires #IntimacyWithYourself #MindfulPleasure #RadicalSelfCare #PleasurePositive #HonoringYourBody"



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Shauna Marie Stewart

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Captured: Jul 09, 2025

After DOI

"Soooo….why is a lingerie boutique hosting a women’s retreat? I see this question tumbling around in the minds of some and would love to share some BTS insights with you… From the very beginning, Linger has been about so much more than just luxurious lace and good vibes. We’ve always been a space where people can feel safe, curious, and empowered to connect with themselves—whether through a personalized bra fitting, exploring our secsual wellness offerings, or attending an intimacy workshop. Our aim has always been to help people walk away feeling more connected, confident, alive, and open to what’s possible. Hosting retreats has been part of our vision since day one. After years of meaningful conversations in the boutique and on the @lifeturnedonpodcast, it’s clear how challenging it is for women to fully embrace and receive pleasure in all its forms. Women excel at caring for others, but when it comes to recognizing and receiving their own pleasure, they often feel stuck. I’ve designed the Receive Retreat to create the space, support, and freedom for women to reconnect with themselves, rediscover joy, and truly linger in their own pleasure. Over the past several years, I’ve immersed myself in learning everything I can about breaking stigmas and finding freedom in what feels good. While this is a life-long self-discovery journey, I’m so excited to share what I’ve learned - both professionally and personally - with women who are ready to invest in their own pleasure. I recently updated the Recieve Retreat website with: Juicy itinerary details - We’re taking you on a very intentional journey! ☕Helpful FAQs - Like: Do I have to get naked?? A New Years booking bonus! - Book your 2025 transformation and save $$! Check it all out by clicking the link in the bio! DM me with any questions!"

instagram.com/linger.u/p/DELKxgJzE0-

linger.u and **2 others**

linger.u Soooo....why is a lingerie boutique hosting a women's retreat? 🤔

I see this question tumbling around in the minds of some and would love to share some BTS insights with you...

From the very beginning, Linger has been about so much more than just luxurious lace and good vibes. 😍

We've always been a space where people can feel safe, curious, and empowered to connect with themselves—whether through a personalized bra fitting, exploring our secsual wellness offerings, or attending an intimacy workshop.

26 likes

December 29, 2024

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Instagram

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System ID: 609016

Shauna Marie Stewart

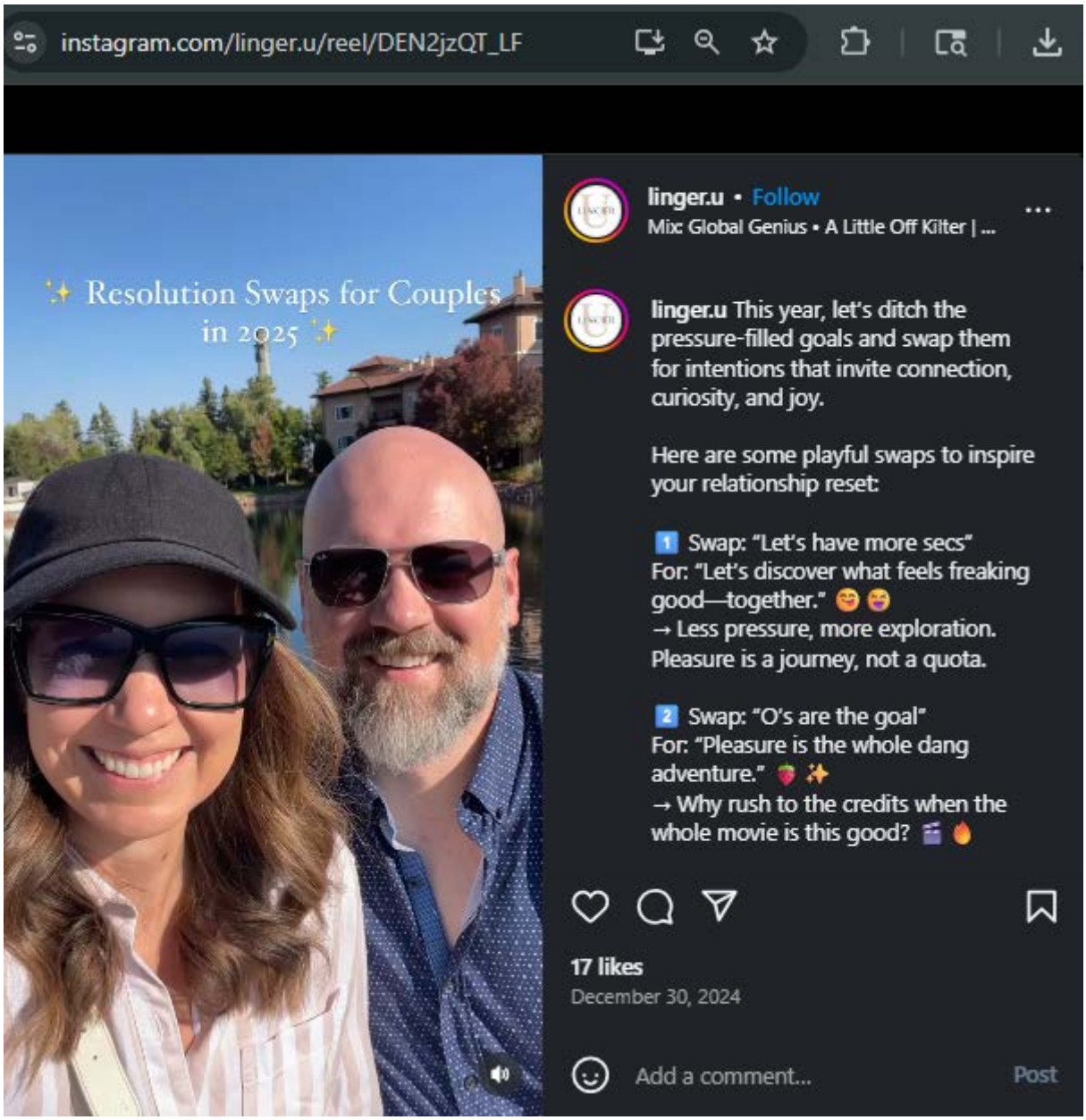
https://www.instagram.com/linger.u/reel/DEN2jzQT_LF

Posted: Dec 30, 2024

Captured: Jul 09, 2025

After DOI

"This year, let’s ditch the pressure-filled goals and swap them for intentions that invite connection, curiosity, and joy. Here are some playful swaps to inspire your relationship reset: 1 Swap: “Let’s have more secs” For: “Let’s discover what feels freaking good—together.” → Less pressure, more exploration. Pleasure is a journey, not a quota. 2 Swap: “O’s are the goal” For: “Pleasure is the whole dang adventure.” → Why rush to the credits when the whole movie is this good? 3 Swap: “Let’s put our phones away more often.” For: “Let’s create a ‘phone-free zone’—like our bed, or during snacks in our undies.” → Undistracted intimacy, snack edition. 4 Swap: “We should try new things in bed.” For: “Let’s each write down one secret desire and swap notes like high school love letters.” → Mystery meets mischief. 5 Swap: “Let’s have deeper conversations.” For: “Let’s ask each other weird, fun questions—like ‘What’s your dream heist team, and why am I on it?’” → Deep doesn’t always mean serious. 6 Swap: “Let’s focus on intimacy this year.” For: “Let’s turn forehead kisses, booty smacks and lingering hugs into a daily ritual.” → Sometimes, it’s the small stuff that keeps the spark alive. Which one feels like your vibe? Or do you have your own playful resolution swap? Share below! #RelationshipResolutions #PlayfulLove #IntentionalConnection #CoupleGoals2025 #SlowPleasure #EverydayRomance #loveoly"



[Link to download video]

Other

Apple Podcasts

System ID: 606974

Posted: Jan 01, 2025

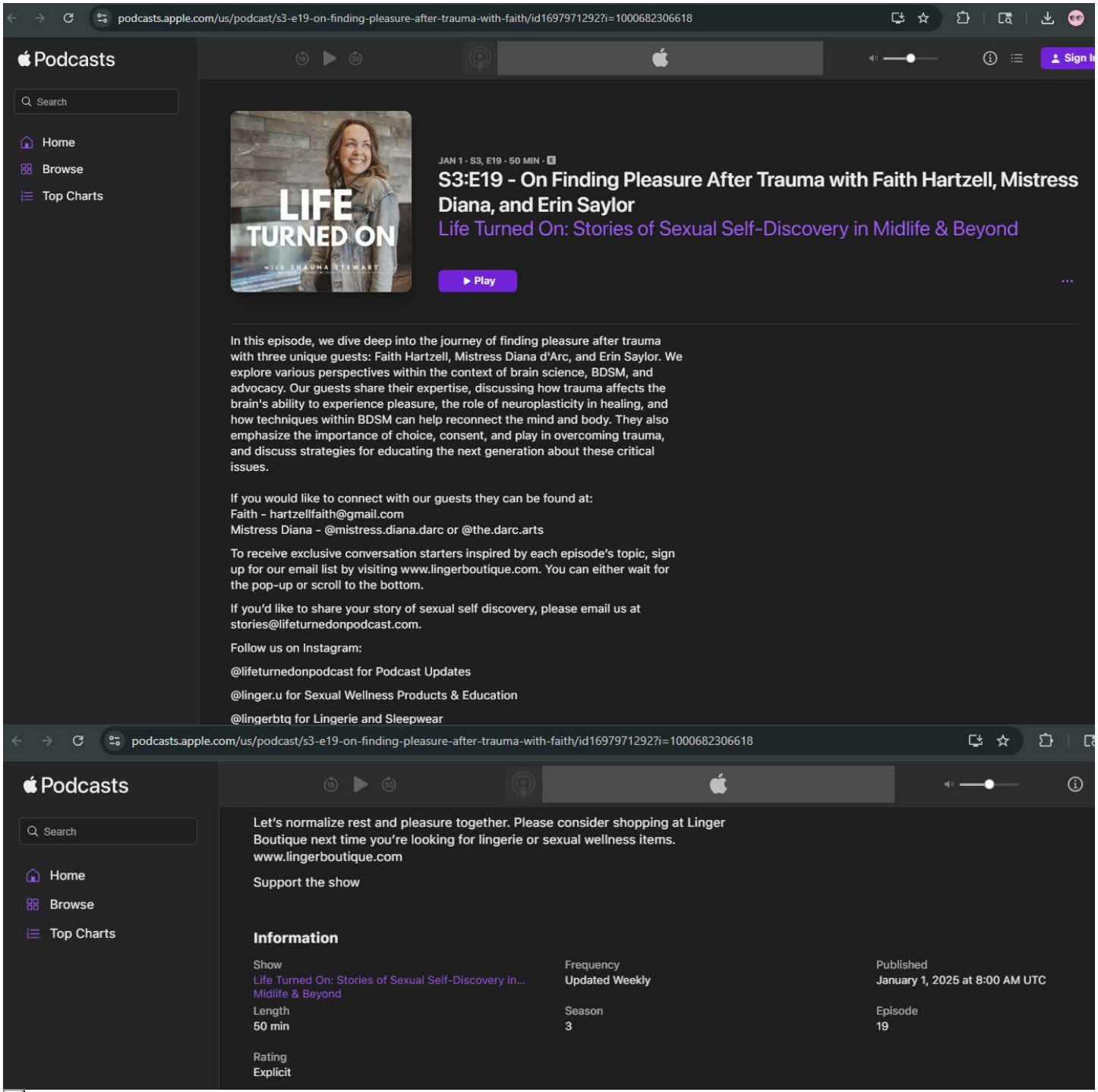
Captured: Jul 07, 2025

Shauna Marie Stewart

https://podcasts.apple.com/us/podcast/s3-e19-on-finding-pleasure-after-trauma-with-faith/id1697971292?i=1000682306618

After DOI

*Talked about finding sexual pleasure after trauma, the effects of trauma in a persons brain, BDSM, and consent "S3:E19 - On Finding Pleasure After Trauma with Faith Hartzell, Mistress Diana, and Erin Saylor" "In this episode, we dive deep into the journey of finding pleasure after trauma with three unique guests: Faith Hartzell, Mistress Diana d'Arc, and Erin Saylor. We explore various perspectives within the context of brain science, BDSM, and advocacy. Our guests share their expertise, discussing how trauma affects the brain's ability to experience pleasure, the role of neuroplasticity in healing, and how techniques within BDSM can help reconnect the mind and body. They also emphasize the importance of choice, consent, and play in overcoming trauma, and discuss strategies for educating the next generation about these critical issues. If you would like to connect with our guests they can be found at: Faith - hartzellfaith@gmail.com Mistress Diana - @mistress.diana.darc or @the.darc.arts To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"


podcasts.apple.com/us/podcast/s3-e19-on-finding-pleasure-after-trauma-with-faith/id1697971292?i=1000682306618
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LIFE TURNED ON
JAN 1 · S3, E19 · 50 MIN
S3:E19 - On Finding Pleasure After Trauma with Faith Hartzell, Mistress Diana, and Erin Saylor
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
In this episode, we dive deep into the journey of finding pleasure after trauma with three unique guests: Faith Hartzell, Mistress Diana d'Arc, and Erin Saylor. We explore various perspectives within the context of brain science, BDSM, and advocacy. Our guests share their expertise, discussing how trauma affects the brain's ability to experience pleasure, the role of neuroplasticity in healing, and how techniques within BDSM can help reconnect the mind and body. They also emphasize the importance of choice, consent, and play in overcoming trauma, and discuss strategies for educating the next generation about these critical issues.
If you would like to connect with our guests they can be found at:
Faith - hartzellfaith@gmail.com
Mistress Diana - @mistress.diana.darc or @the.darc.arts
To receive exclusive conversation starters inspired by each episode's topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom.
If you'd like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com.
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Life Turned On: Stories of Sexual Self-Discovery in... Midlife & Beyond
Frequency
Updated Weekly
Published
January 1, 2025 at 8:00 AM UTC
Length
50 min
Season
3
Episode
19
Rating
Explicit

Instagram

linger.u

System ID: 609012

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DEVnsdETfKE

Posted: Jan 02, 2025

Captured: Jul 09, 2025

After DOI

"You're invited to our BLISS ACTIVATION EVENT!! Bliss is your birthright—your natural state of being. It's what your relaxed, embodied nervous system craves. Your brain is designed for bliss. Can you feel it? This January invites us to journey into the depths of the darker season. What if you could discover bliss even in the heart of winter's stillness? Join Neo Tantra Teacher Lona for a Bliss Activation—a deep, body-awakening experience. Through dance, chanting, breathwork, energy practices, and soft self-touch, we'll follow the sensations of bliss within. By the end, you might feel lighthearted, liberated, joyful, alive, or deliciously tired. Event Details January 19th 3–5 PM Linger Boutique Tickets: $40–60 Are you ready to awaken your body to bliss? Space is limited. Save your spot by clicking the "

instagram.com/linger.u/p/DEVnsdETfKE

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linger.u You're invited to our BLISS ACTIVATION EVENT!!

Bliss is your birthright—your natural state of being. It's what your relaxed, embodied nervous system craves. Your brain is designed for bliss. Can you feel it?

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Join Neo Tantra Teacher Lona for a Bliss Activation—a deep, body-awakening experience. Through dance, chanting, breathwork, energy practices, and soft self-touch, we'll follow the sensations of bliss within.

10 likes
January 2

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Instagram

linger.u

System ID: 609010

Shauna Marie Stewart

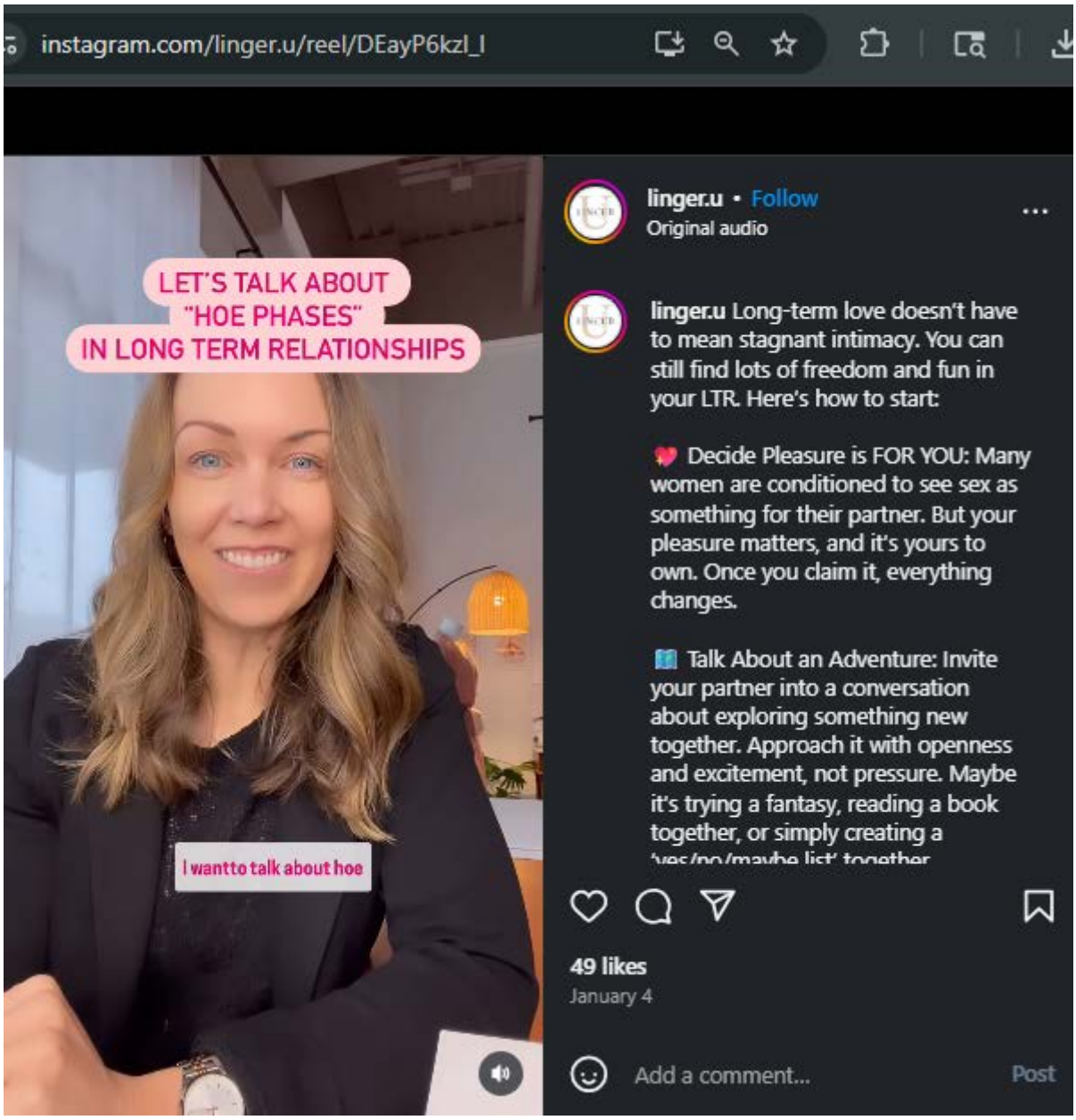
https://www.instagram.com/linger.u/reel/DEayP6kzl_l

Posted: Jan 04, 2025

Captured: Jul 09, 2025

After DOI

"Long-term love doesn’t have to mean stagnant intimacy. You can still find lots of freedom and fun in your LTR. Here’s how to start: Decide Pleasure is FOR YOU: Many women are conditioned to see sex as something for their partner. But your pleasure matters, and it’s yours to own. Once you claim it, everything changes. Talk About an Adventure: Invite your partner into a conversation about exploring something new together. Approach it with openness and excitement, not pressure. Maybe it’s trying a fantasy, reading a book together, or simply creating a ‘yes/no/maybe list’ together. Get Playful & Experiment: Trying something new can feel vulnerable, but it’s also where the magic happens. Not every experience will be a win, and that’s okay. Stay curious, not critical. Discover Your Yes’s & No’s: Sometimes it takes 2–3 tries (in a safe, consensual space) to know if something is a ‘heck yes’ or a ‘hard no.’ Small shifts in how an experience happens can make a big difference. If Your Partner Isn’t Ready for a Hoe Phase… That’s cool. Get down with yourself. Self-pleasure isn’t just a backup plan—it’s a vital part of knowing your body, desires, and boundaries. Expand your solo routine. Get creative. Take your time. Ready to start your hoe phase? Send this to your partner and have fun! I’m here if you need support on your journey. Coaching services coming soon. #SexualSelfDiscovery #PleasureIsForYou #IntimacyInRelationships #OwnYourDesire #SlowPleasure #IntentionalConnection #sexed #sexeducation"



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Instagram

linger.u

Posted: Jan 05, 2025

System ID: 609008

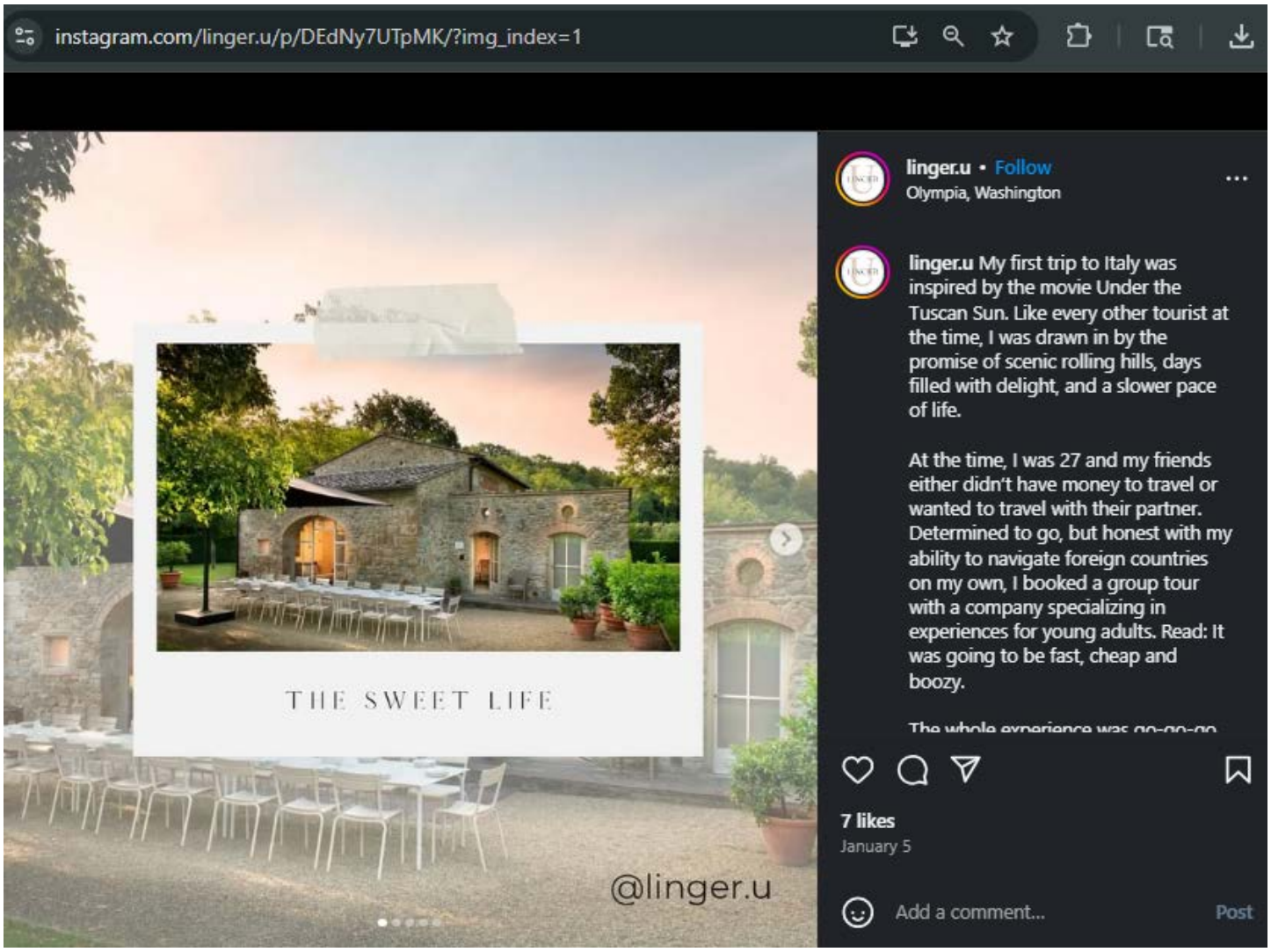
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DEdNy7UTpMK/?img_index=1

After DOI

"My first trip to Italy was inspired by the movie Under the Tuscan Sun. Like every other tourist at the time, I was drawn in by the promise of scenic rolling hills, days filled with delight, and a slower pace of life. At the time, I was 27 and my friends either didn't have money to travel or wanted to travel with their partner. Determined to go, but honest with my ability to navigate foreign countries on my own, I booked a group tour with a company specializing in experiences for young adults. Read: It was going to be fast, cheap and boozy. The whole experience was go-go-go. Fifty young adults piled into one of those giant tour buses to whiz in and out of Italy's top tour attractions with just enough time to snap a photo. Yes, we saw a lot of things, and yes, I'm so glad I got to go, but I totally missed out on the parts of Italian culture I was looking forward to most: namely, slow pleasure. As I prepare for the Receive Retreat in Tuscany, I'm so excited for the opportunity to immerse myself in those rolling hills with an intimate group of grown-ass women who are ready for more than cheap thrills. Together, we'll sink into la dolce vita, or "the sweet life," a philosophy rooted in savoring life's simple pleasures, nurturing meaningful connections, and embracing a slower, more intentional pace. In this space, we'll honor pleasure in all its forms—through delicious food, heartfelt conversations, time in nature, embodied movement, sensual exploration, and the art of simply slowing down. Together, we'll cultivate intention, delight in our bodies, and relish each moment as it unfolds. Would you like to join us? There's still room and right now you can save $200 off any room type ($300 if you book with a friend). Link in bio to learn more. DM me with questions! Cheers to moments that matter in 2025."


instagram.com/linger.u/p/DEdNy7UTpMK/?img_index=1
THE SWEET LIFE
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Olympia, Washington
linger.u My first trip to Italy was inspired by the movie Under the Tuscan Sun. Like every other tourist at the time, I was drawn in by the promise of scenic rolling hills, days filled with delight, and a slower pace of life.
At the time, I was 27 and my friends either didn't have money to travel or wanted to travel with their partner. Determined to go, but honest with my ability to navigate foreign countries on my own, I booked a group tour with a company specializing in experiences for young adults. Read: It was going to be fast, cheap and boozy.
7 likes
January 5
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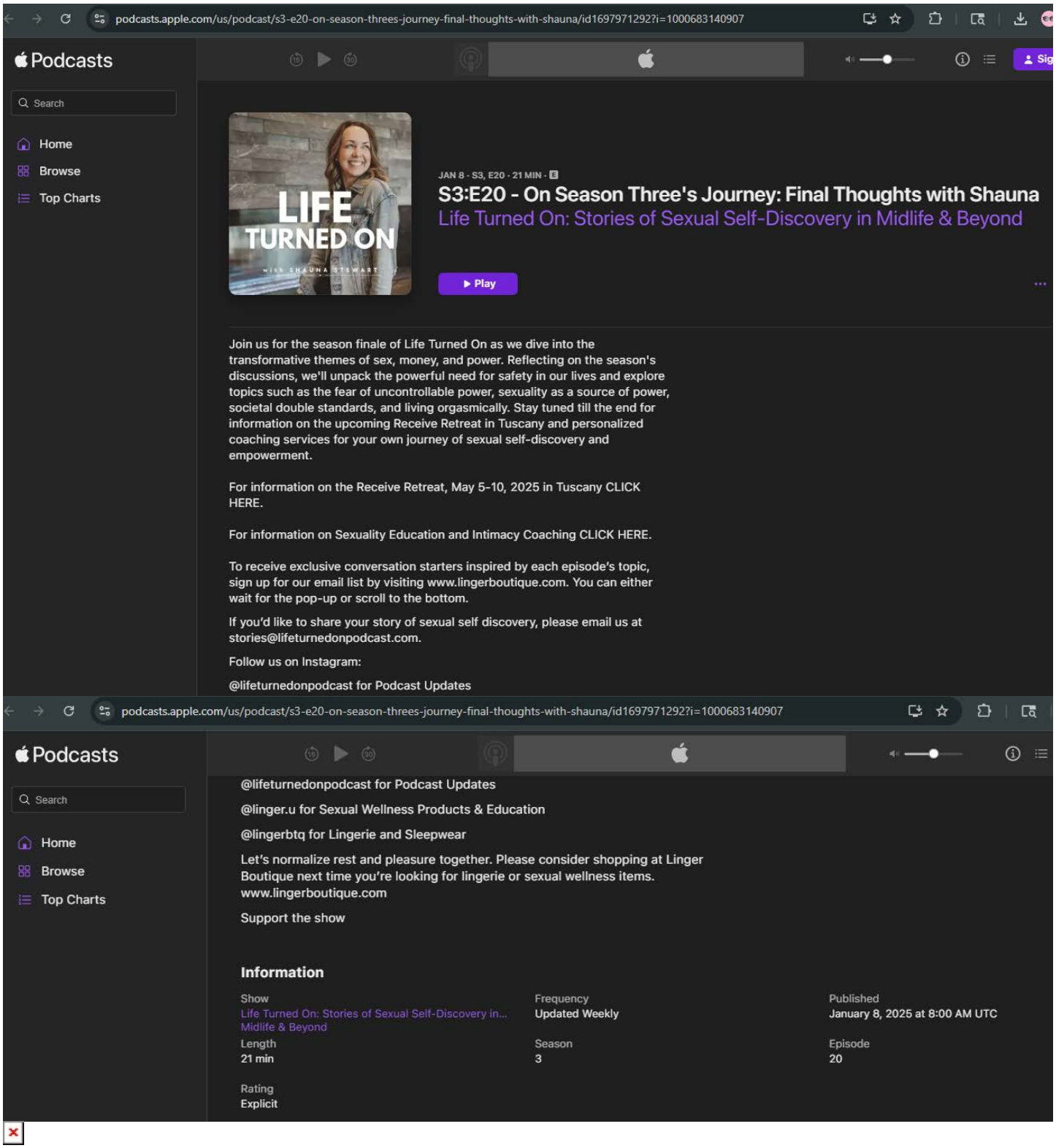
Other

Apple Podcasts
Posted: Jan 08, 2025
System ID: 606960
Captured: Jul 07, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/s3-e20-on-season-threes-journey-final-thoughts-with-shauna/id1697971292?i=1000683140907

After DOI

*Solo episode, she reflected on the season's theme of sex, money, and power "S3:E20 - On Season Three's Journey: Final Thoughts with Shauna" "Join us for the season finale of Life Turned On as we dive into the transformative themes of sex, money, and power. Reflecting on the season's discussions, we'll unpack the powerful need for safety in our lives and explore topics such as the fear of uncontrollable power, sexuality as a source of power, societal double standards, and living orgasmically. Stay tuned till the end for information on the upcoming Receive Retreat in Tuscany and personalized coaching services for your own journey of sexual self-discovery and empowerment. For information on the Receive Retreat, May 5-10, 2025 in Tuscany CLICK HERE. For information on Sexuality Education and Intimacy Coaching CLICK HERE. To receive exclusive conversation starters inspired by each episode’s topic, sign up for our email list by visiting www.lingerboutique.com. You can either wait for the pop-up or scroll to the bottom. If you’d like to share your story of sexual self discovery, please email us at stories@lifeturnedonpodcast.com. Follow us on Instagram: @lifeturnedonpodcast for Podcast Updates @linger.u for Sexual Wellness Products & Education @lingerbtq for Lingerie and Sleepwear Let’s normalize rest and pleasure together. Please consider shopping at Linger Boutique next time you’re looking for lingerie or sexual wellness items. www.lingerboutique.com Support the show"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S3:E20 - On Season Three's Journey: Final Thoughts with Shauna
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Play
Join us for the season finale of Life Turned On as we dive into the transformative themes of sex, money, and power. Reflecting on the season's discussions, we'll unpack the powerful need for safety in our lives and explore topics such as the fear of uncontrollable power, sexuality as a source of power, societal double standards, and living orgasmically. Stay tuned till the end for information on the upcoming Receive Retreat in Tuscany and personalized coaching services for your own journey of sexual self-discovery and empowerment.
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Frequency
Updated Weekly
Published
January 8, 2025 at 8:00 AM UTC
Length
21 min
Season
3
Episode
20
Rating
Explicit

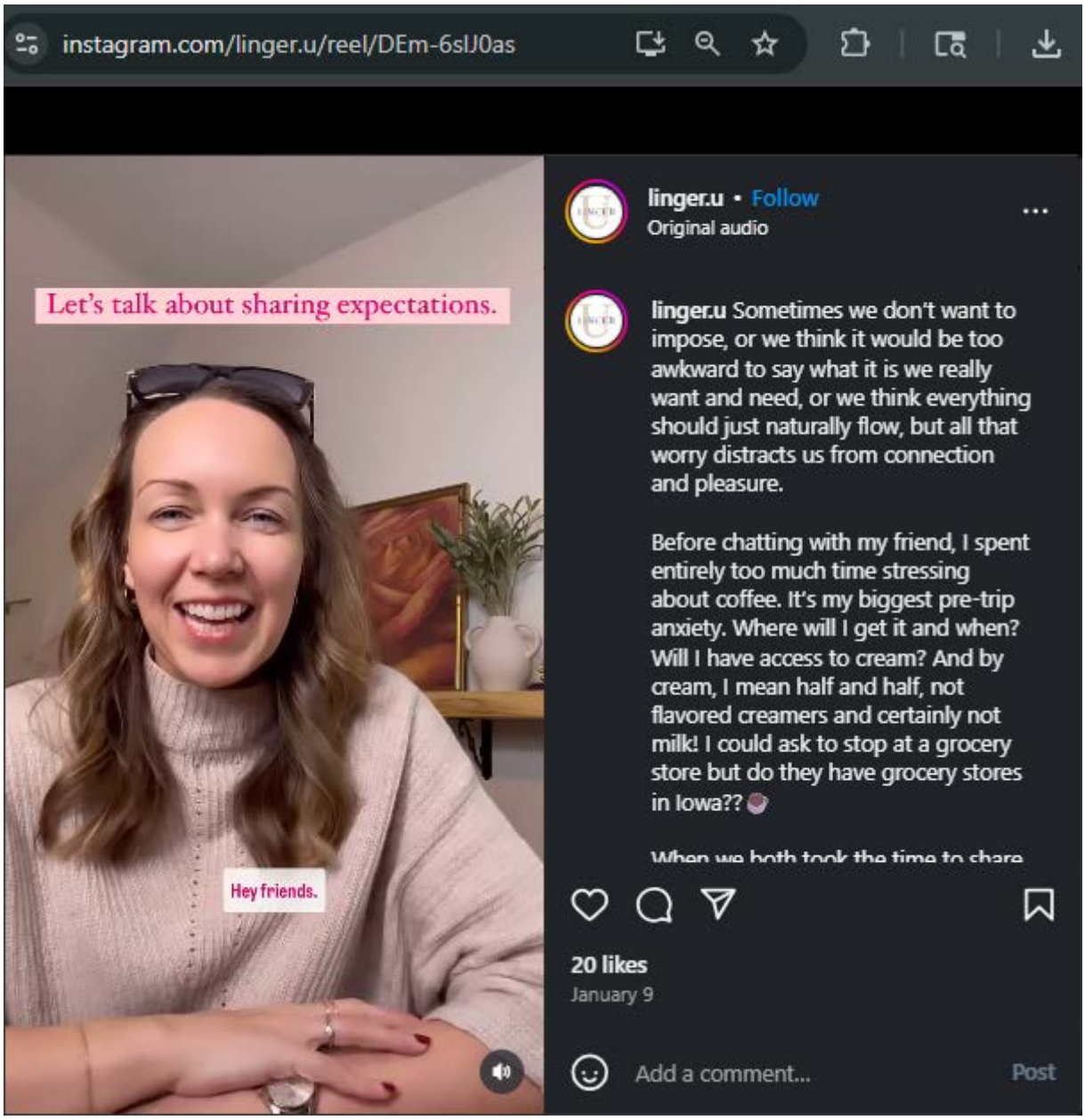
Instagram

linger.u
System ID: 609002
Shauna Marie Stewart
https://www.instagram.com/linger.u/reel/DEm-6slJ0as

Posted: Jan 09, 2025
Captured: Jul 09, 2025

After DOI

*Seen talking about sharing expectations "Sometimes we don’t want to impose, or we think it would be too awkward to say what it is we really want and need, or we think everything should just naturally flow, but all that worry distracts us from connection and pleasure. Before chatting with my friend, I spent entirely too much time stressing about coffee. It’s my biggest pre-trip anxiety. Where will I get it and when? Will I have access to cream? And by cream, I mean half and half, not flavored creamers and certainly not milk! I could ask to stop at a grocery store but do they have grocery stores in Iowa??☕ When we both took the time to share hopes and dreams for this time together, when we shared our basic needs with one another, it allowed us to free our minds of worry and make more room for anticipation, connection and joy. Even the act of clarifying expectations strengthened our bond! Now I’m spending my time looking forward to barre class, Iowa’s food scene (?), and super deep conversations with a person I love dearly. When I talk to people about their concerns in exploring something new, I notice this common theme: keeping the worries, hopes and dreams INSIDE! But saying the thing and clarifying expectations on both sides can invite so much freedom, making more room for connection, pleasure and joy. □ So, before your next date night or sexy encounter, consider clarifying expectations before the moment arrives. This can give you something to look forward to, reduce stress, and make room for more delight! Remember, anticipation is half the fun! □ …. PS: In the video I said that clarifying expectations will ALAWAYS lead to more anticipation, connection and joy. I meant LIKELY. It’s important to normalize the messiness of real life. Things won’t always go as planned but this practice helps!□"



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Instagram

linger.u

Posted: Jan 16, 2025

System ID: 608996

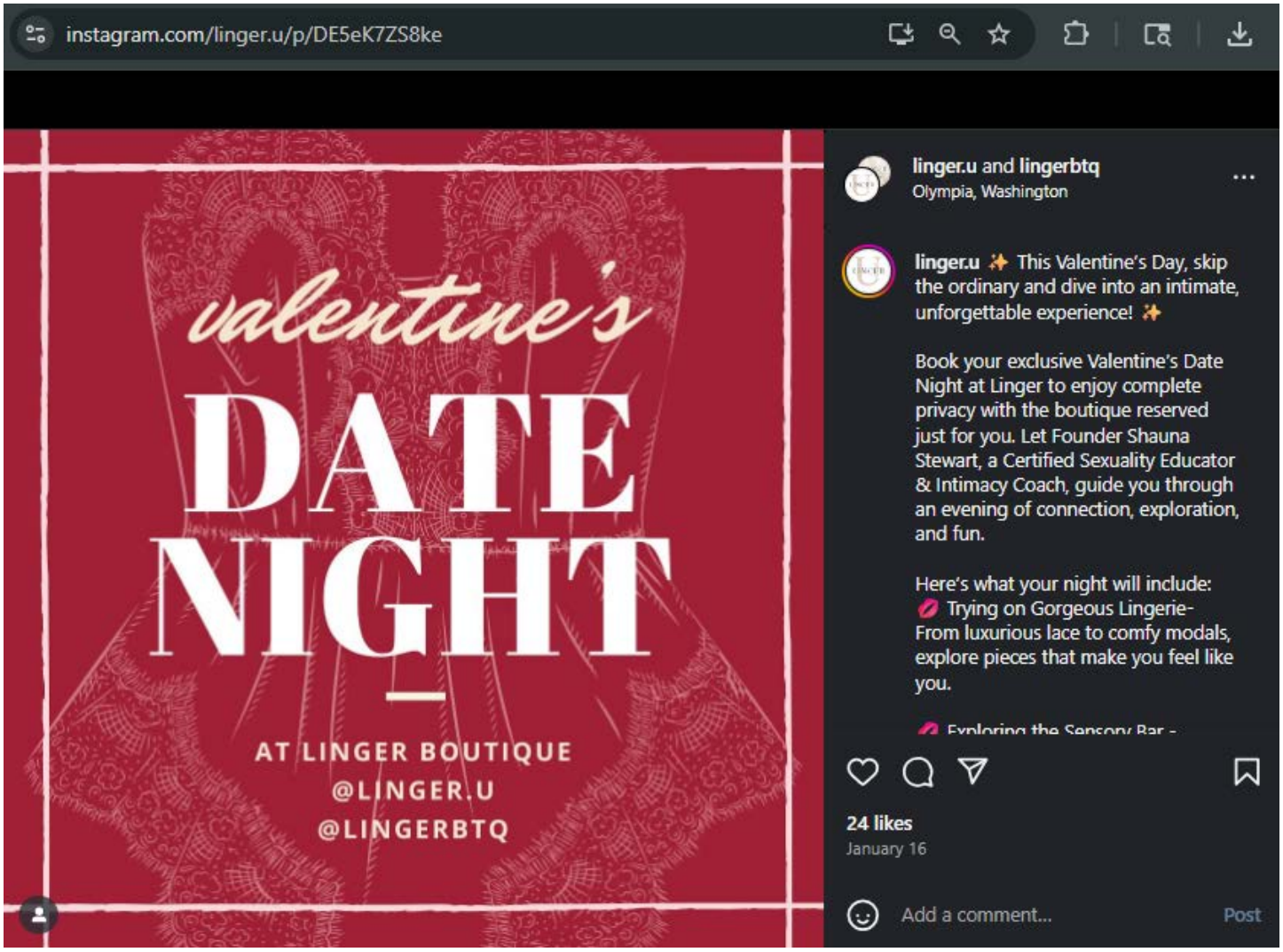
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DE5eK7ZS8ke

After DOI

*Advertised the exclusive Valentine's Date Night at Linger Boutique "□ This Valentine’s Day, skip the ordinary and dive into an intimate, unforgettable experience! □ Book your exclusive Valentine’s Date Night at Linger to enjoy complete privacy with the boutique reserved just for you. Let Founder Shauna Stewart, a Certified Sexuality Educator & Intimacy Coach, guide you through an evening of connection, exploration, and fun. Here’s what your night will include: □ Trying on Gorgeous Lingerie- From luxurious lace to comfy modals, explore pieces that make you feel like you. □ Exploring the Sensory Bar - Discover new ways to connect through playful exploration of the 5 Senses. Shauna will provide expert tips for safety, communication, and pleasure. □ Creating Lasting Memories- Couples leave with fresh perspectives on intimacy and a deeper understanding of each other. What’s included: □ Private access to the boutique for 90 minutes □ Complimentary bubbles □ Personalized support to create a date tailored just for you □ Options for custom add-ons like food, beverages, or entertainment This experience is open to all genders and relationship dynamics. Make this Valentine’s Day truly unforgettable. □ Reserve your spot now! Link in bio. #ValentinesDateNight #IntimacyExplored #LingerBoutique #RomanticExperiences"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Olympia, Washington
linger.u ✨ This Valentine's Day, skip the ordinary and dive into an intimate, unforgettable experience! ✨
Book your exclusive Valentine's Date Night at Linger to enjoy complete privacy with the boutique reserved just for you. Let Founder Shauna Stewart, a Certified Sexuality Educator & Intimacy Coach, guide you through an evening of connection, exploration, and fun.
Here's what your night will include:
💋 Trying on Gorgeous Lingerie- From luxurious lace to comfy modals, explore pieces that make you feel like you.
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January 16
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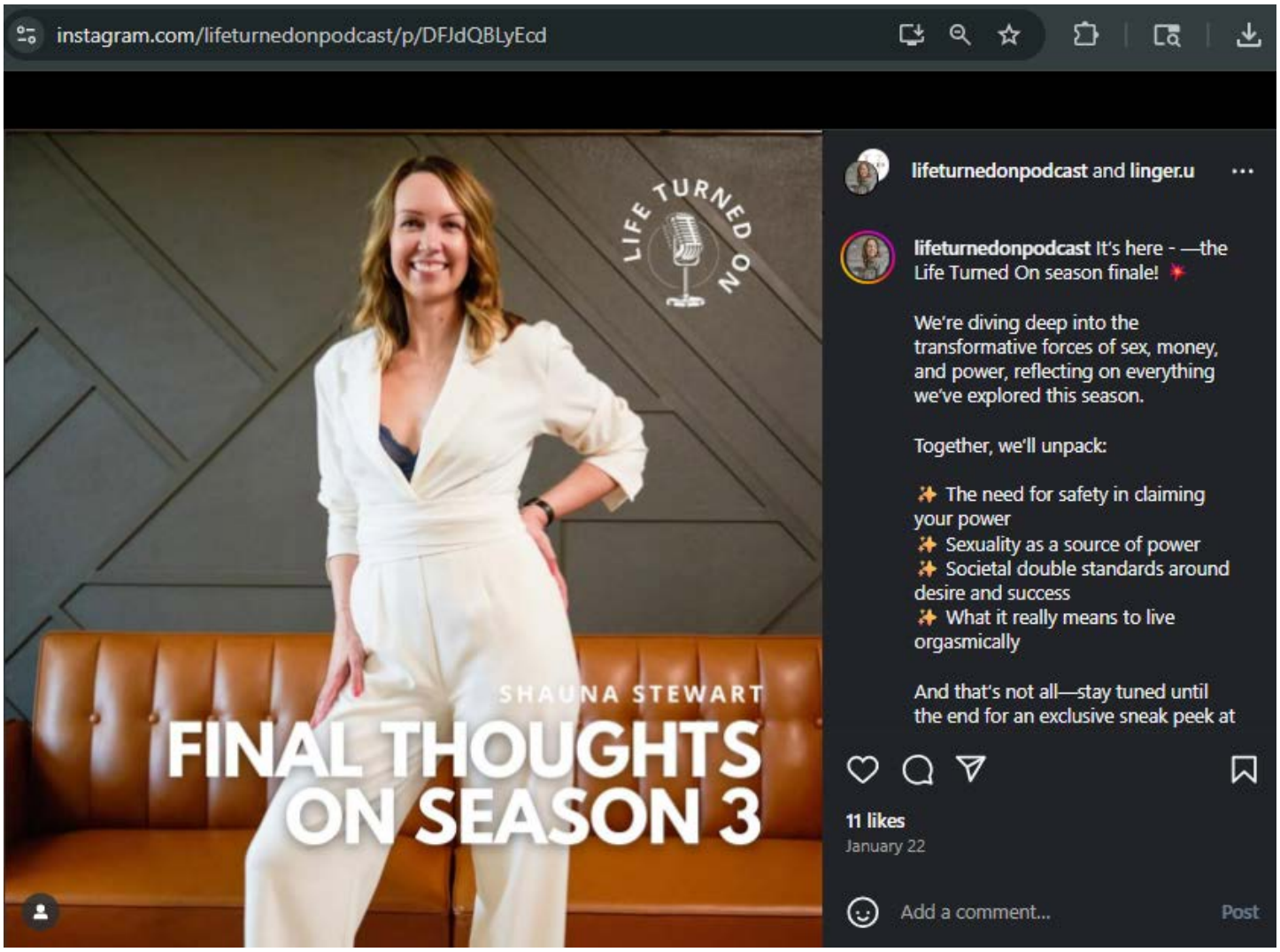
lifeturnedonpodcast
Posted: Jan 22, 2025
System ID: 608092
Captured: Jul 09, 2025
Shauna Marie Stewart
https://www.instagram.com/lifeturnedonpodcast/p/DFJdQBLyEcd

After DOI

*Pictured standing on a post that shared her final thoughts on Season 3 of her podcast "It’s here - —the Life Turned On season finale! We’re diving deep into the transformative forces of sex, money, and power, reflecting on everything we’ve explored this season. Together, we’ll unpack: The need for safety in claiming your power Sexuality as a source of power Societal double standards around desire and success What it really means to live orgasmically And that’s not all—stay tuned until the end for an exclusive sneak peek at the Receive Retreat in Tuscany and personalized coaching opportunities to guide your own journey of self-discovery and empowerment. Listen now via the link in bio! #LifeTurnedOn #SexualSelfDiscovery #PowerAndPleasure #ReceiveRetreat #TuscanyRetreat #SexMoneyPower"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LIFE TURNED ON
SHAUNA STEWART
FINAL THOUGHTS ON SEASON 3
lifeturnedonpodcast and linger.u
lifeturnedonpodcast It's here - —the Life Turned On season finale!
We're diving deep into the transformative forces of sex, money, and power, reflecting on everything we've explored this season.
Together, we'll unpack:
✨ The need for safety in claiming your power
✨ Sexuality as a source of power
✨ Societal double standards around desire and success
✨ What it really means to live orgasmically
And that's not all—stay tuned until the end for an exclusive sneak peek at
11 likes
January 22
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Instagram

linger.u

System ID: 608991

Shauna Marie Stewart

https://www.instagram.com/lingerbtq/p/DFS9gjYPkne

Posted: Jan 26, 2025

Captured: Jul 09, 2025

After DOI

*Mentioned that the last few days had been busy at Linger Boutique "The past few days have been busy with retail therapy shoppers- people looking for something to lift their spirits when everything feels so heavy. It’s been an absolute honor to listen to your stories, create space where it’s safe to lament, and take time to meaningfully connect. Some shopping benders can leave us feeling empty and even embarrassed as the boxes of mindless purchases start piling up while you’re still trying to remember what you bought. (Not that I would know.) But some retail therapy can feel nourishing and truly quite pure. With intentional purchases that are lovingly curated to bring out the best parts of you, that support your local community, that come with a little love from someone who actually cares (♀), your shopping spree can do some real good- for yourself and for those you support. Linger has always been about connection over consumerism, which is why we choose high quality pieces and take the time to help you feel like you. When you shop with us, you’re investing in yourself, in woman owned brands, and a space where people feel safe to connect and explore. Thank you to everyone who’s let me be part of your journey this week. You’ve really helped my heart more than you’ll ever know. And, if you need a little pick-me-up, come see us. You’ll be amazed by how a thoughtfully selected treat from our little shop can make a BIG difference in how you feel - inside and out. XO, Shauna"

instagram.com/lingerbtq/p/DFS9gjYPkne

lingerbtq and **linger.u**
Olympia, Washington

lingerbtq The past few days have been busy with retail therapy shoppers- people looking for something to lift their spirits when everything feels so heavy.

It's been an absolute honor to listen to your stories, create space where it's safe to lament, and take time to meaningfully connect.

Some shopping benders can leave us feeling empty and even embarrassed as the boxes of mindless purchases start piling up while you're still trying to remember what you bought. (Not that I would know. 😉)

But some retail therapy can feel nourishing and truly quite pure

49 likes
January 26

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Instagram

linger.u

Posted: Jan 29, 2025

System ID: 608986

Captured: Jul 09, 2025

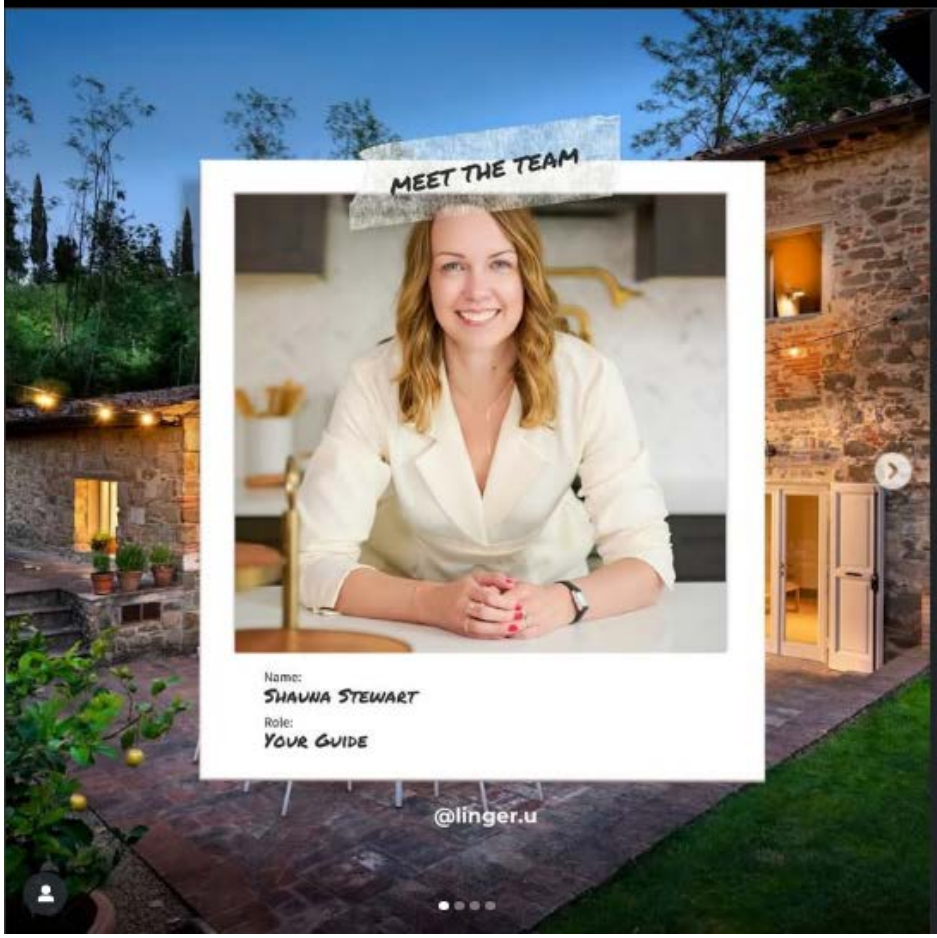
Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DFajtevPjWD/?img_index=1

After DOI

*Pictured and listed as the Guide in a post about the team for Receive Retreat "With the NEW YEARS BOOKING BONUS ENDING THIS FRIDAY, I wanted to give you the chance to meet the team behind your Receive Retreat. I'm so excited to introduce you to the amazing women handpicked to make this retreat truly one-of-a-kind. Each one of them brings a unique energy and expertise to the table, and I feel so grateful to have them alongside me in this journey. I can't wait for you to meet them and experience the magic they'll bring to our time together in the Chianti Hills of Tuscany! Rachel Zitin - Italy/Pleasure Facilitator I met Rachel through Instagram, and she radiates delight in everything she does. Rachel will lead us through yoga, somatic dance, and Italian pleasure culture, sharing her deep knowledge of how to truly embody pleasure. @rachelzitin Elle Sanders - Boudoir Photographer Elle is not only a phenomenal boudoir photographer (she captured my personal session and brand images), but she also helps you see yourself in all your beauty. At the retreat, she'll photograph you in a way that reminds you daily of your worth and beauty, offering a powerful souvenir to carry with you long after. @ellemarienco Nicole Pate - Travel Coordinator Nicole is my go-to travel guru who takes the stress out of travel planning. She'll help you with everything from booking flights to organizing transportation and itineraries, so you can focus on relaxing and enjoying the retreat without the logistics. I've handpicked each of these amazing women because of their expertise, passion, and unique gifts. I can't wait for you to experience the magic they bring to the Receive Retreat. Join us in Tuscany for an unforgettable journey of connection, rest, and pleasure. Book before January 31 and save $200-300 on any room! XO, Shauna PS: There's ME! - Your Guide I'll be leading the way as your host and guide. As a Certified Sexuality Educator and Embodied Intimacy and Relationship Coach, I combine science, embodiment practices, and storytelling to help you reconnect with pleasure, rest, and intimacy. I'm here to hold space for your growth and walk you through your transformation. #ReceiveRetreat #womensretreat #italytravel"

instagram.com/linger.u/p/DFajtevPjWD/?img_index=1



linger.u and 2 others

linger.u With the NEW YEARS BOOKING BONUS ENDING THIS FRIDAY, I wanted to give you the chance to meet the team behind your Receive Retreat. 🌸

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I can't wait for you to meet them and experience the magic they'll bring to our time together in the Chianti Hills of Tuscany!

ɪɪRachel Zitin - Italy/Pleasure

30 likes
January 29

Add a comment... Post

Instagram

linger.u

Posted: Jan 30, 2025

System ID: 608981

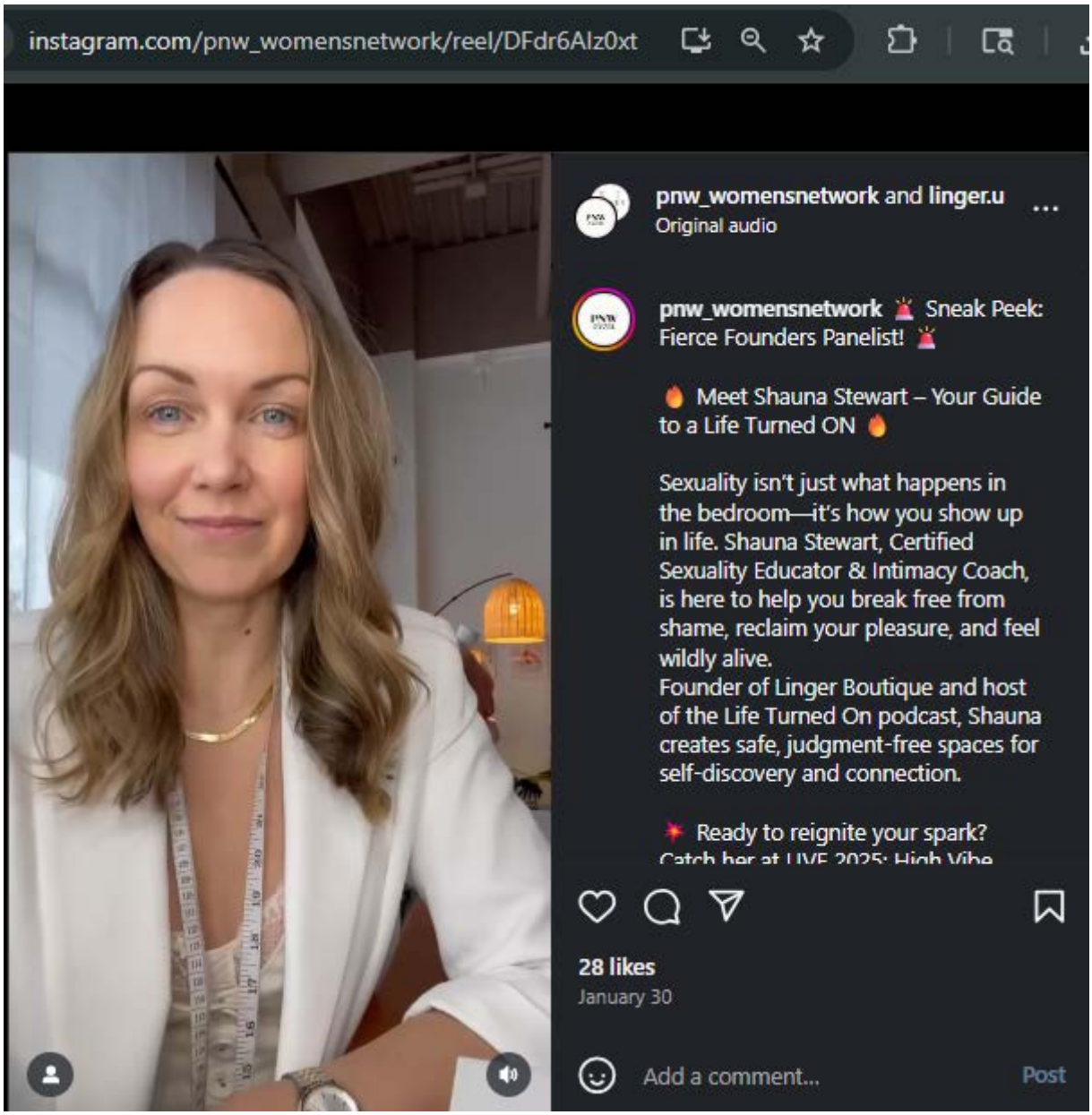
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/pnw_womensnetwork/reel/DFdr6AIz0xt

After DOI

*Tagged in a post/video of Subject as a part of the Fierce Founders Panelist "□ Sneak Peek: Fierce Founders Panelist! □ □ Meet Shauna Stewart – Your Guide to a Life Turned ON □ Sexuality isn't just what happens in the bedroom—it's how you show up in life. Shauna Stewart, Certified Sexuality Educator & Intimacy Coach, is here to help you break free from shame, reclaim your pleasure, and feel wildly alive. Founder of Linger Boutique and host of the Life Turned On podcast, Shauna creates safe, judgment-free spaces for self-discovery and connection. □ Ready to reignite your spark? Catch her at LIVE 2025: High Vibe, Higher Standards! #SneakPeek #FierceFounder #LIVE2025 #LifeTurnedOn #highvibes #higherstandards"



[Link to download video]

Instagram

linger.u

Posted: Jan 31, 2025

System ID: 608966

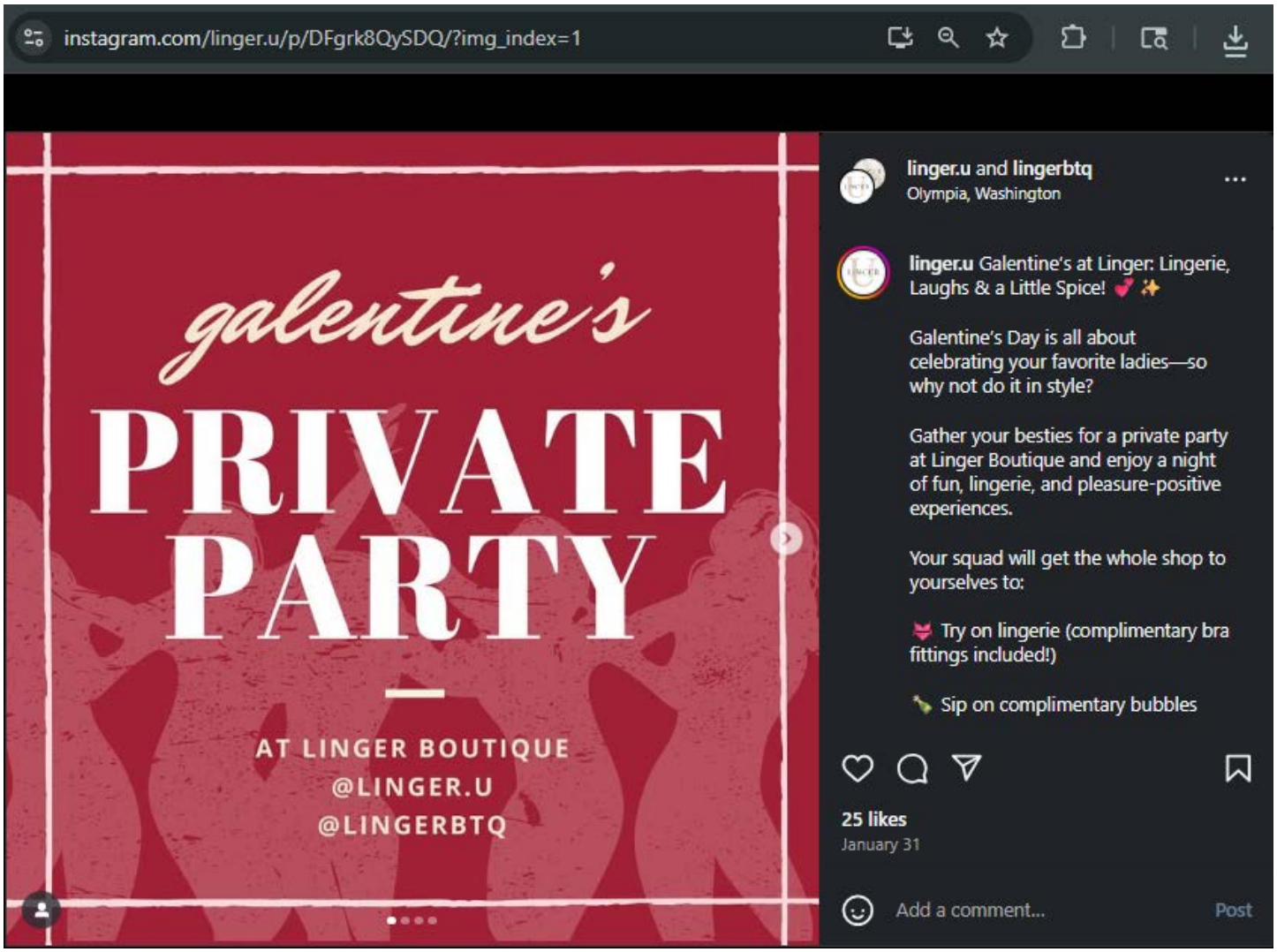
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DFgrk8QySDQ/?img_index=1

After DOI

*Shared information about the Galentine's Private Party at Linger Boutique "Galentine’s at Linger: Lingerie, Laughs & a Little Spice! □□ Galentine’s Day is all about celebrating your favorite ladies—so why not do it in style? Gather your besties for a private party at Linger Boutique and enjoy a night of fun, lingerie, and pleasure-positive experiences. Your squad will get the whole shop to yourselves to: □ Try on lingerie (complimentary bra fittings included!) □ Sip on complimentary bubbles □ Be entered to win a FREE vibe □ Customize your experience with a Toy Tutorial or Sensory Bar (details below!) □ Toy Tutorial – Our team will walk you through the best toys and how to use them, from discreet vibes to couples’ toys and more! □ Sensory Bar – Explore the five senses in play with ticklers, oils, paddles, blindfolds & more for a sensual or spicy experience. Not into toys? No problem! Just sip, shop, and celebrate with your crew. Click the link in bio to see available dates, text your besties and book your private party! DM us with questions! We’re here for you. #loveoly #olympiaevents #olympiawa #olympiawashington"


instagram.com/linger.u/p/DFgrk8QySDQ/?img_index=1
galentine's
PRIVATE PARTY
AT LINGER BOUTIQUE
@LINGER.U
@LINGERBTQ
linger.u and lingerbtq
Olympia, Washington
linger.u Galentine's at Linger: Lingerie, Laughs & a Little Spice!
Galentine's Day is all about celebrating your favorite ladies—so why not do it in style?
Gather your besties for a private party at Linger Boutique and enjoy a night of fun, lingerie, and pleasure-positive experiences.
Your squad will get the whole shop to yourselves to:
Try on lingerie (complimentary bra fittings included!)
Sip on complimentary bubbles
25 likes
January 31
Add a comment...
Post

Instagram

linger.u

System ID: 608960

Shauna Marie Stewart

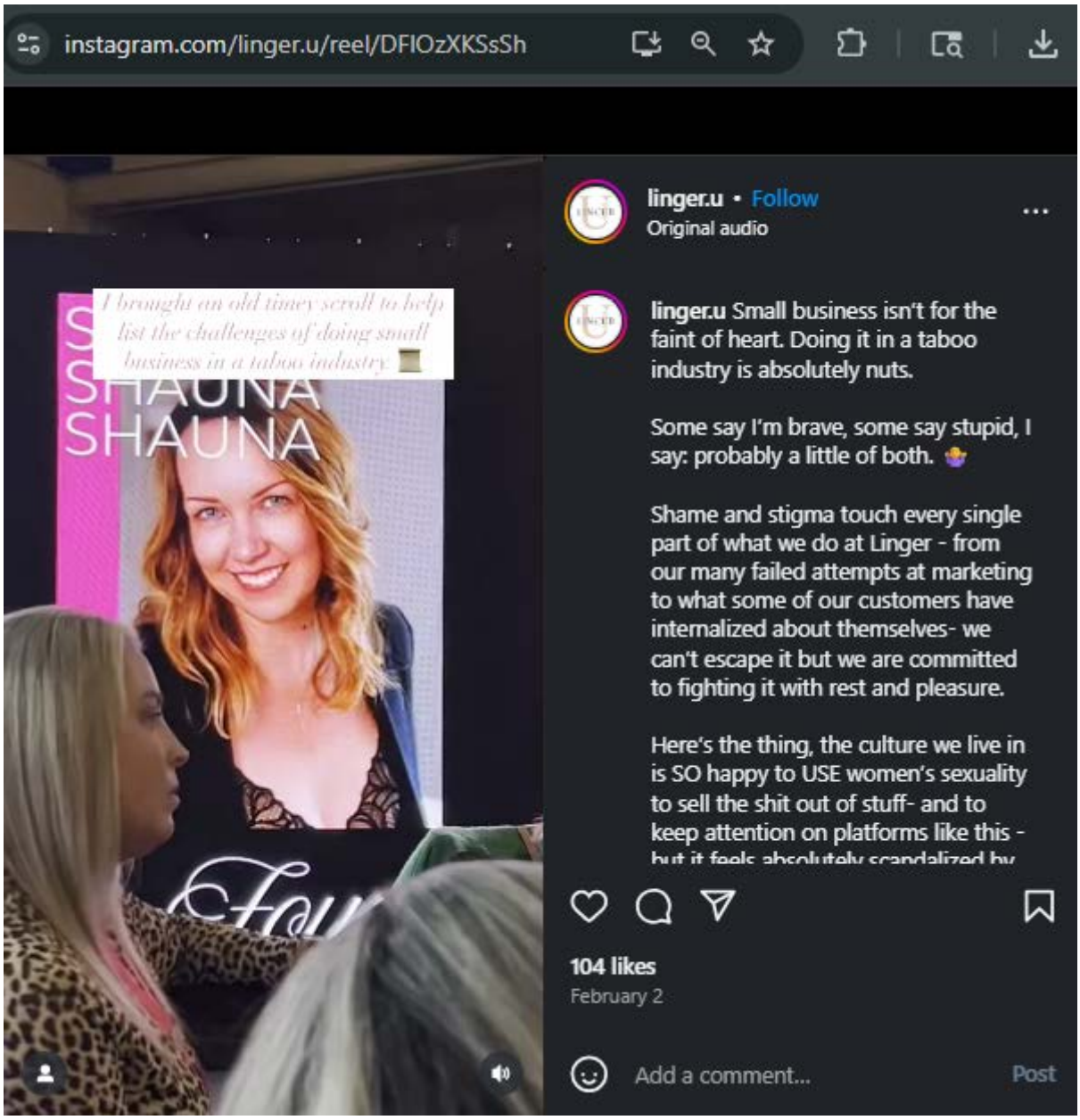
https://www.instagram.com/linger.u/reel/DFlOzXKSsSh

Posted: Feb 02, 2025

Captured: Jul 09, 2025

After DOI

*Talked on stage at an event "Small business isn’t for the faint of heart. Doing it in a taboo industry is absolutely nuts. Some say I’m brave, some say stupid, I say: probably a little of both. □♀ Shame and stigma touch every single part of what we do at Linger - from our many failed attempts at marketing to what some of our customers have internalized about themselves- we can’t escape it but we are committed to fighting it with rest and pleasure. Here’s the thing, the culture we live in is SO happy to USE women’s sexuality to sell the shit out of stuff- and to keep attention on platforms like this - but it feels absolutely scandalized by women defining, claiming and celebrating their own sexuality, on their own terms. It’s no wonder so many women pull back and shut down, burying parts of themselves that ache to be expressed. And then, for those of us businesses trying to help women with the latter, we’re slapped with shadow bans, refused access to government funded business coaching, denied advertising opportunities and get last minute event cancellations bc “what about perception?!?”. I share all of this not to complain (okay, maybe a little□), but to say that while on some days I want to burn this whole experiment to the ground, MOST days, I use the shame, stigma, and objectification of women as my fuel to keep going. When I see people transform as a result of some part of my business touching some part of who they are, I’m oh so motivated to keep connecting. Heart to heart. Truth to truth. The world needs women who are tuned in and turned ON. YOU need you to live and love fully turned on. Let’s keep normalizing rest and pleasure together. □□ Big hugs to Mandy @pnw_womensnetwork for letting me share some of my story with your incredible audience. THANK YOU for knowing that women need to hear this message and not being afraid to let me on stage (even when I made it a bit weird). □□□ And thanks for my sweet friend Larissa @contour_olympia for capturing this video. I’m so inspired by who you are and all you’ve accomplished on your own this past year. I hope you are too. □"



[Link to download video]

Instagram

linger.u

System ID: 608955

Shauna Marie Stewart

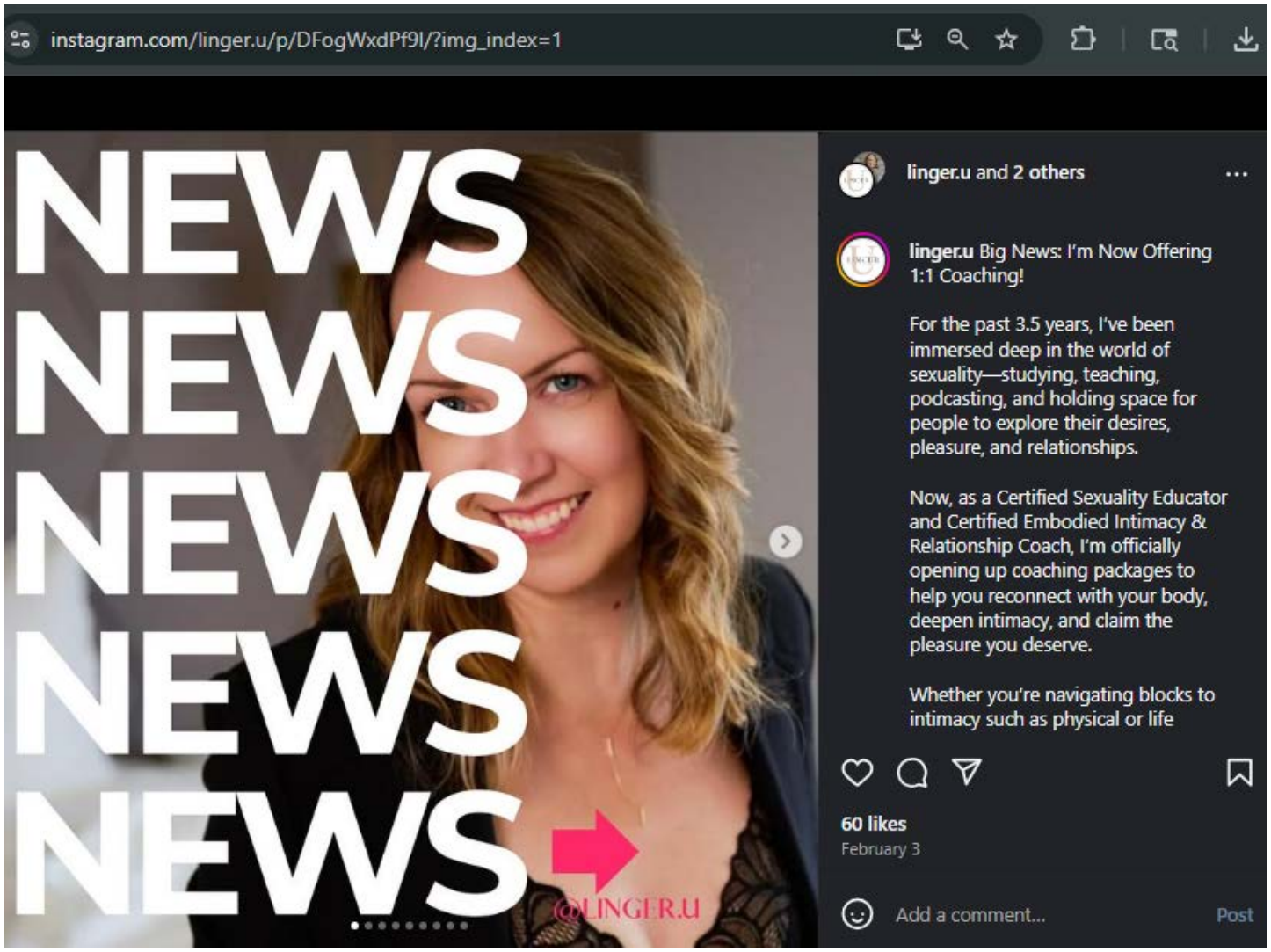
https://www.instagram.com/linger.u/p/DFogWxdPf9l/?img_index=1

Posted: Feb 03, 2025

Captured: Jul 09, 2025

After DOI

*Announced that she was offering one-on-one coaching after being immersed for 3.5 years in the world of sexuality "Big News: I’m Now Offering 1:1 Coaching! For the past 3.5 years, I’ve been immersed deep in the world of sexuality—studying, teaching, podcasting, and holding space for people to explore their desires, pleasure, and relationships. Now, as a Certified Sexuality Educator and Certified Embodied Intimacy & Relationship Coach, I’m officially opening up coaching packages to help you reconnect with your body, deepen intimacy, and claim the pleasure you deserve. Whether you’re navigating blocks to intimacy such as physical or life changes, wanting to feel more confident in discovering and articulating your desires, or looking to cultivate deeper connection in your relationships, I’m here to guide you. LGBTQIA+, k/nk, CNM and vanilla□friendly and informed, I create safe and approachable containers for people to learn and explore. I’m currently offering some very special introductory pricing on private coaching packages and pleasure discovery sessions. If one of these offers speaks to you, please reach out, this pricing won’t last long □ DM me or tap the link in bio to get started on your own sexual self discovery journey. #EmbodiedIntimacy #RelationshipCoaching #PleasureIsYourBirthright #SexualityCoach #DeepenConnection"


instagram.com/linger.u/p/DFogWxdPf9l/?img_index=1
NEWS
NEWS
NEWS
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NEWS
@LINGER.U
linger.u and 2 others
linger.u Big News: I'm Now Offering 1:1 Coaching!
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Whether you're navigating blocks to intimacy such as physical or life
60 likes
February 3
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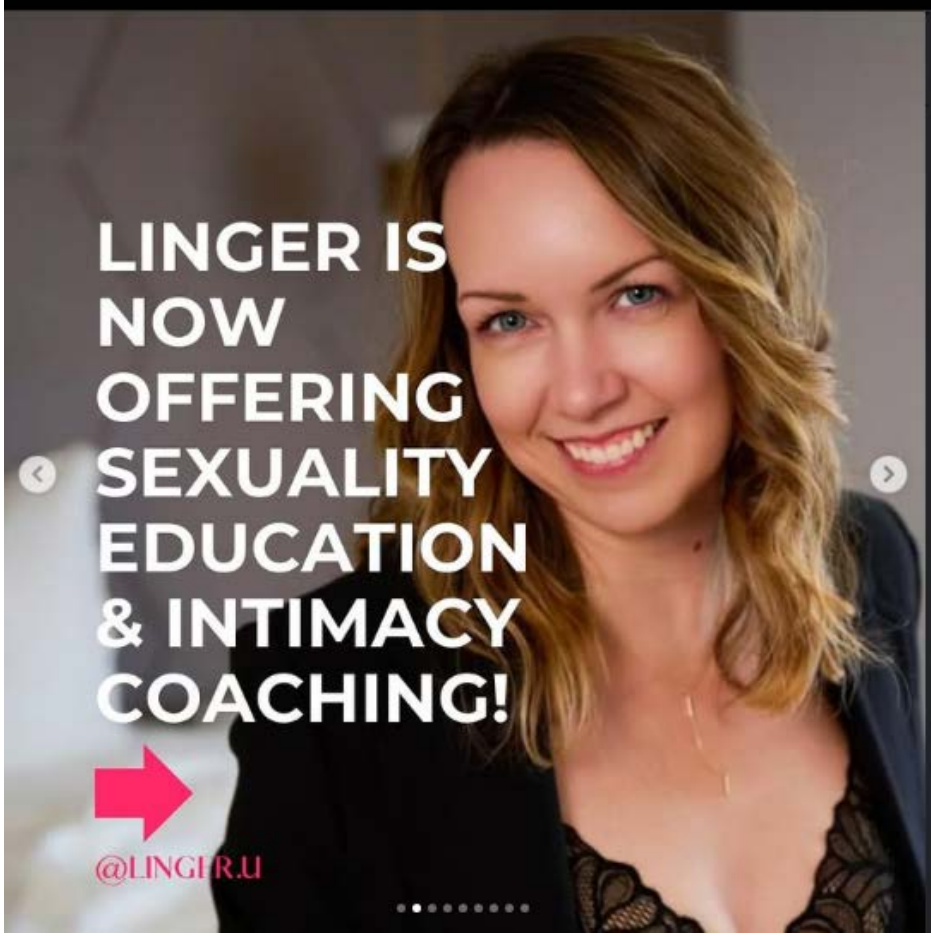
instagram.com/linger.u/p/DFogWxdPf9l/?img_index=2



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Whether you're navigating blocks to intimacy such as physical or life

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instagram.com/linger.u/p/DFogWxdPf9l/?img_index=3

linger.u and **2 others**

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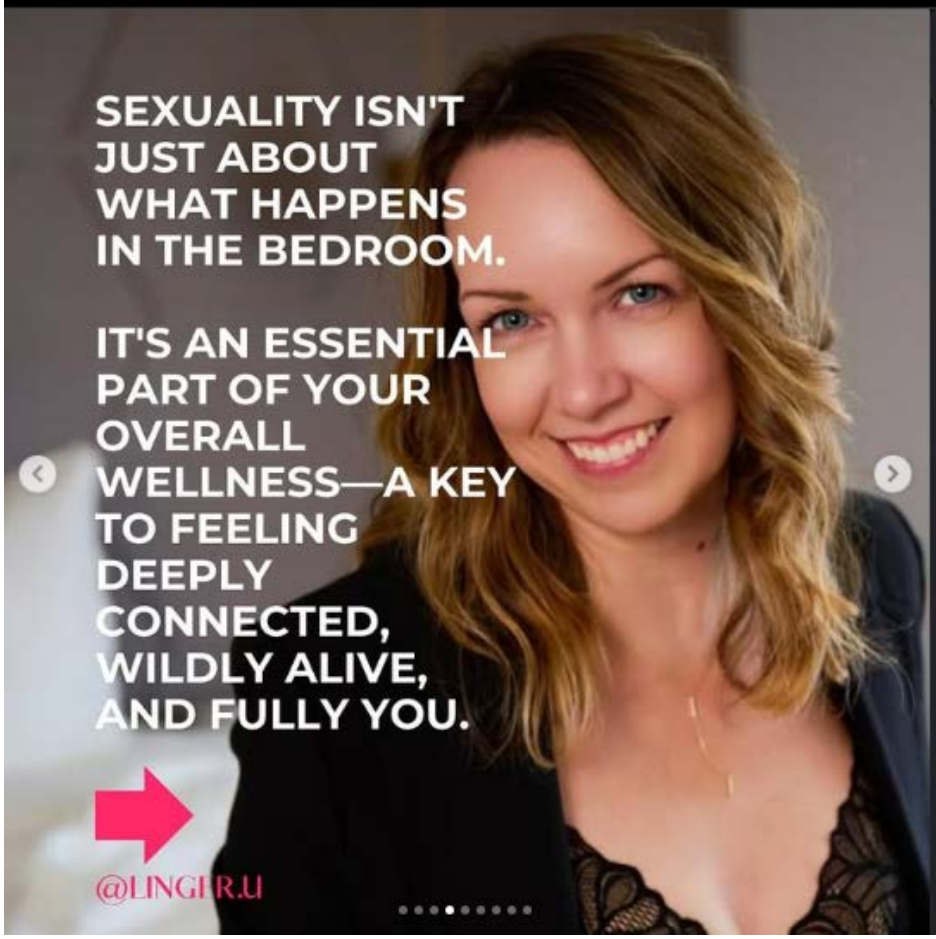

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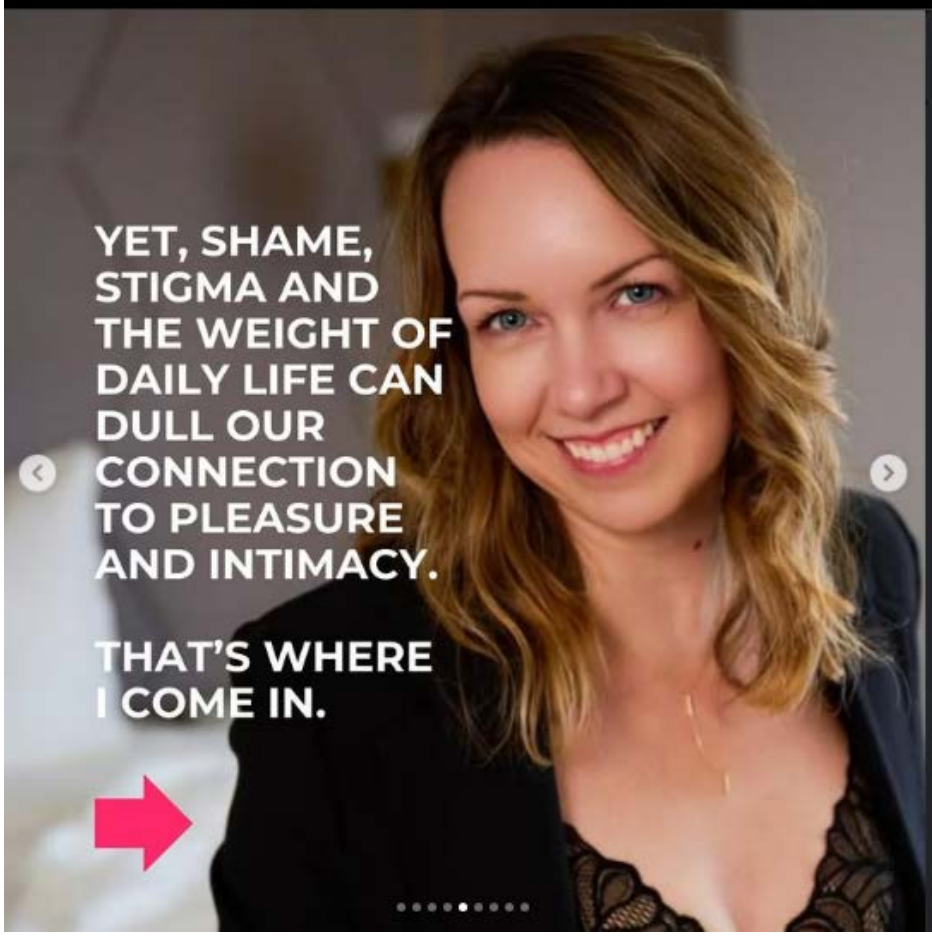

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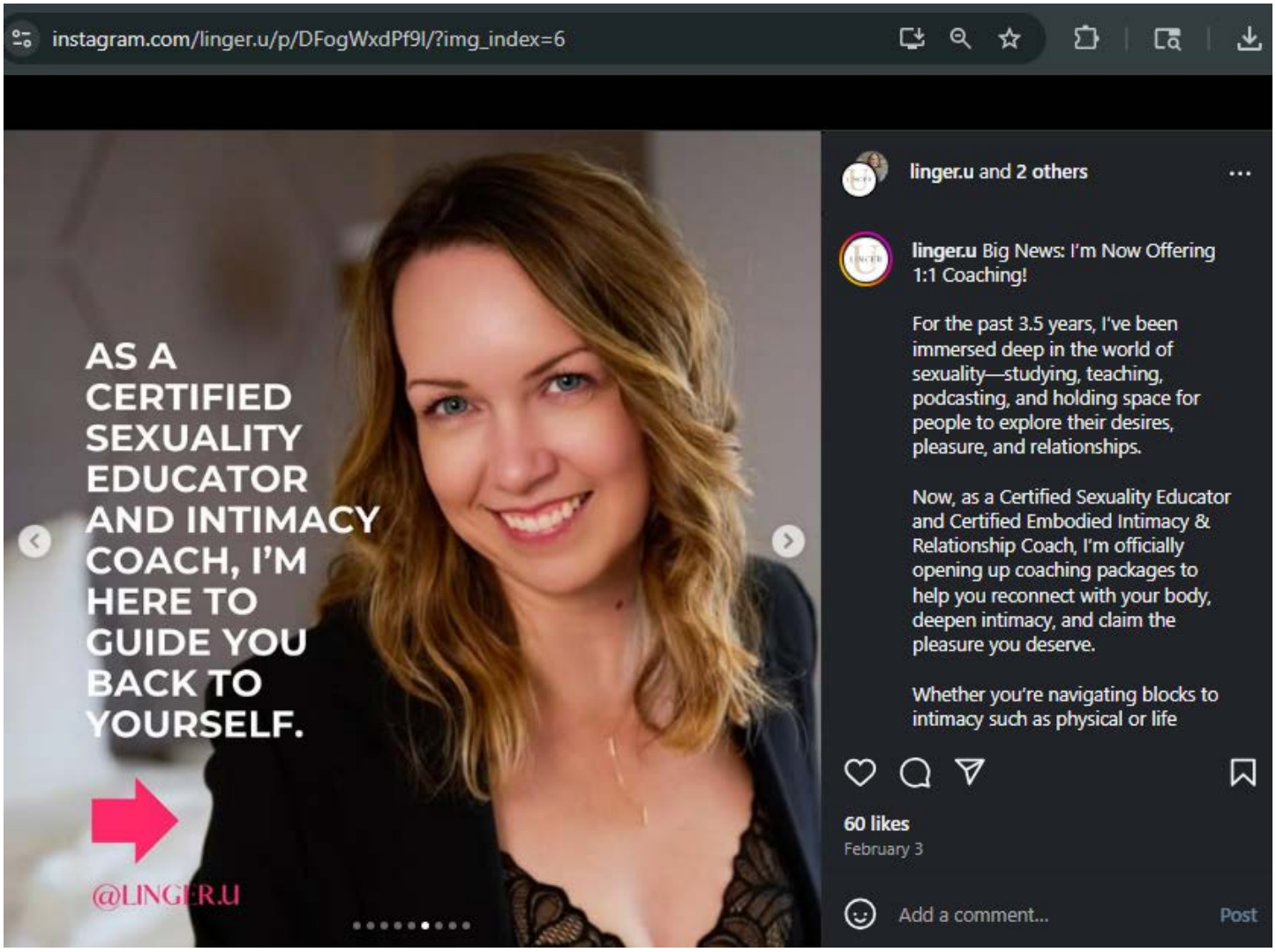
instagram.com/linger.u/p/DFogWxdPf9l/?img_index=6
AS A CERTIFIED SEXUALITY EDUCATOR AND INTIMACY COACH, I'M HERE TO GUIDE YOU BACK TO YOURSELF.
@LINGER.U
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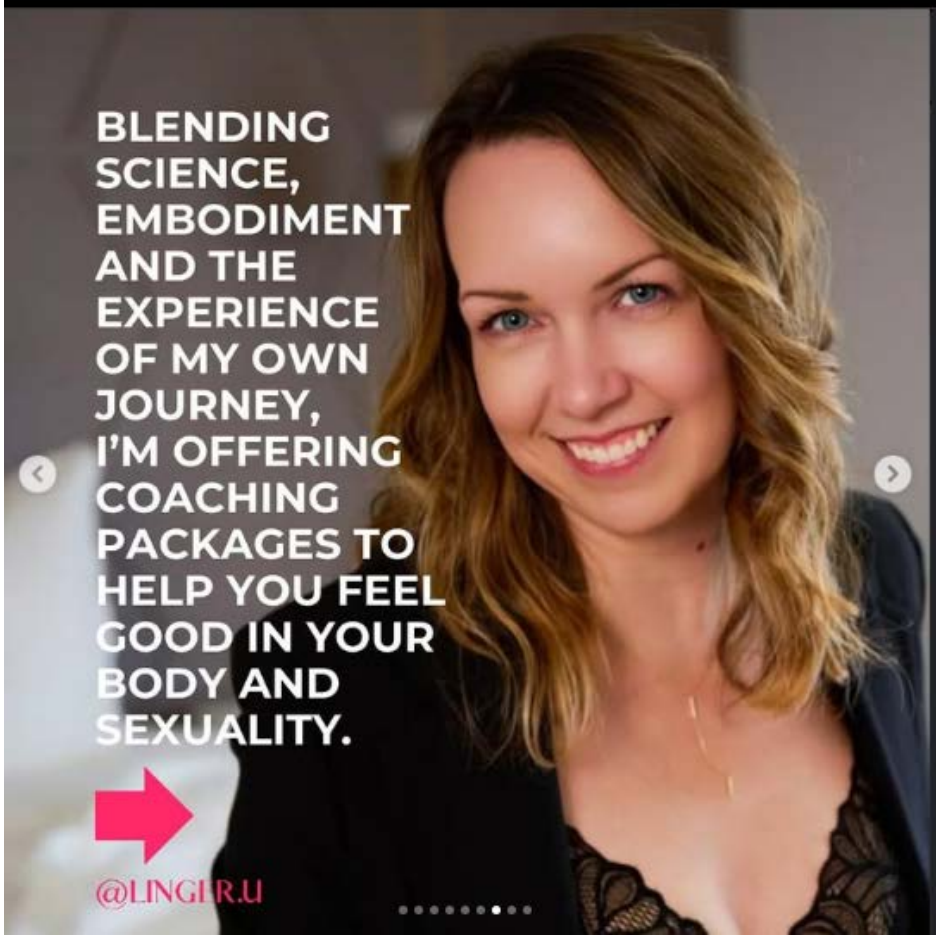

linger.u and **2 others**

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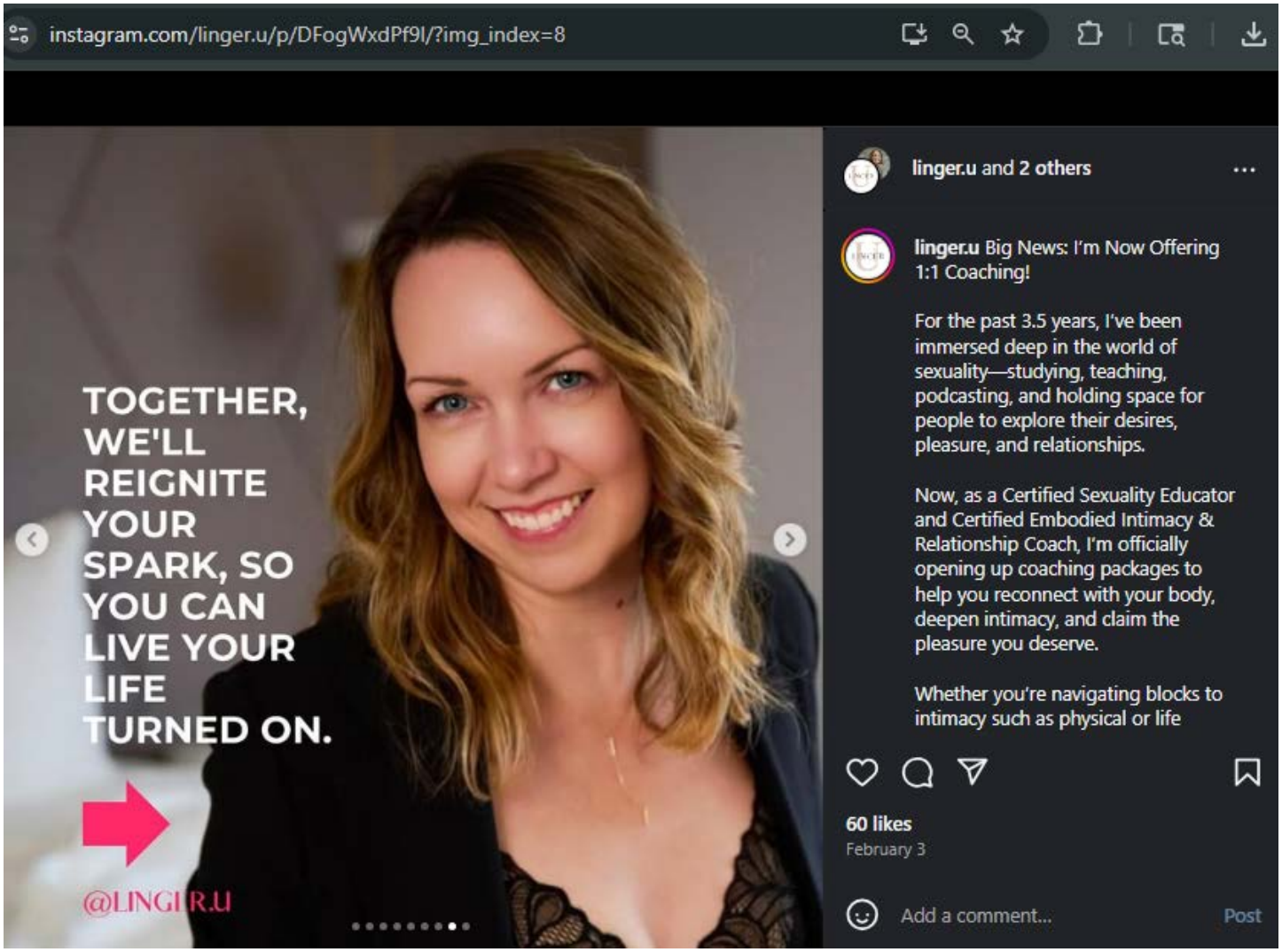
instagram.com/linger.u/p/DFogWxdPf9l/?img_index=8
TOGETHER, WE'LL REIGNITE YOUR SPARK, SO YOU CAN LIVE YOUR LIFE TURNED ON.
@LINGER.U
linger.u and 2 others
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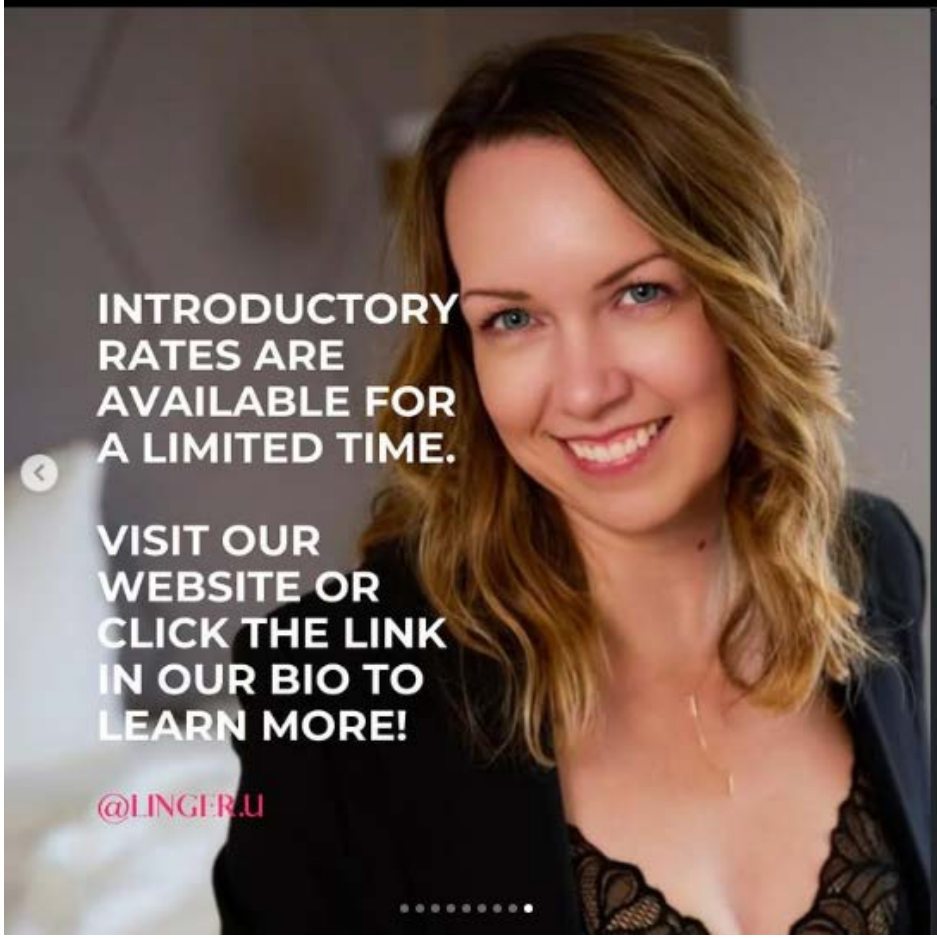

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Whether you're navigating blocks to intimacy such as physical or life

60 likes
February 3

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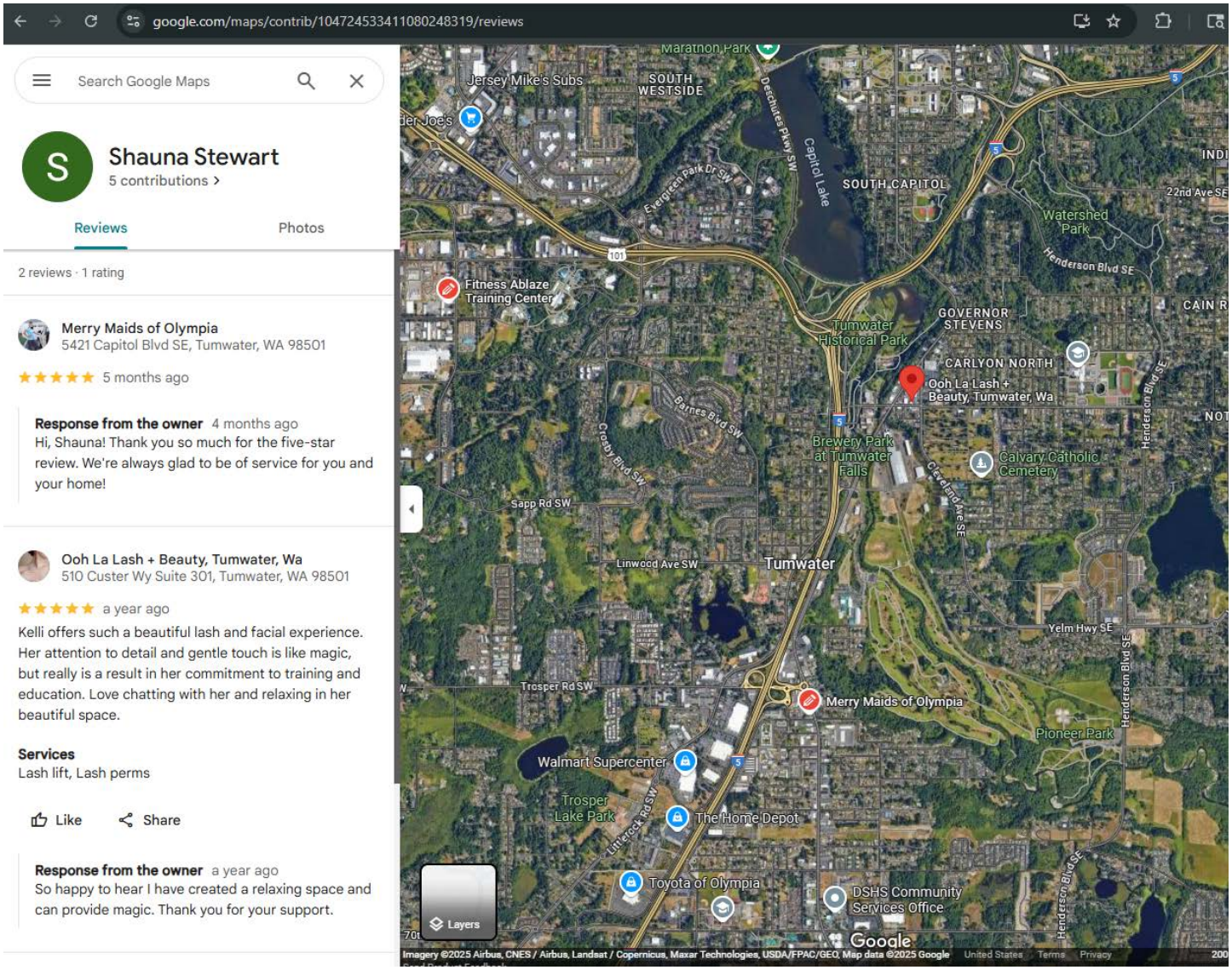
Other

Google Reviews
System ID: 605991
Shauna Marie Stewart
https://www.google.com/maps/contrib/104724533411080248319/reviews

Posted: Feb 03, 2025
Captured: Jul 03, 2025

After DOI

*Email address, shauna83@gmail.com, from the background check led to an account with two reviews and one rating cleaning service, beauty salon, and a personal trainer in Turnwater, Washington *Most recent activity was a 5-star rating for Merry Maids of Olympia *Jan - July 2024: 5-star review for Ooh La Lash + Beauty "Kelli offers such a beautiful lash and facial experience. Her attention to detail and gentle touch is like magic, but really is a result in her commitment to training and education. Love chatting with her and relaxing in her beautiful space." *2019: 5-star review for Fitness Ablaze Training Center "This place changed me. After 6 weeks I’m down 3.4% in body fat and 5.75 inches, I sleep better, I’m nicer and happier. I’m so thankful for the patient trainers who have taught and encouraged me and I love meeting other members who are committed to their personal health and are always willing to cheer you on or correct your form when you need it. Thank you!"


google.com/maps/contrib/104724533411080248319/reviews
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S
Shauna Stewart
5 contributions ›
Reviews
Photos
2 reviews · 1 rating
Merry Maids of Olympia
5421 Capitol Blvd SE, Tumwater, WA 98501
★★★★★ 5 months ago
Response from the owner 4 months ago
Hi, Shauna! Thank you so much for the five-star review. We're always glad to be of service for you and your home!
Ooh La Lash + Beauty, Tumwater, Wa
510 Custer Wy Suite 301, Tumwater, WA 98501
★★★★★ a year ago
Kelli offers such a beautiful lash and facial experience. Her attention to detail and gentle touch is like magic, but really is a result in her commitment to training and education. Love chatting with her and relaxing in her beautiful space.
Services
Lash lift, Lash perms
Like
Share
Response from the owner a year ago
So happy to hear I have created a relaxing space and can provide magic. Thank you for your support.
Marathon Park
Jersey Mike's Subs
SOUTH WESTSIDE
Deschutes Pkwy SW
Capitol Lake
SOUTH CAPITOL
Evergreen Park Dr SW
Watershed Park
Henderson Blvd SE
Fitness Ablaze Training Center
Tumwater Historical Park
GOVERNOR STEVENS
CARLYON NORTH
Ooh La Lash + Beauty, Tumwater, Wa
Barnes Blvd SW
Crosby Blvd SW
Brewery Park at Tumwater Falls
Calvary Catholic Cemetery
Cleveland Ave SE
Sapp Rd SW
Linwood Ave SW
Tumwater
Yelm Hwy SE
Trosper Rd SW
Merry Maids of Olympia
Pioneer Park
Walmart Supercenter
Trosper Lake Park
Littlerock Rd SW
The Home Depot
Toyota of Olympia
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S

Shauna Stewart

5 contributions >

Reviews Photos

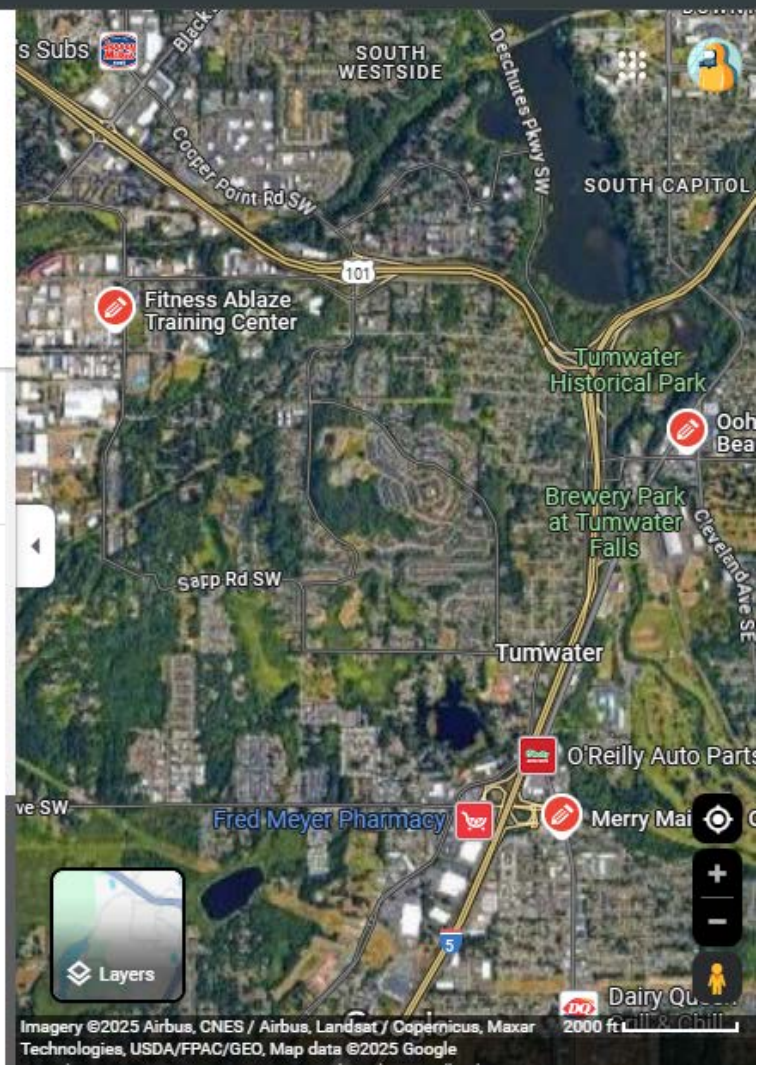
Response from the owner a year ago
So happy to hear I have created a relaxing space and can provide magic. Thank you for your support.

Fitness Ablaze Training Center
2855 RW Johnson Boulevard Southwest suite c, ...

★★★★★ 6 years ago

This place changed me. After 6 weeks I'm down 3.4% in body fat and 5.75 inches, I sleep better, I'm nicer and happier. I'm so thankful for the patient trainers who have taught and encouraged me and I love meeting other members who are committed to their personal health and are always willing to cheer you on or correct your form when you need it. Thank you!

1 Share



Instagram

linger.u

System ID: 608937

Shauna Marie Stewart

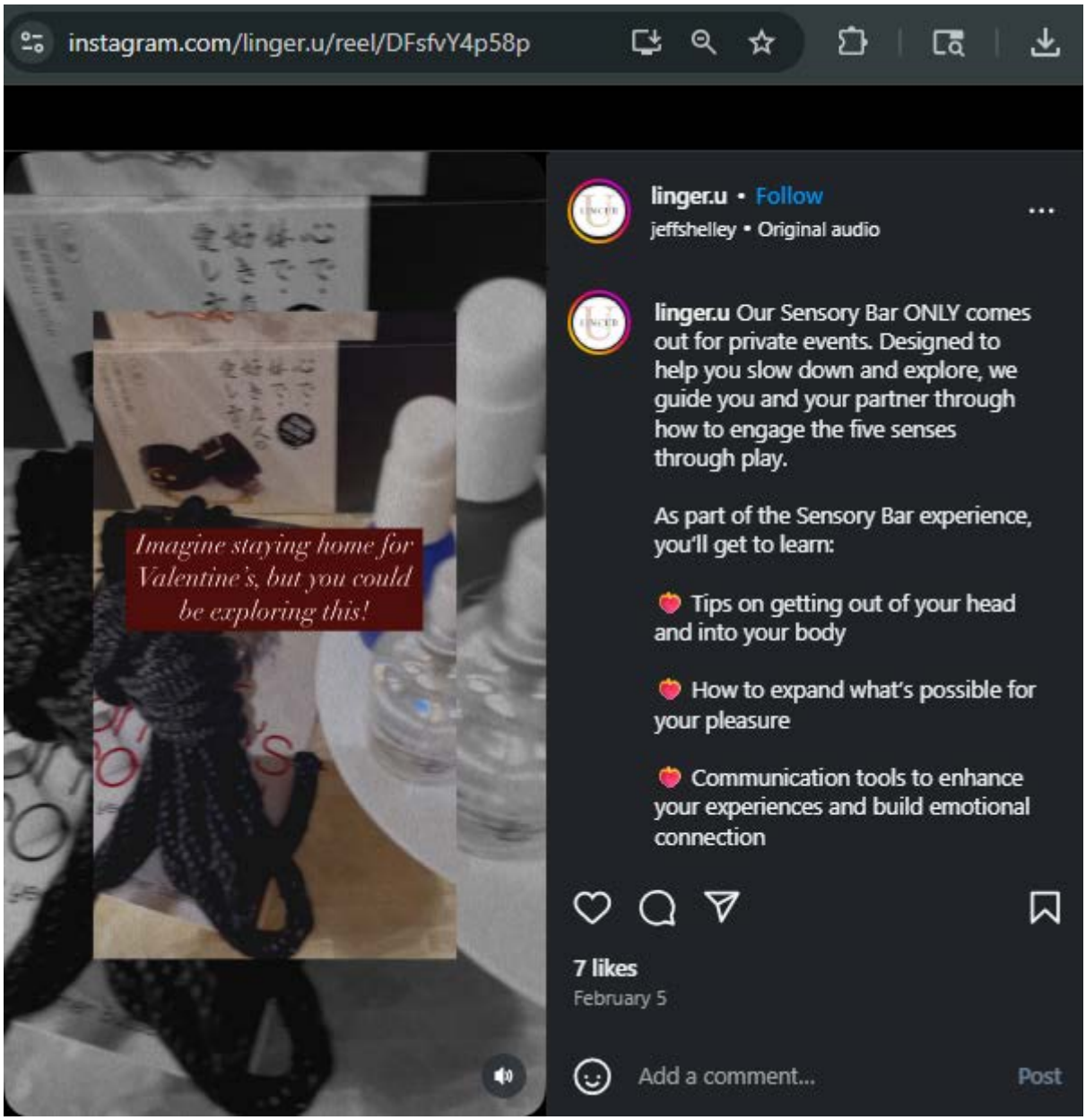
https://www.instagram.com/linger.u/reel/DFsfvY4p58p

Posted: Feb 05, 2025

Captured: Jul 09, 2025

After DOI

*Video about her Sensory Bar that is part of private events "Our Sensory Bar ONLY comes out for private events. Designed to help you slow down and explore, we guide you and your partner through how to engage the five senses through play. As part of the Sensory Bar experience, you'll get to learn: ❤ Tips on getting out of your head and into your body ❤ How to expand what's possible for your pleasure ❤ Communication tools to enhance your experiences and build emotional connection ❤ Safety practices to avoid common pitfalls This is also a great opportunity to try before you buy - test some toys and tools to see which ones you'd be interested in taking home. Couples always learn something about themselves, their partner, and their relationship, walking away inspired to try something new. Plus, this experience is completely private. With the whole shop to yourself, you're free to ask questions and try new things in a warm, safe and comfortable environment. Couples that invest in their growth and pleasure have more satisfying secs lives and overall relationships, so this Valentine's Day, you're invited to make your romantic celebration an investment in your shared connection and pleasure. Click the clink in bio to book your Valentines Date Night today! #datenight #loveoly #olympiawa #olympiawashington #laceywa #tumwaterwa #valentinesday"



[Link to download video]

Instagram

linger.u

System ID: 608930

Shauna Marie Stewart

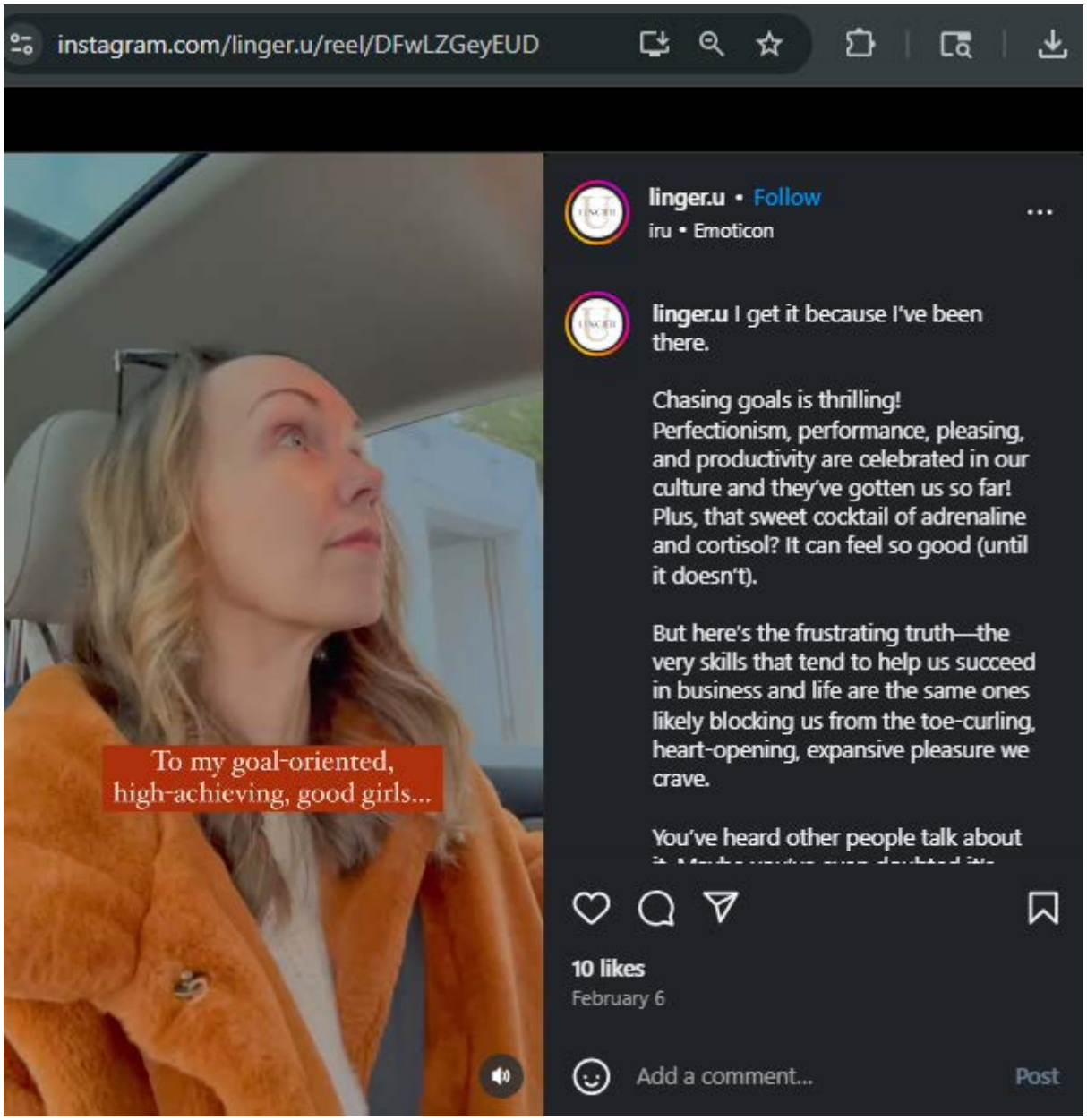
https://www.instagram.com/linger.u/reel/DFwLZGeyEUD

Posted: Feb 06, 2025

Captured: Jul 09, 2025

After DOI

*Seen sitting in a car "I get it because I've been there. Chasing goals is thrilling! Perfectionism, performance, pleasing, and productivity are celebrated in our culture and they've gotten us so far! Plus, that sweet cocktail of adrenaline and cortisol? It can feel so good (until it doesn't). But here's the frustrating truth—the very skills that tend to help us succeed in business and life are the same ones likely blocking us from the toe-curling, heart-opening, expansive pleasure we crave. You've heard other people talk about it. Maybe you've even doubted it's possible for you. But deep down, you know there's more. □ More pleasure. □ More intimacy. □ More aliveness in your body and relationships. If you're ready to experience it, I'd love to guide you. Coaching is open, and the Receive Retreat is your invitation to step into a whole new way of being. Check out the link in my bio to explore both! □"



Link to download video

Instagram

linger.u

Posted: Feb 13, 2025

System ID: 608922

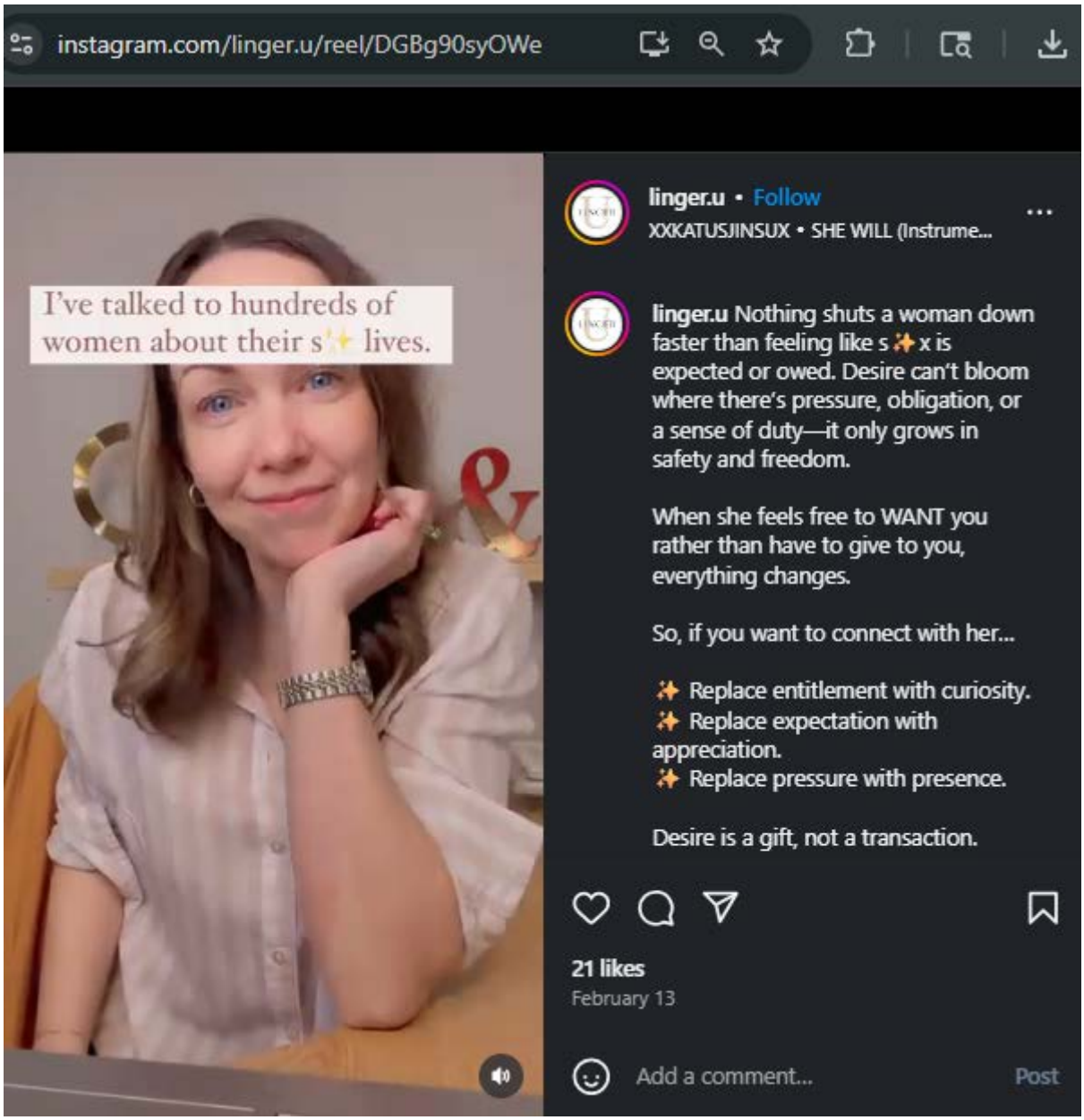
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/DGBg90syOWe

After DOI

*Post about women's turnoffs "Nothing shuts a woman down faster than feeling like s□x is expected or owed. Desire can’t bloom where there’s pressure, obligation, or a sense of duty—it only grows in safety and freedom. When she feels free to WANT you rather than have to give to you, everything changes. So, if you want to connect with her… □ Replace entitlement with curiosity. □ Replace expectation with appreciation. □ Replace pressure with presence. Desire is a gift, not a transaction. Am I wrong? Let me know below!□"



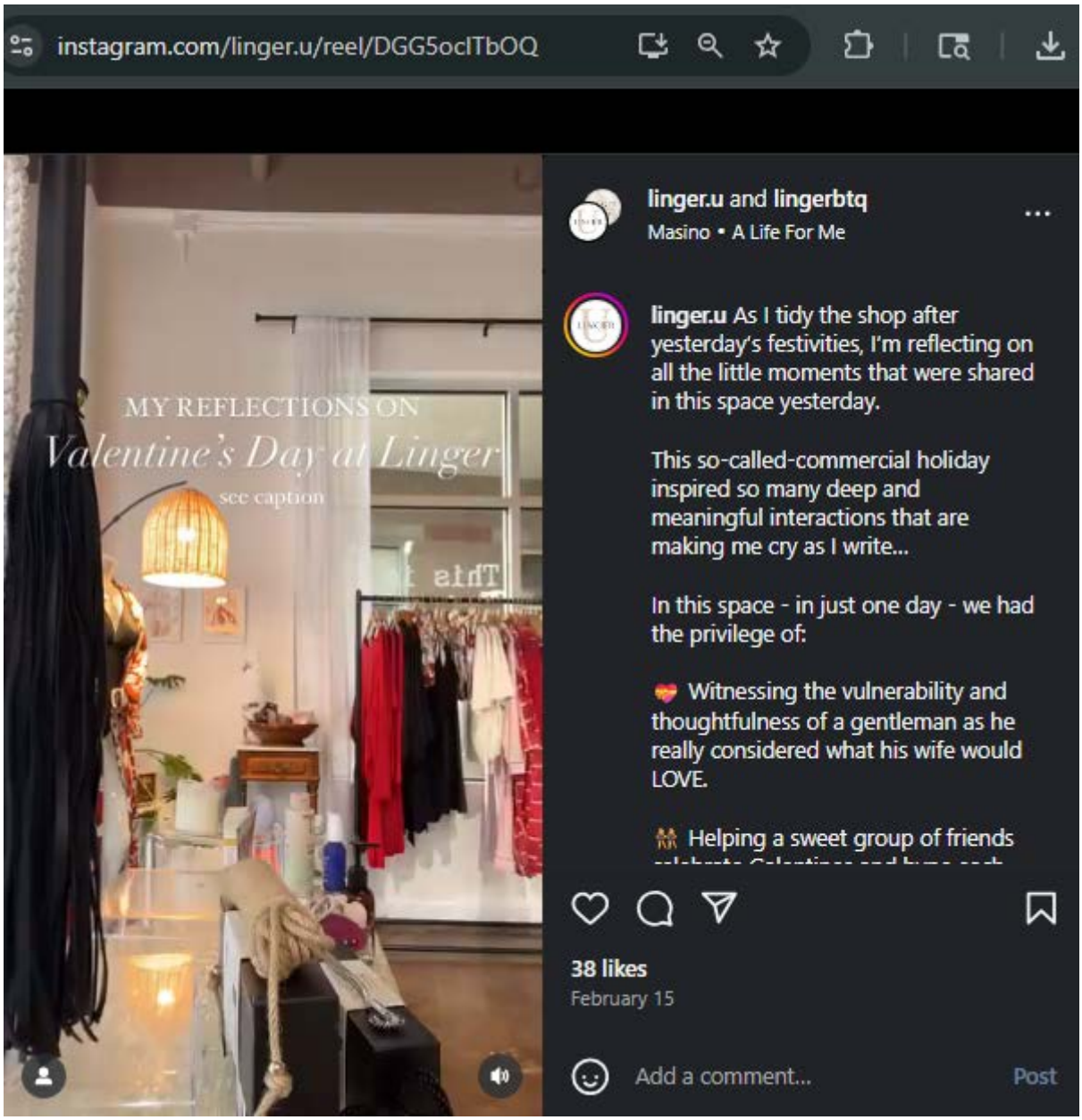
[Link to download video]

Instagram

linger.u
Posted: Feb 15, 2025
System ID: 608915
Captured: Jul 09, 2025
Shauna Marie Stewart
https://www.instagram.com/linger.u/reel/DGG5ocITbOQ

After DOI

*Seen at Linger Boutique "As I tidy the shop after yesterday’s festivities, I’m reflecting on all the little moments that were shared in this space yesterday. This so-called-commercial holiday inspired so many deep and meaningful interactions that are making me cry as I write… In this space - in just one day - we had the privilege of: □ Witnessing the vulnerability and thoughtfulness of a gentleman as he really considered what his wife would LOVE. □♀ Helping a sweet group of friends celebrate Galentines and hype each other up in the dressing room. □♀ Assisting a future bride select lingerie for her wedding night. □ Long hugging a tender soul who was trying to do something really nice for her husband but was having big feelings about body stuff. □ Raging and holding space for stories of SA. □□Helping moms and moms-to-be find sexy little gifts, proving that we get to be WHOLE beings and our sexuality doesn’t end when motherhood begins. □ Seeing that people were wearing our lingerie that very day and hearing how it makes them feel when they put it on. □❤□ Teaching a couple how to connect through play and offering communication strategies to avoid common pitfalls. They also learned how to co-create safe and sexy contexts for pleasure. There were more, and even more hugs and tears and rage and laughter and resistance this morning. On the surface, we look like a lingerie boutique, maybe even a s□x shop, but I know what this space truly is: it’s a magic portal. A huge thank you to everyone who trusts us with your stories, insecurities, celebrations, milestones and more. It is such an honor to spend time with you and I appreciate all the ways you support my small business and big dream. For those we haven’t yet met, I’d like you to know this: You can buy a bra at a box store, but if you want to feel held in more than just your cups, I invite you to shop with us. XO, Shauna #loveoly #olympiawa #lingerieshop #sexeducator"



[Link to download video]

Instagram

linger.u

System ID: 608907

Shauna Marie Stewart

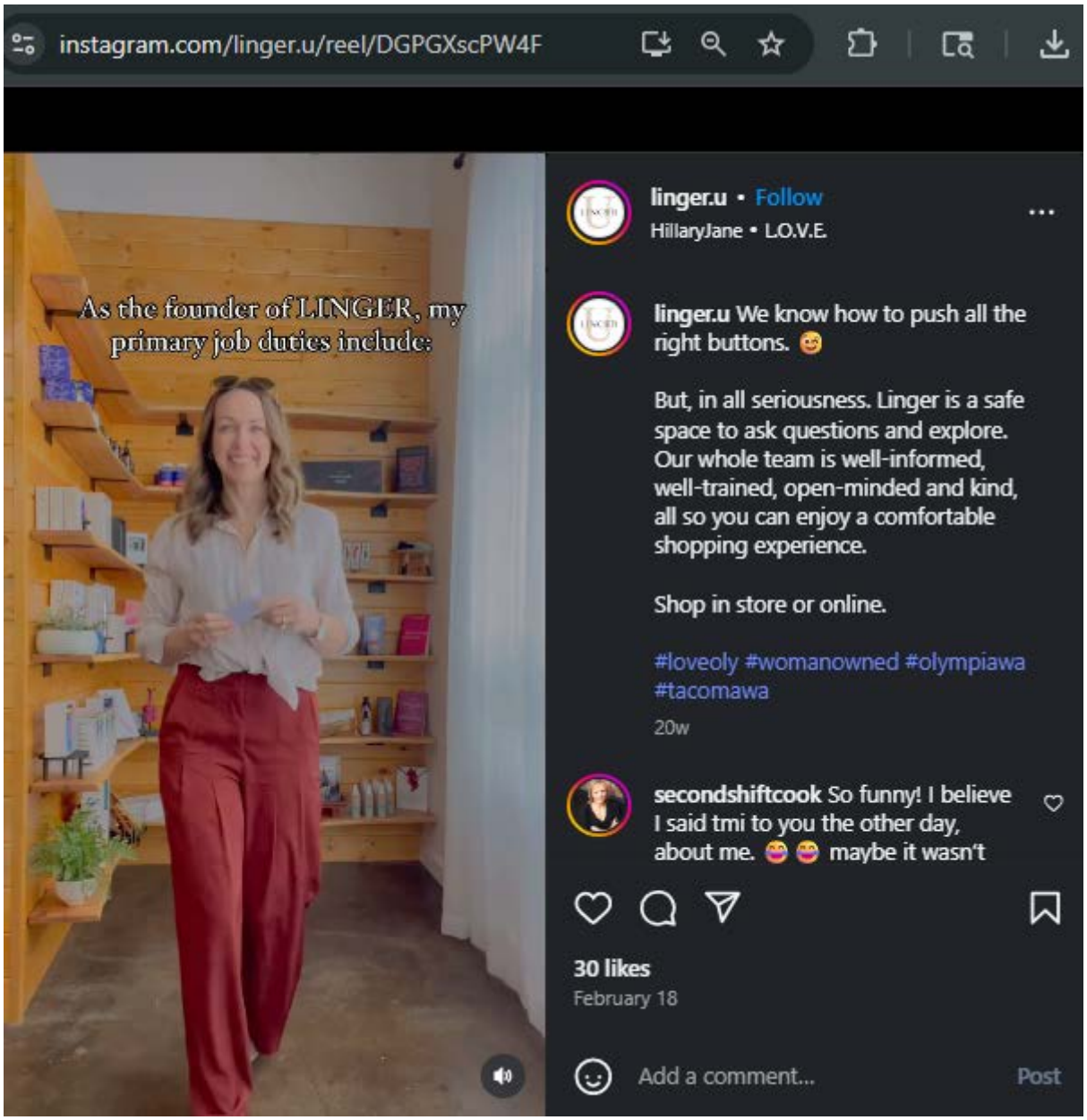
https://www.instagram.com/linger.u/reel/DGPGXscPW4F

Posted: Feb 18, 2025

Captured: Jul 09, 2025

After DOI

*Seen walking "We know how to push all the right buttons. □ But, in all seriousness. Linger is a safe space to ask questions and explore. Our whole team is well-informed, well-trained, open-minded and kind, all so you can enjoy a comfortable shopping experience. Shop in store or online. #loveoly #womanowned #olympiawa #tacomawa"



Link to download video

Instagram

linger.u

Posted: Feb 26, 2025

System ID: 608090

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DGjkAVqSlzc/?img_index=1

After DOI

*Pictured wearing lingerie while sitting in a bathtub "How do you fit a whole person into a few slides? You don’t, but we sure do try here on the socials—so here’s my best attempt. At the core of everything I do—whether it’s lingerie styling, intimacy coaching, podcast hosting, or just having real, honest conversations—is a passion for helping people feel more connected to themselves while normalizing rest and pleasure along the way. If that sounds like something you need, let’s talk. DM me or hit the link in my bio to work with me! And, PLEASE share something about you below. I really want to know."

instagram.com/linger.u/p/DGjkAVqSlzc/?img_index=1

linger.u and **2 others**

linger.u How do you fit a whole person into a few slides? You don't, but we sure do try here on the socials —so here's my best attempt.

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39 likes
February 26

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Instagram

linger.u

Posted: Mar 08, 2025

System ID: 608875

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DG8kXizv4hE/?img_index=1

After DOI

*Shared that she was on the cover of VOICE Magazine "Today, on International Women's Day, I'm celebrating something big—I made the cover of VOICE Magazine! (Which basically makes me a cover model, right?) @thurstonchamber Jokes aside, what I'm really celebrating is what this moment represents for YOU, for all of us. For too long, women's pleasure and sexual wellness have been dismissed, stigmatized, or deemed unimportant. We live in a culture that would rather judge and control than listen and liberate, leaving many of us feeling abandoned by the systems meant to support us. We're taught to be caregivers and hard workers (not terrible things), but rarely are we encouraged to slow down and feel good—many of us don't even know what that truly means. That's why this cover is more than just a personal milestone. It's a win for women's wellness. This feature in a business publication means these conversations are making their way into mainstream spaces, onto the desks of professionals, and into places where change happens. If pleasure and rest remain taboo, they remain inaccessible—but we are shifting that narrative, one conversation at a time. In a world that often feels overwhelming—especially now—reclaiming our right to pleasure, rest, and connection is one of the most radical and healing things we can do. This work hasn't been easy. But this cover? This is proof that change is happening. That we can talk about pleasure and intimacy openly. That we can take up space. And that what we're doing matters. Sexual wellness isn't just about an act—it's about personal power. It's time to own it. When we do, when we're in that place of power and pleasure—not depletion—we show up in the world differently. We lead, create, care, and give from fullness rather than exhaustion. If you've been around a while you know that Linger is about more than pretty lace and good vibes. It's about reclaiming something essential—something we've been told isn't ours to have. More in the comments." "If you believe in this mission, here's how you can help: Tell a friend—or better yet, bring them into Linger. Every conversation helps break the stigma and normalize pleasure. Leave a Google review—it's a small act that makes a huge difference in helping others feel safe stepping into this space and beginning their own journeys. Shop Small & Woman-Owned—Every purchase supporting a woman-owned business is a vote for a world where women's work, creativity, and leadership are valued. I'm beyond grateful for the bold, brilliant women leading the charge in sex tech, lingerie, and sexual wellness industries who've paved the way for all of us—and I'm grateful for you. Thank you for being part of this movement and thank you for celebrating the social, economic, cultural and political achievements of all women - today and every day. XO, Shauna"

instagram.com/linger.u/p/DG8kXizv4hE/?img_index=1
CELEBRATING INTERNATIONAL WOMEN'S DAY
Here, women come first.*
@linger.u | @lingerbtq
*All women.
linger.u and 2 others
Olympia, Washington
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We live in a culture that would rather judge and control than listen and liberate, leaving many of us feeling abandoned by the systems meant to
41 likes
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instagram.com/linger.u/p/DG8kXizv4hE/?img_index=2

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Give Yourself Permission to Pause at

LINGER BOUTIQUE

by Kathryn Millhorn • Photos by Shanna Paxton Photography

In today's nonstop world, women juggle careers, family, friendships, caregiving, and their own physical and mental well-being—often putting themselves last. The result? Burnout, exhaustion, and sometimes even illness.

That's exactly why Shauna Stewart founded Linger Boutique in downtown Olympia. She believes that rest, pleasure, and self-care aren't luxuries—they're essential. At Linger, women can explore ways to slow down, reconnect with themselves, and embrace joy in a way that feels safe, empowering, and deeply personal.

The Power of Pleasure: From Struggle to Strength

Stewart's journey to prioritizing pleasure wasn't by choice. In 2020, a mystery illness left her debilitated for nine months.

"It was one of the darkest, most desperate times of my life," she recalls. "I was endlessly searching for answers."

Then, one late-night web search changed everything: Pleasure is an antidote to pain.

"It was such a simple idea, but it spoke to me in a profound way," she says. "I began exploring the transformative power of pleasure in all areas of my life. That realization planted a seed—I wanted to create a space where women

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instagram.com/linger.u/p/DG8kXizv4hE/?img_index=4

could feel safe and supported in rediscovering their own pleasure and embracing their full selves."

A Safe & Approachable Space to Prioritize Yourself

At Linger Boutique, Stewart carefully curates lingerie, sexual wellness products, and immersive experiences—like coaching and retreats—that help women reconnect with their bodies and their confidence.

"I make it a priority to work with female-founded brands and choose products that are meaningful, sustainable, and beautifully designed," she says. "For me, it's not just about selling items—it's about helping women feel fully alive."

That philosophy extends to Stewart's own experience as a business owner.

"For so long, women were expected to conform to systems that weren't built for them. Now, I see women breaking those molds—creating businesses and workplaces that truly support their lives and ambitions. It's incredible to witness, and I love being part of that movement."

Breaking Stigmas & Encouraging Others to Take the Leap

Building a business centered on women's pleasure and wellness hasn't always been easy. "There's still stigma around sexual wellness," Stewart admits. "But I've found an amazing community of support."

She encourages other women to trust their intuition and take the leap into entrepreneurship.

"Your intuition knows more than you realize. It's easy to get overwhelmed by outside opinions, but your vision is yours for a reason. Some of my best decisions came from following my gut—even when it didn't make sense to anyone else. Believe in your wisdom, take the leap, and trust that you'll figure it out along the way."

What's Next: A Luxury Retreat & More Ways to Linger

Linger Boutique isn't just a place to shop—it's a community. You'll find complimentary bra fittings, a seasonal lingerie subscription, private events, and a podcast.

And in May 2025, Stewart is hosting a Luxury Women's Retreat in Tuscany, where guests will experience yoga, somatic dance, pleasure workshops, and Italian cultural immersion.

You can visit Linger Boutique at 111 Market Street NE, Suite 107 (Hours are Wed-Fri, 11:30am-5:30pm, Sat, 11am-4pm, and Sunday, 11am-3pm), or shop online at **www.LingerBoutique.com** for curated products, coaching, workshops, and more.

Follow Linger on Instagram @linger.u and @lingerbtq.

thurstonchamber.com

Thurston County Chamber VOICE | March 2025 | 15

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Instagram

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System ID: 608546

Shauna Marie Stewart

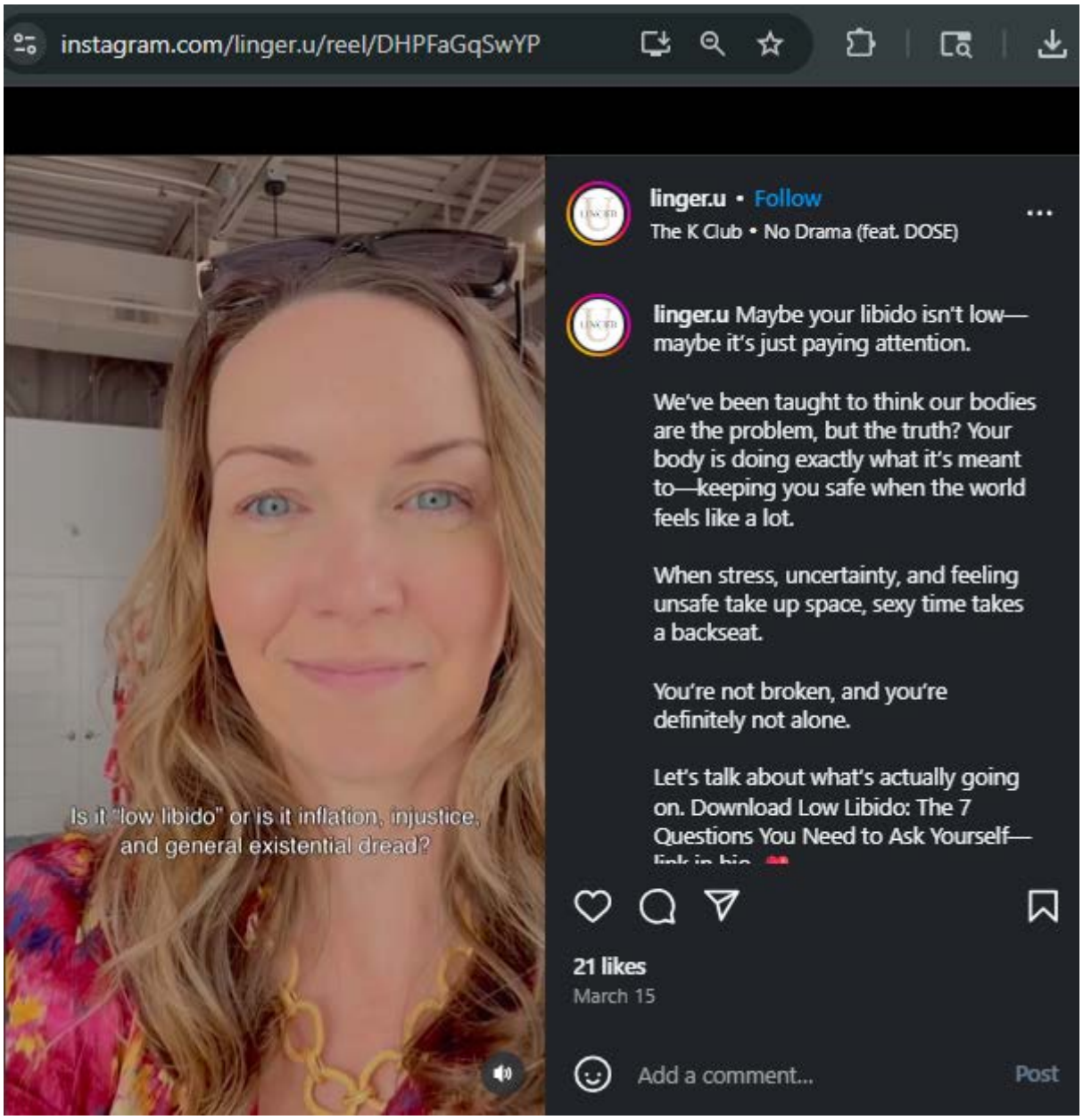
https://www.instagram.com/linger.u/reel/DHPFaGqSwYP

Posted: Mar 15, 2025

Captured: Jul 09, 2025

After DOI

*Talked about low libido and directed people to a download "Maybe your libido isn’t low—maybe it’s just paying attention. We’ve been taught to think our bodies are the problem, but the truth? Your body is doing exactly what it’s meant to—keeping you safe when the world feels like a lot. When stress, uncertainty, and feeling unsafe take up space, sexy time takes a backseat. You’re not broken, and you’re definitely not alone. Let’s talk about what’s actually going on. Download Low Libido: The 7 Questions You Need to Ask Yourself—link in bio. "



[Link to download video]

Instagram

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Posted: Mar 18, 2025

System ID: 608540

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DHXJCBgyuEB/?img_index=1

After DOI

*Shared relationship rules that she and her husband do not follow and what they do instead "There’s so much advice out there about how to keep a relationship strong. But the truth is—there are no universal rules (except consent). What works for one couple might create pressure for another. As a Certified Sexuality Educator and Intimacy Coach, I’ve heard all the tips—but that doesn’t mean I follow them. If you’re ready to explore what works for you, let’s connect! Whether through personalized coaching or my digital workshop Yes, Please, we’ll dive into building intimacy on your terms and discovering what truly lights you up. Book a coaching session Sign up for Yes, Please (digital workshop)"

instagram.com/linger.u/p/DHXJCBgyuEB/?img_index=1

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linger.u There's so much advice out there about how to keep a relationship strong. But the truth is—there are no universal rules (except consent).

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Instagram

linger.u

System ID: 608518

Shauna Marie Stewart

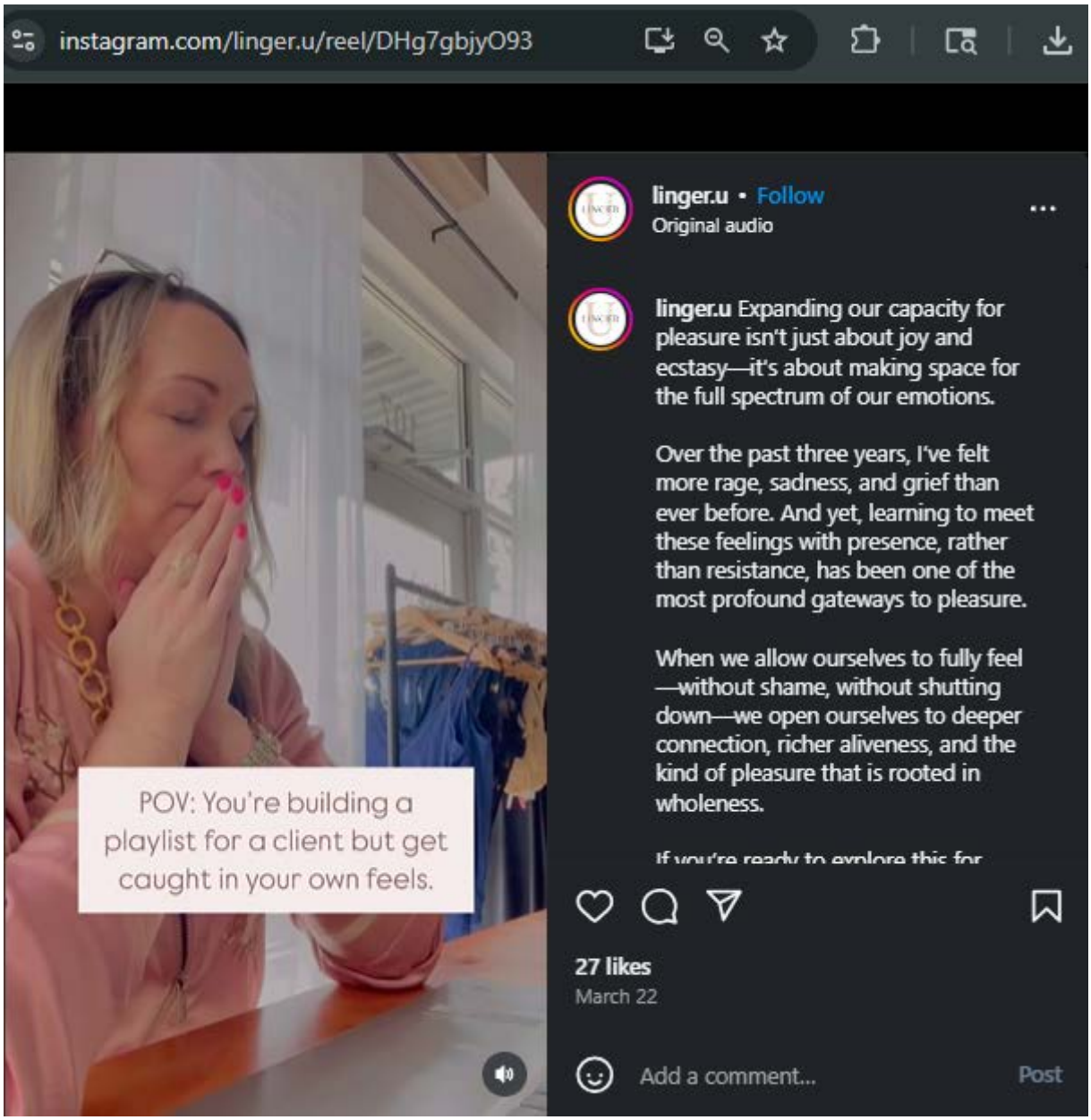
https://www.instagram.com/linger.u/reel/DHg7gbjyO93

Posted: Mar 22, 2025

Captured: Jul 09, 2025

After DOI

*Video of Subject listening to music and briefly singing at Linger Boutique, while she was creating a playlist for a client "Expanding our capacity for pleasure isn’t just about joy and ecstasy—it’s about making space for the full spectrum of our emotions. Over the past three years, I’ve felt more rage, sadness, and grief than ever before. And yet, learning to meet these feelings with presence, rather than resistance, has been one of the most profound gateways to pleasure. When we allow ourselves to fully feel—without shame, without shutting down—we open ourselves to deeper connection, richer aliveness, and the kind of pleasure that is rooted in wholeness. If you’re ready to explore this for yourself—to expand your pleasure, deepen your connection to your body, and feel fully alive—I’d love to guide you. Work with me 1:1 and let’s begin. Send me a message to learn more."



[Link to download video]

Instagram

linger.u

Posted: Mar 25, 2025

System ID: 608554

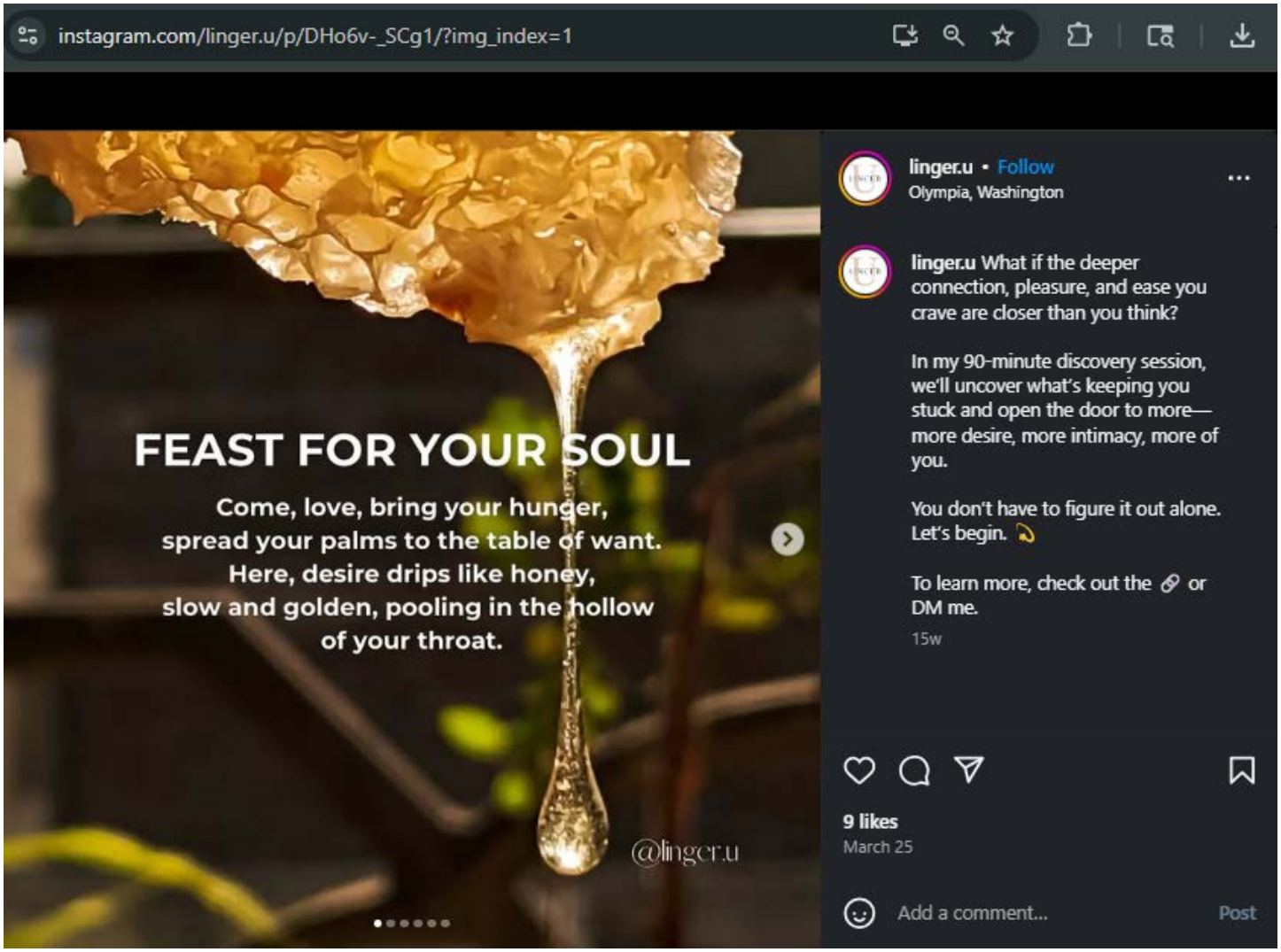
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DHo6v-_SCg1/?img_index=1

After DOI

"What if the deeper connection, pleasure, and ease you crave are closer than you think? In my 90-minute discovery session, we'll uncover what's keeping you stuck and open the door to more—more desire, more intimacy, more of you. You don't have to figure it out alone. Let's begin. To learn more, check out the or DM me."


instagram.com/linger.u/p/DHo6v-_SCg1/?img_index=1
FEAST FOR YOUR SOUL
Come, love, bring your hunger,
spread your palms to the table of want.
Here, desire drips like honey,
slow and golden, pooling in the hollow
of your throat.
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Olympia, Washington
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You don't have to figure it out alone. Let's begin.
To learn more, check out the or DM me.
15w
9 likes
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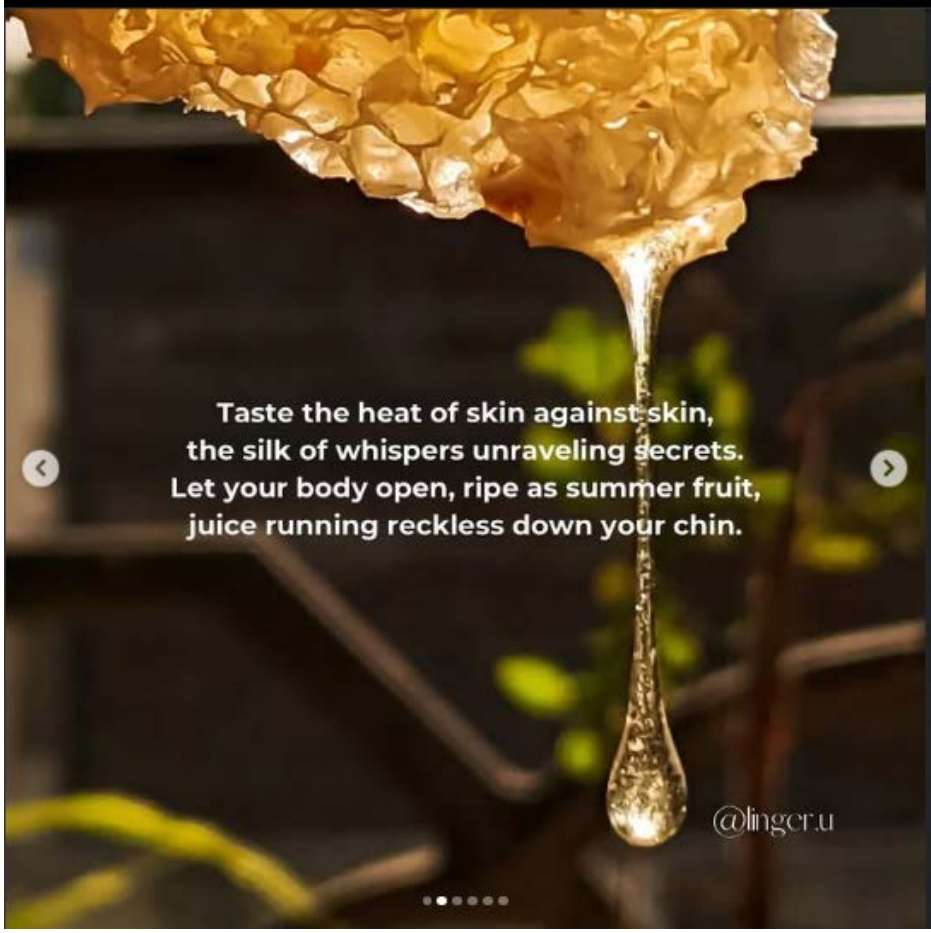
instagram.com/linger.u/p/DHo6v-_SCg1/?img_index=2



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To learn more, check out the 🔗 or DM me.

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March 25

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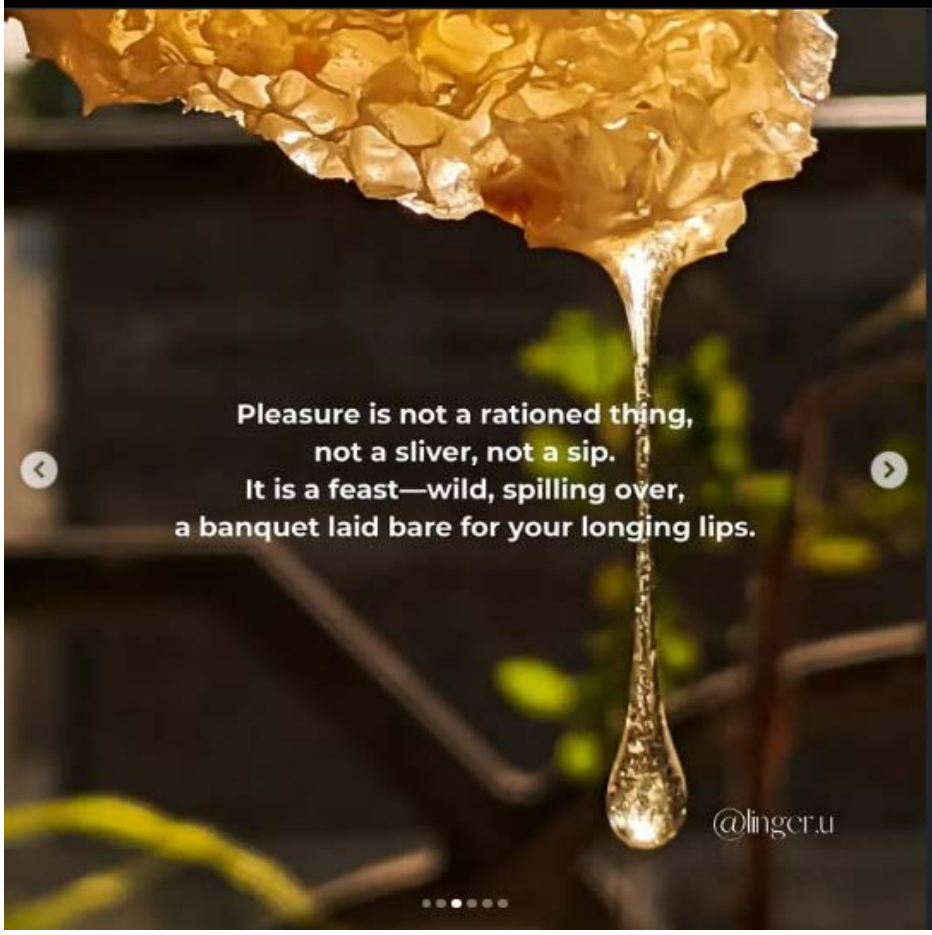
instagram.com/linger.u/p/DHo6v-_SCg1/?img_index=3



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In my 90-minute discovery session, we'll uncover what's keeping you stuck and open the door to more—more desire, more intimacy, more of you.

You don't have to figure it out alone. Let's begin. 💫

To learn more, check out the 🔗 or DM me.

15w

9 likes
March 25

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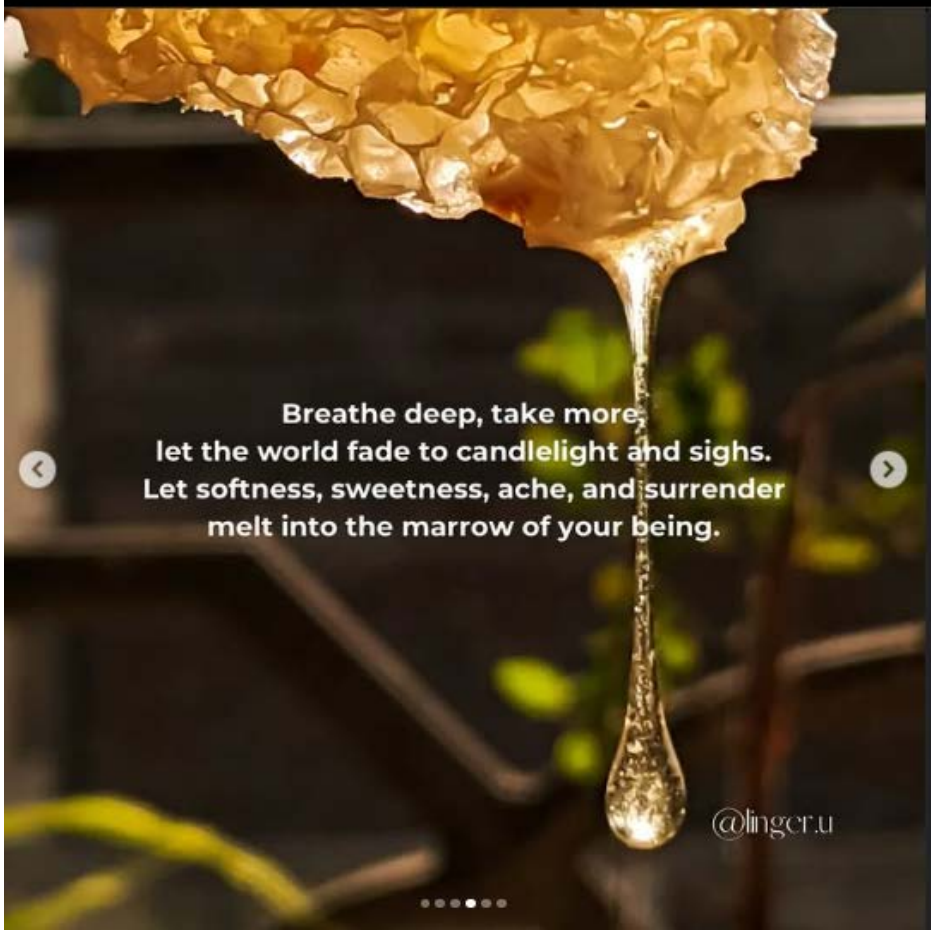

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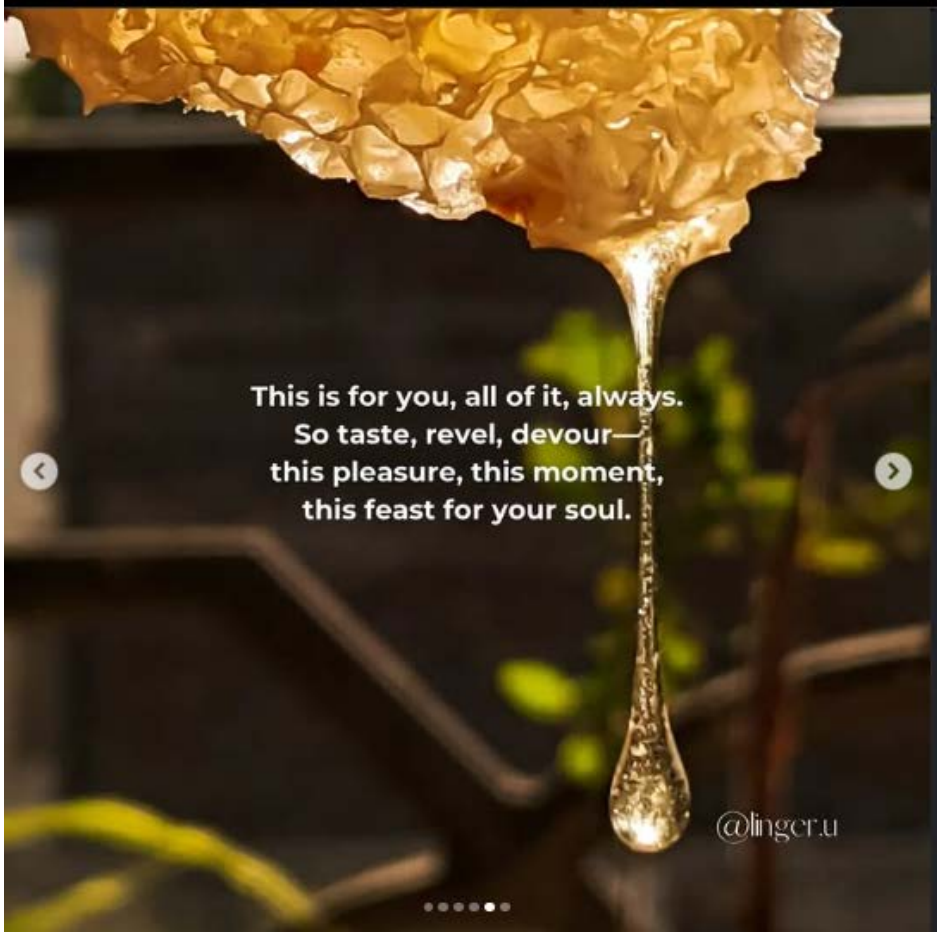
instagram.com/linger.u/p/DHo6v-_SCg1/?img_index=5



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15w

9 likes
March 25

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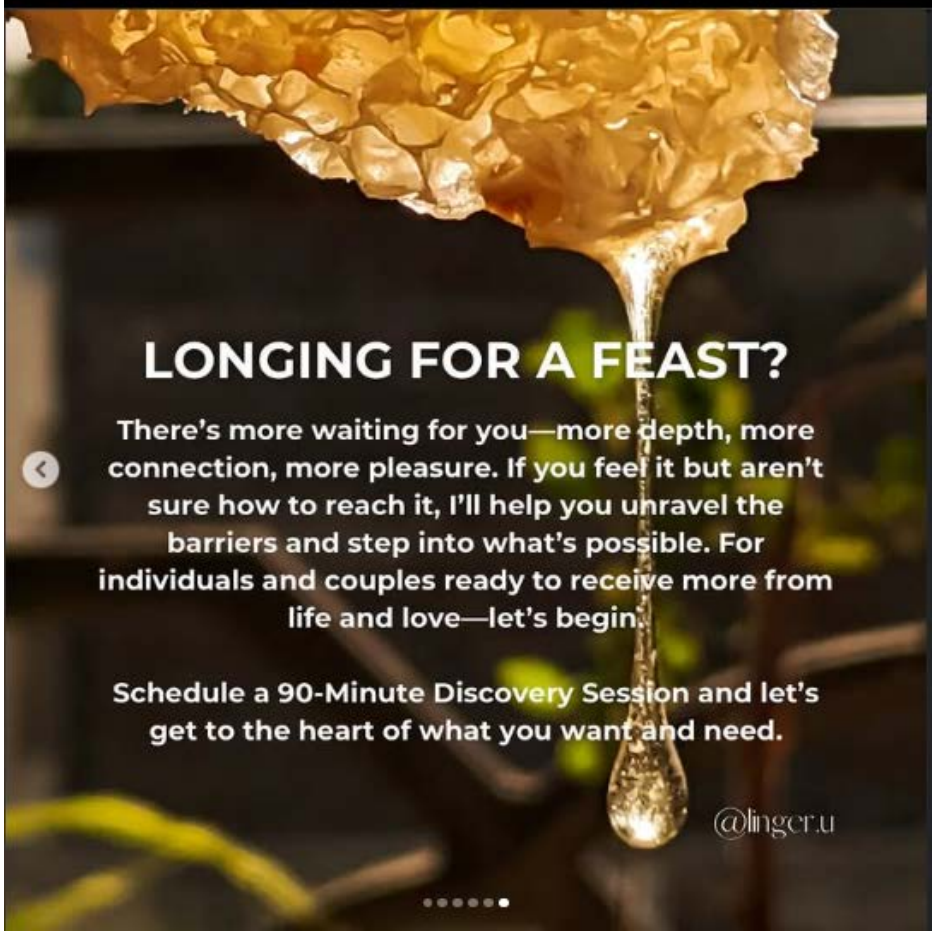
instagram.com/linger.u/p/DHo6v-_SCg1/?img_index=6



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To learn more, check out the 🔗 or DM me.

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9 likes
March 25

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Instagram

linger.u

System ID: 608501

Shauna Marie Stewart

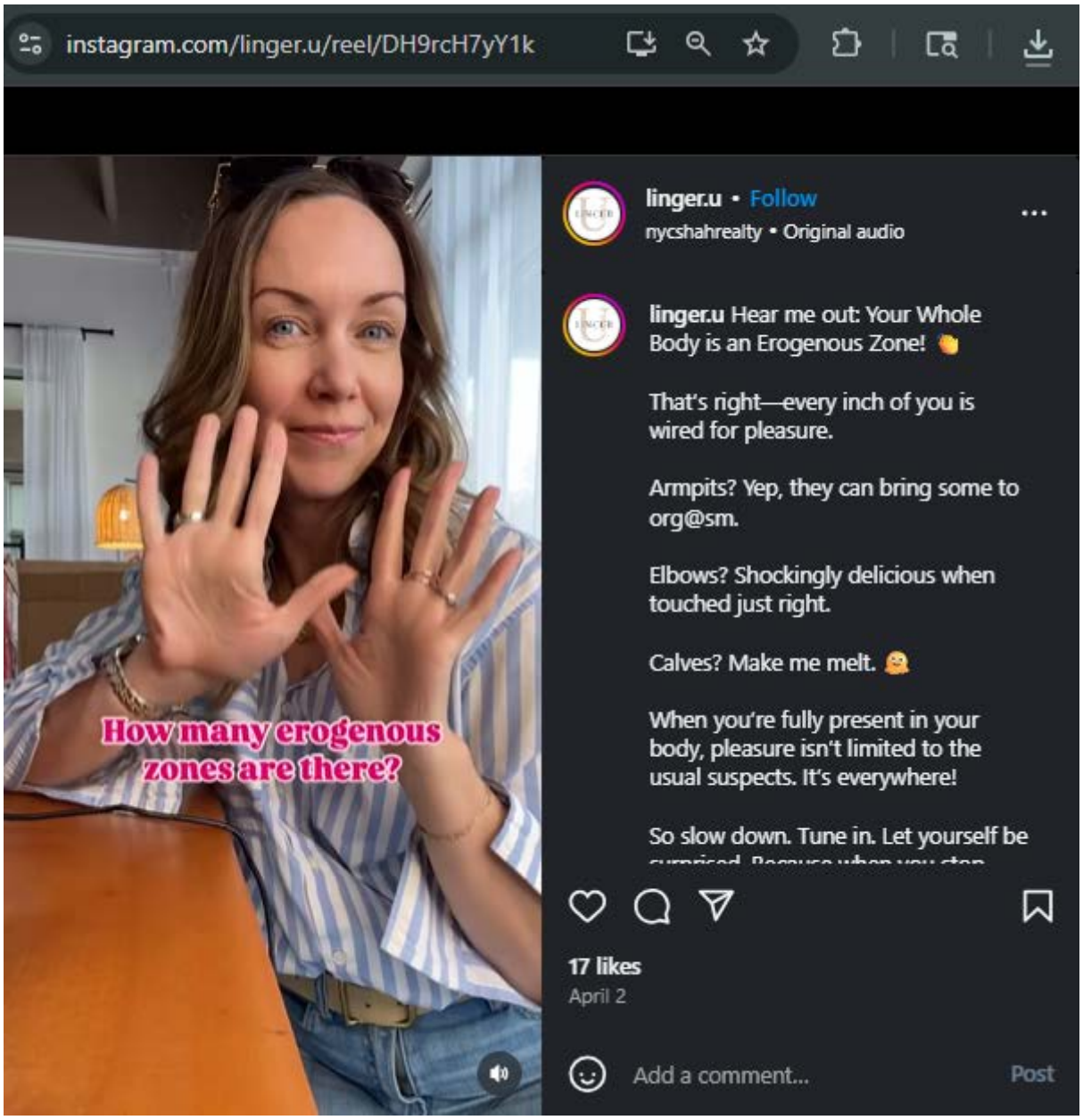
https://www.instagram.com/linger.u/reel/DH9rcH7yY1k

Posted: Apr 02, 2025

Captured: Jul 09, 2025

After DOI

*Video about erogenous zones and how a person's whole body was one "Hear me out: Your Whole Body is an Erogenous Zone! □ That’s right—every inch of you is wired for pleasure. Armpits? Yep, they can bring some to org@sm. Elbows? Shockingly delicious when touched just right. Calves? Make me melt. □ When you’re fully present in your body, pleasure isn’t limited to the usual suspects. It’s everywhere! So slow down. Tune in. Let yourself be surprised. Because when you stop chasing pleasure in just one place, you just might find it where you least expected!"



[Link to download video]

Instagram

linger.u

System ID: 608494

Shauna Marie Stewart

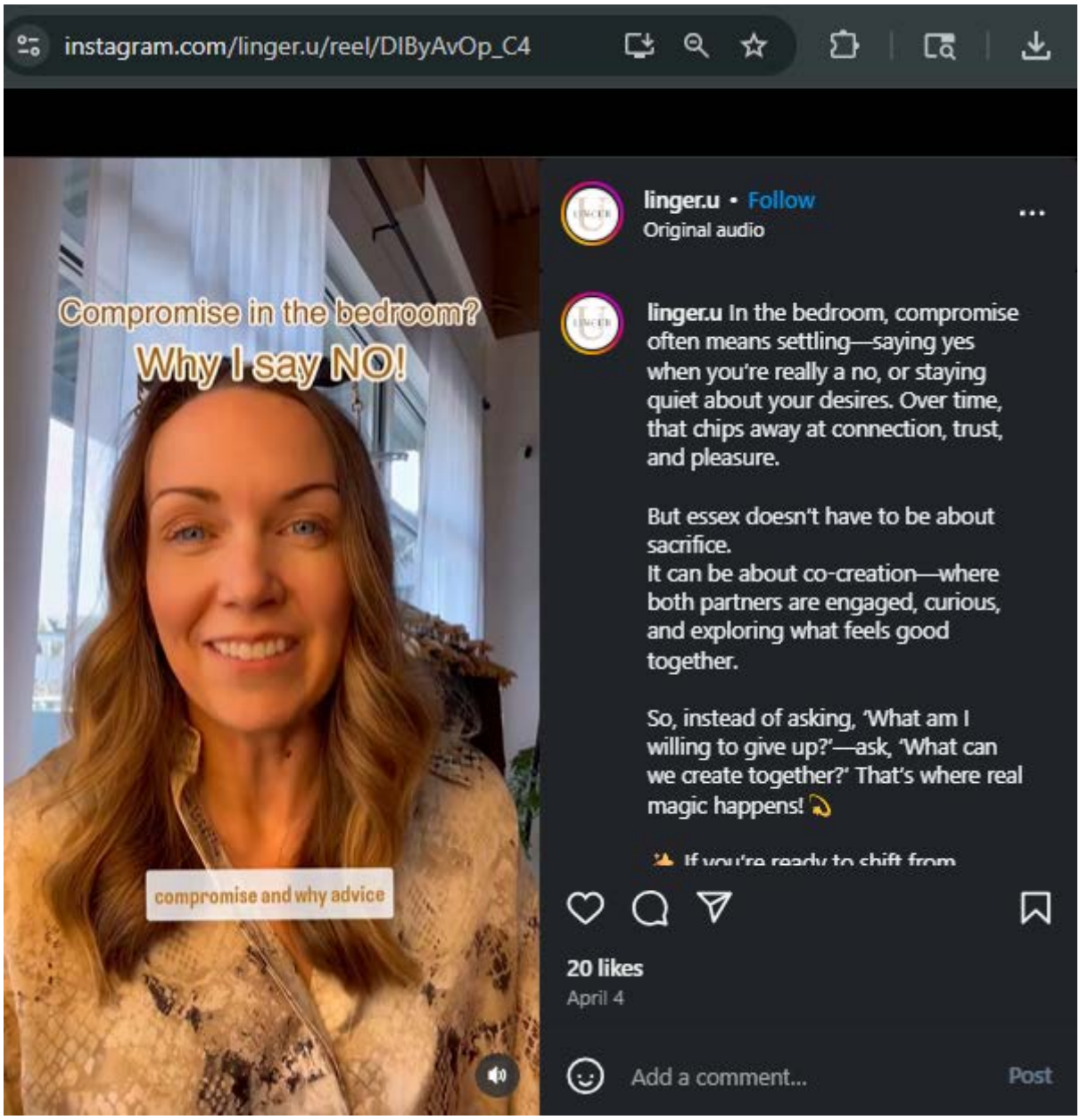
https://www.instagram.com/linger.u/reel/DIByAvOp_C4

Posted: Apr 04, 2025

Captured: Jul 09, 2025

After DOI

*Advised against people compromising in regards to sex/intimacy "In the bedroom, compromise often means settling—saying yes when you’re really a no, or staying quiet about your desires. Over time, that chips away at connection, trust, and pleasure. But essex doesn’t have to be about sacrifice. It can be about co-creation—where both partners are engaged, curious, and exploring what feels good together. So, instead of asking, ‘What am I willing to give up?’—ask, ‘What can we create together?’ That’s where real magic happens!□ □ If you’re ready to shift from compromise to co-creation in your intimate life, I’d love to support you. Check out my 1:1 coaching to reconnect with your desires and build deeper, more pleasurable intimacy. As a Certified Sexuality Educator and Intimacy Coach, I work with individuals and couples! □ Link in bio to book a discovery call."



[Link to download video]

Instagram

linger.u

Posted: Apr 06, 2025

System ID: 608476

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DIHppjmTMfJ

After DOI

*Shared a picture of sex-toys on a shelf, including a Vibrating Pelvic Wand. She talked about the importance of a pelvic floor and mentioned believing in people having a Pelvic Heath Physical Therapist on their wellness team. She said that for at-home care her favorite tool was Intimate Rose Pelvic Wand and mentioned a local Pelvic Health PT, Emily Novoa "Let’s talk about something that often gets overlooked—but deeply impacts how we feel in our bodies: our pelvic floor. This powerful part of our body supports bladder control, sexual health, and core stability. And when it’s out of balance or holding tension? It can ripple into every area of our well-being. That’s why I’m such a big believer in having a pelvic health physical therapist on your wellness team. They can help with everything from pain and discomfort to feeling disconnected during intimacy. Think of them like you would a primary care doctor or a sex coach—essential support for a vibrant, connected life. For at-home care, I’ve got a favorite tool: the Intimate Rose Pelvic Wand. It’s gentle, intuitive, and so effective at releasing tension and targeting trigger points in the pelvic floor. We even teamed up with local Pelvic Health PT, Emily Novoa, to create a step-by-step guide on how to use it—so you feel supported every step of the way. You can check it out on our blog. If you’re experiencing pain, tightness, or just want to reconnect with this sacred part of your body, the Intimate Rose Wand might be exactly what you need. Available online + in-store. PS: Know someone who’s struggling with pelvic floor issues? Send this their way. Healing starts with a single, supported step."

instagram.com/linger.u/p/DlHppjmTMfJ

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Olympia, Washington

linger.u Let's talk about something that often gets overlooked—but deeply impacts how we feel in our bodies: our pelvic floor.

This powerful part of our body supports bladder control, sexual health, and core stability. And when it's out of balance or holding tension? It can ripple into every area of our well-being.

13 likes
April 6

Add a comment... Post

Instagram

linger.u

Posted: Apr 07, 2025

System ID: 608447

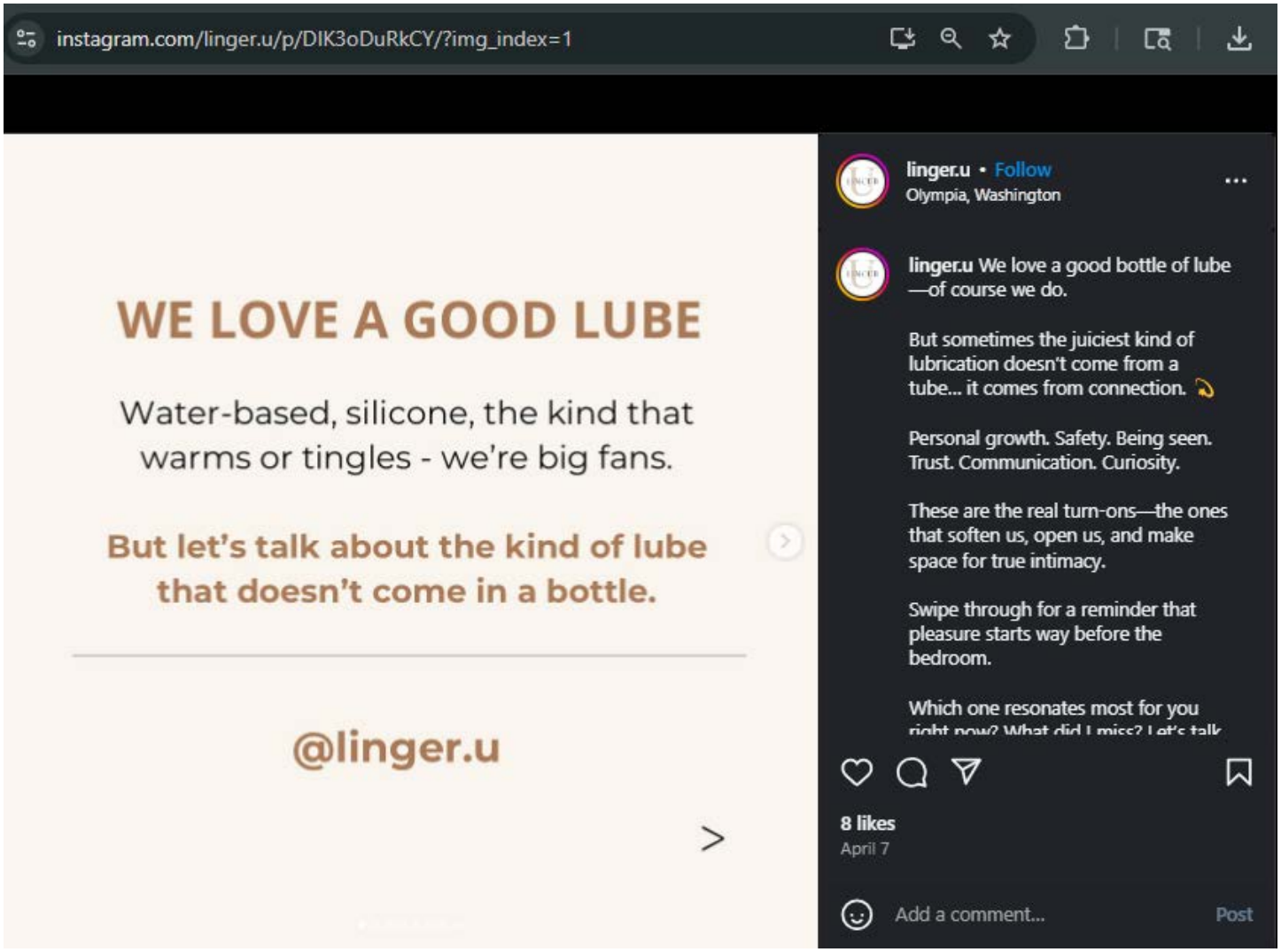
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DIK3oDuRkCY/?img_index=1

After DOI

*Post about lube "We love a good bottle of lube—of course we do. But sometimes the juiciest kind of lubrication doesn’t come from a tube… it comes from connection. Personal growth. Safety. Being seen. Trust. Communication. Curiosity. These are the real turn-ons—the ones that soften us, open us, and make space for true intimacy. Swipe through for a reminder that pleasure starts way before the bedroom. Which one resonates most for you right now? What did I miss? Let’s talk in the comments. #emotionalforeplay #intimacycoach #pleasureispractical #sexeducation #relationshipgoals"


instagram.com/linger.u/p/DIK3oDuRkCY/?img_index=1
WE LOVE A GOOD LUBE
Water-based, silicone, the kind that warms or tingles - we're big fans.
But let's talk about the kind of lube that doesn't come in a bottle.
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linger.u We love a good bottle of lube —of course we do.
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These are the real turn-ons—the ones that soften us, open us, and make space for true intimacy.
Swipe through for a reminder that pleasure starts way before the bedroom.
Which one resonates most for you
8 likes
April 7
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Post

Instagram

linger.u

System ID: 608443

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DINIqZSyEVK

Posted: Apr 08, 2025

Captured: Jul 09, 2025

After DOI

*Talked about people having a sex life after the age of 40. She offered 1 on 1 intimacy coaching for women and couples to help people reclaim their sex life "Real talk: midlife can feel like a lot. Hormones shift. Bodies change. Kids grow up. Relationships evolve and/or dissolve. Perimenopause hits like a freight train.
And you’re left wondering: Where did my mojo go? Here’s the part no one tells you— Your sex life doesn’t end in midlife. It transforms. And that can be a really beautiful thing. It can get deeper. More connected. More honest. This is the season where you stop performing and start truly feeling. Where people-pleasing fades, and your desires take center stage. Yes, there are real challenges—Vaginal dryness, fatigue, resentment, shame, shifting identity, complicated histories. But there’s also so much potential: For healing. For power. For pleasure. Midlife isn’t a crisis. It’s a rebirth. A chance to come home to yourself. To stop compromising. To say yes only when you mean it. To discover what turns you on now—in this season, this skin, with all this hard-won wisdom. Let’s break the stigma— With truth. With tenderness. With unapologetic, embodied pleasure. You deserve a sex life that grows with you. Not one that disappears—or disappoints. Ready to reclaim yours? I offer 1:1 intimacy coaching for women and couples. Let’s rewrite the story together. Link in bio."

instagram.com/linger.u/p/DINIqZSyEVK

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linger.u Real talk: midlife can feel like a lot.

Hormones shift. Bodies change.
Kids grow up. Relationships evolve and/or dissolve.
Perimenopause hits like a freight train.

And you're left wondering: Where did my mojo go?

Here's the part no one tells you—
Your sex life doesn't end in midlife.
It transforms. And that can be a really beautiful thing.

It can get deeper. More connected.
More honest.

12 likes
April 8

Add a comment... Post

Instagram

linger.u

Posted: Apr 17, 2025

System ID: 608429

Captured: Jul 09, 2025

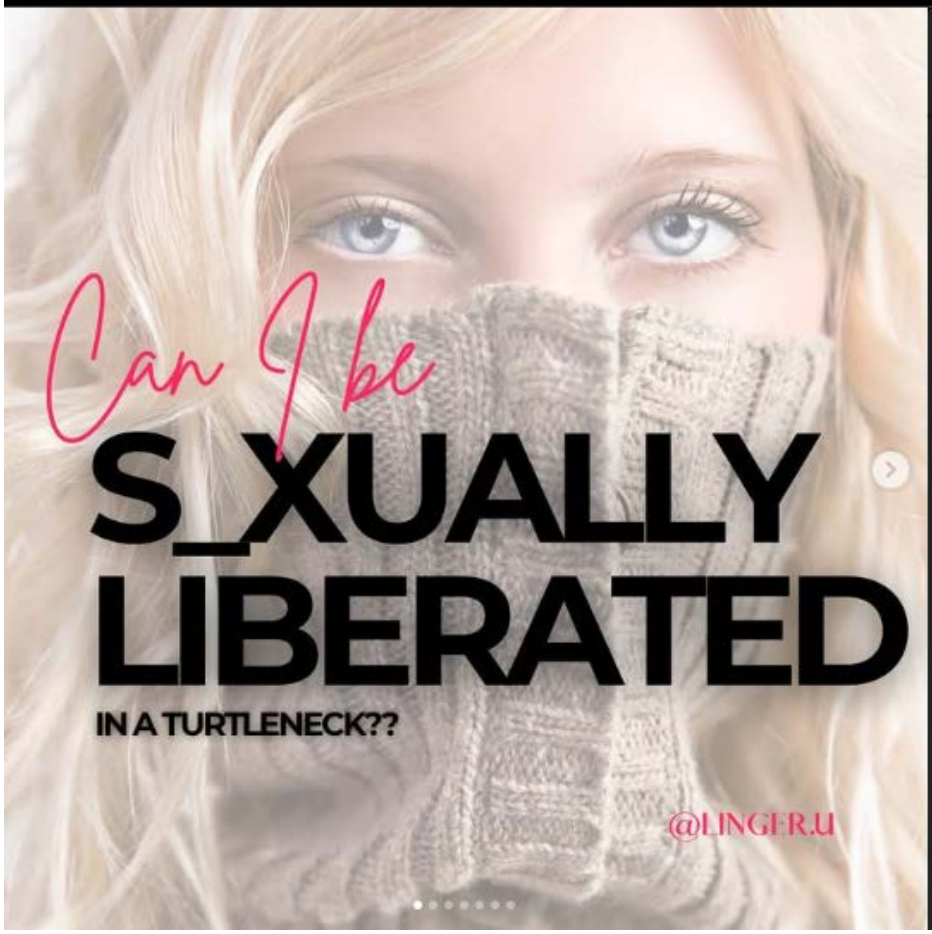
Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DIkRFcPTPeW/?img_index=1

After DOI

*Talked about being sexually liberated "Truth be told, sometimes I wonder if I’m not liberated enough… Because I’m not dancing in lingerie on Instagram, not whispering into the camera, not humping a pillow to demo a move I swear will change your life. And honestly? Sometimes that makes me pause and question…Am I holding back? Should I be doing more to “look” the part? But every time I check in with my body, the answer is the same: I’m not holding back — I’m honoring my truth. My version of liberation is quieter. It’s in deep listening. In choosing rest. In creating spaces for women to feel safe, seen, and deeply connected —without needing to perform for anyone. There’s no one way to be s_xually empowered. No outfit, no pose, no performance required. Just your truth and your willingness to follow it. You don’t have to perform to be powerful. You don’t have to prove your pleasure to anyone. Your liberation gets to be yours. If you’d like support figuring out your flavor of freedom, check out my 1:1 coaching packages or DM me to learn more."

instagram.com/linger.u/p/DIkRFcPTPeW/?img_index=1



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Olympia, Washington

linger.u Truth be told, sometimes I wonder if I'm not liberated enough...

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My version of liberation is quieter

21 likes
April 17

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instagram.com/linger.u/p/DIkRFcPTPeW/?img_index=2

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21 likes
April 17

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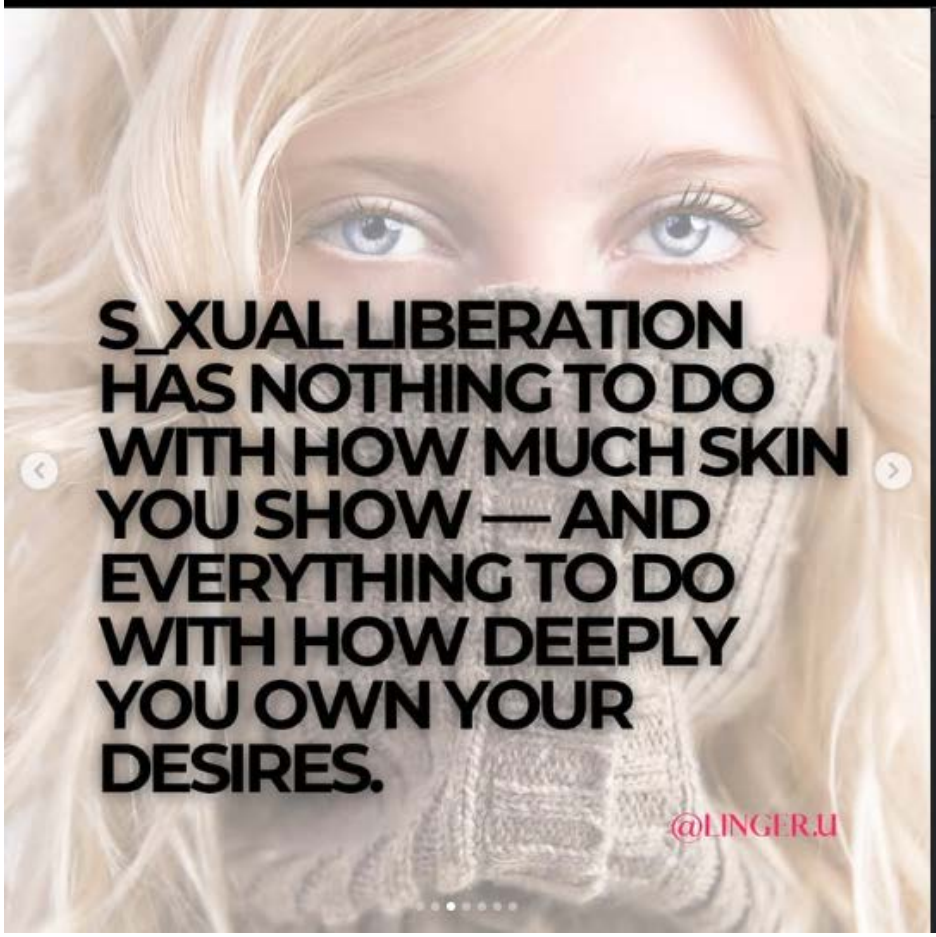
instagram.com/linger.u/p/DIkRFcPTPeW/?img_index=3



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April 17

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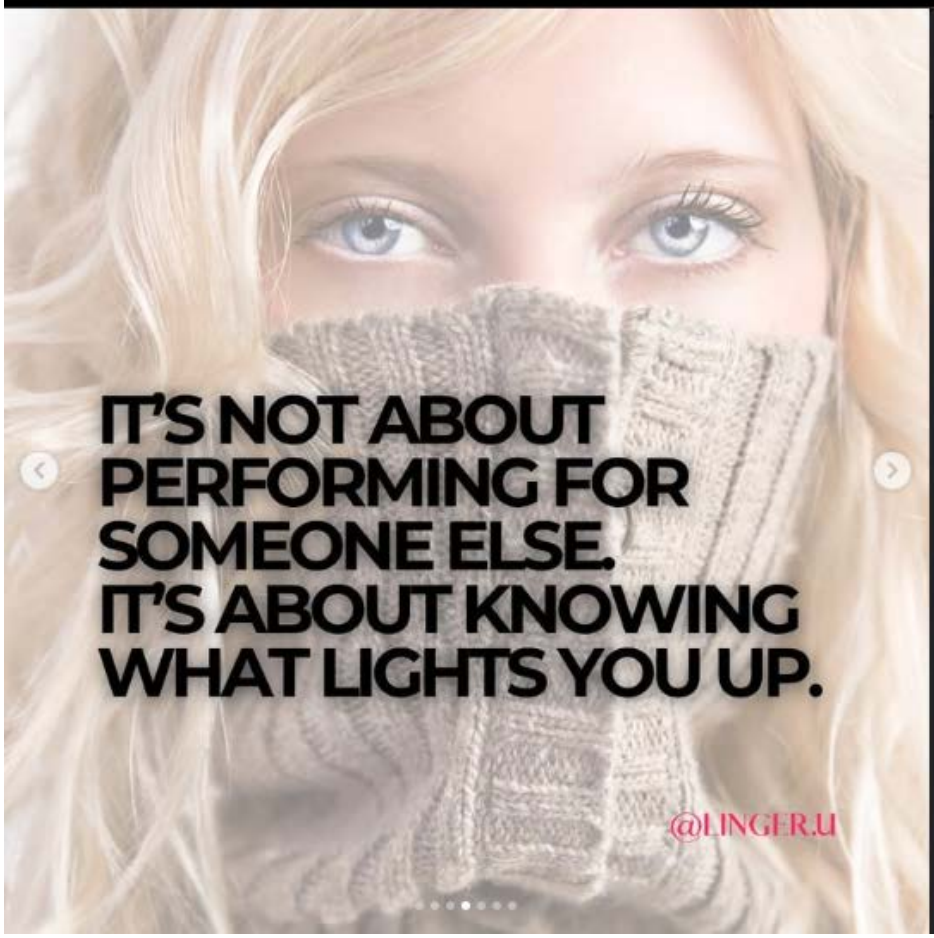

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21 likes
April 17

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Instagram

linger.u

Posted: May 02, 2025

System ID: 608436

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DJJ4OfmpVEw/?img_index=1

After DOI

*Shared items that were restocked and available for purchase "The Spice Cabinet’s been restocked with some playful new pieces! Even more waiting in-store—come explore!"

instagram.com/linger.u/p/DJJ4OfmpVEw/?img_index=1

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linger.u The Spice Cabinet's been restocked with some playful new pieces! Even more waiting in-store—come explore!

9w

5 likes

May 2

Add a comment... Post

instagram.com/linger.u/p/DJJ4OfmpVEw/?img_index=2

linger.u • Follow

linger.u The Spice Cabinet's been restocked with some playful new pieces! Even more waiting in-store—come explore!

9w

5 likes

May 2

Add a comment... Post

instagram.com/linger.u/p/DJJ4OfmpVEw/?img_index=3

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9w

5 likes

May 2

Add a comment... Post

instagram.com/linger.u/p/DJJ4OfmpVEw/?img_index=4

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9w

5 likes

May 2

Add a comment... Post

instagram.com/linger.u/p/DJJ4OfmpVEw/?img_index=5

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linger.u The Spice Cabinet's been restocked with some playful new pieces! Even more waiting in-store—come explore!

9w

5 likes

May 2

Add a comment... Post

Instagram

linger.u

Posted: May 03, 2025

System ID: 608894

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DGv0GttSRB8/?img_index=1

After DOI

*Post about International Sex Workers' Rights Day "Eight years ago, I made a flippant, unkind joke about a friend’s perfume making my baby smell like a “French prostitute.” I didn’t think twice about it—until my employee did. With courage and honesty, she called me out. She reminded me that words carry weight, and that casually demeaning someone—especially a group already facing stigma—has real impact. I was embarrassed. But more than that, I was grateful (eventually). That moment cracked something open in me. It made me examine the unconscious biases I had absorbed over a lifetime—the quiet but constant messaging about who deserves respect and who doesn’t. Unraveling internalized stigma isn’t a quick process. It takes time, reflection, and the willingness to be challenged. I’m still doing that work, and I always will be. But I know this for sure: listening, learning, and being open to change is how we build a world with more dignity and less judgment. To the person who spoke up that day—thank you. And to anyone doing the hard work of unlearning, keep going. It matters. If you need help, I’m here. 1:1 coaching is available - see link in bio. Follow @lifeturnedonpodcast for more conversations that break down shame and stigma so we can live more connected and free."

instagram.com/linger.u/p/DGv0GttSRB8/?img_index=1
March 3rd is
INTERNATIONAL SEX WORKERS' RIGHTS DAY
>
@linger.u
linger.u and lifeturnedonpodcast
Olympia, Washington
linger.u Eight years ago, I made a flippant, unkind joke about a friend's perfume making my baby smell like a "French prostitute." I didn't think twice about it—until my employee did.
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30 likes
March 3
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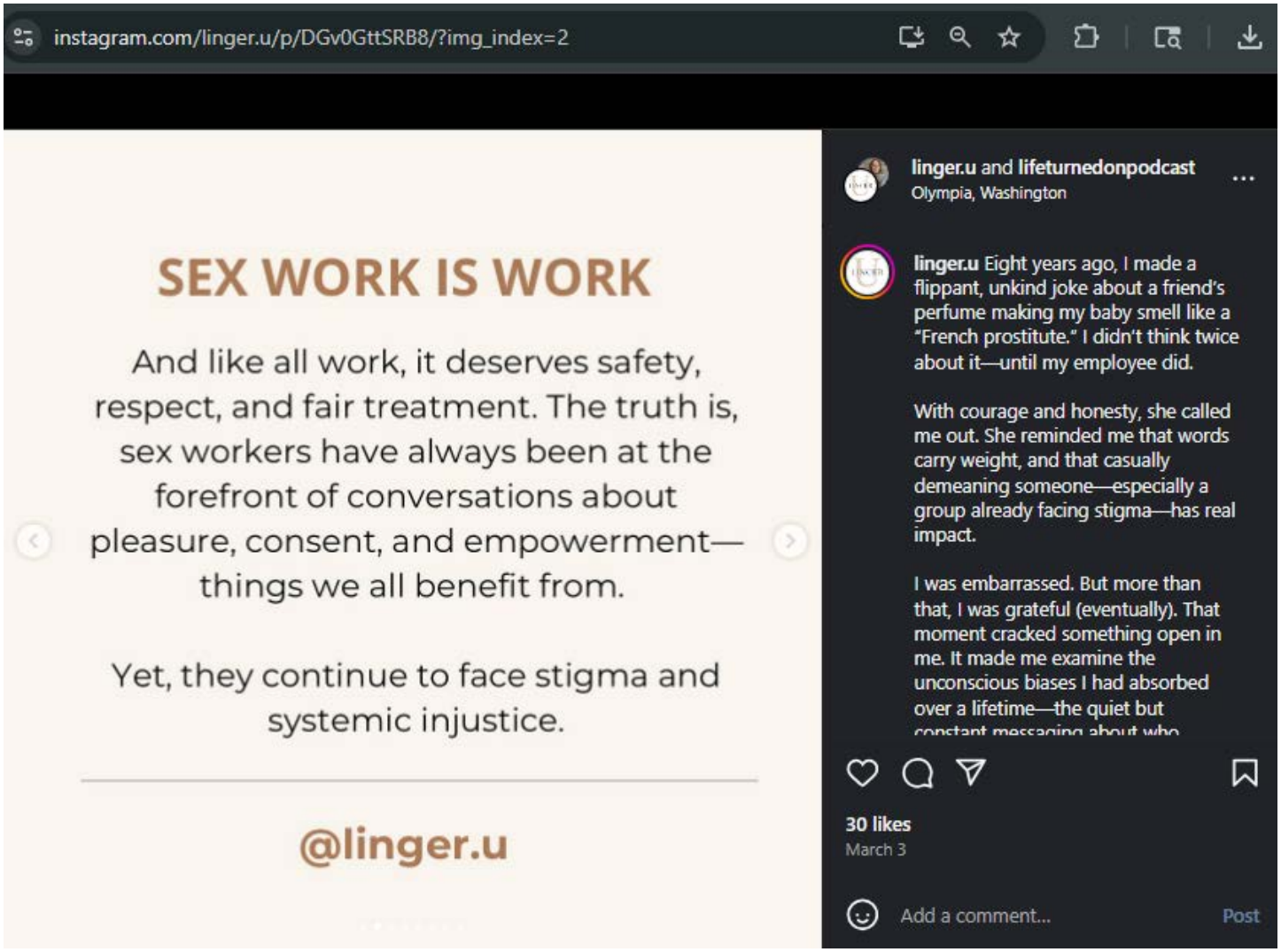
Post


instagram.com/linger.u/p/DGv0GttSRB8/?img_index=2
SEX WORK IS WORK
And like all work, it deserves safety, respect, and fair treatment. The truth is, sex workers have always been at the forefront of conversations about pleasure, consent, and empowerment—things we all benefit from.
Yet, they continue to face stigma and systemic injustice.
@linger.u
linger.u and lifeturnedonpodcast
Olympia, Washington
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30 likes
March 3
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instagram.com/linger.u/p/DGv0GttSRB8/?img_index=3

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Olympia, Washington

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30 likes
March 3

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30 likes
March 3

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Instagram

linger.u

System ID: 608391

Shauna Marie Stewart

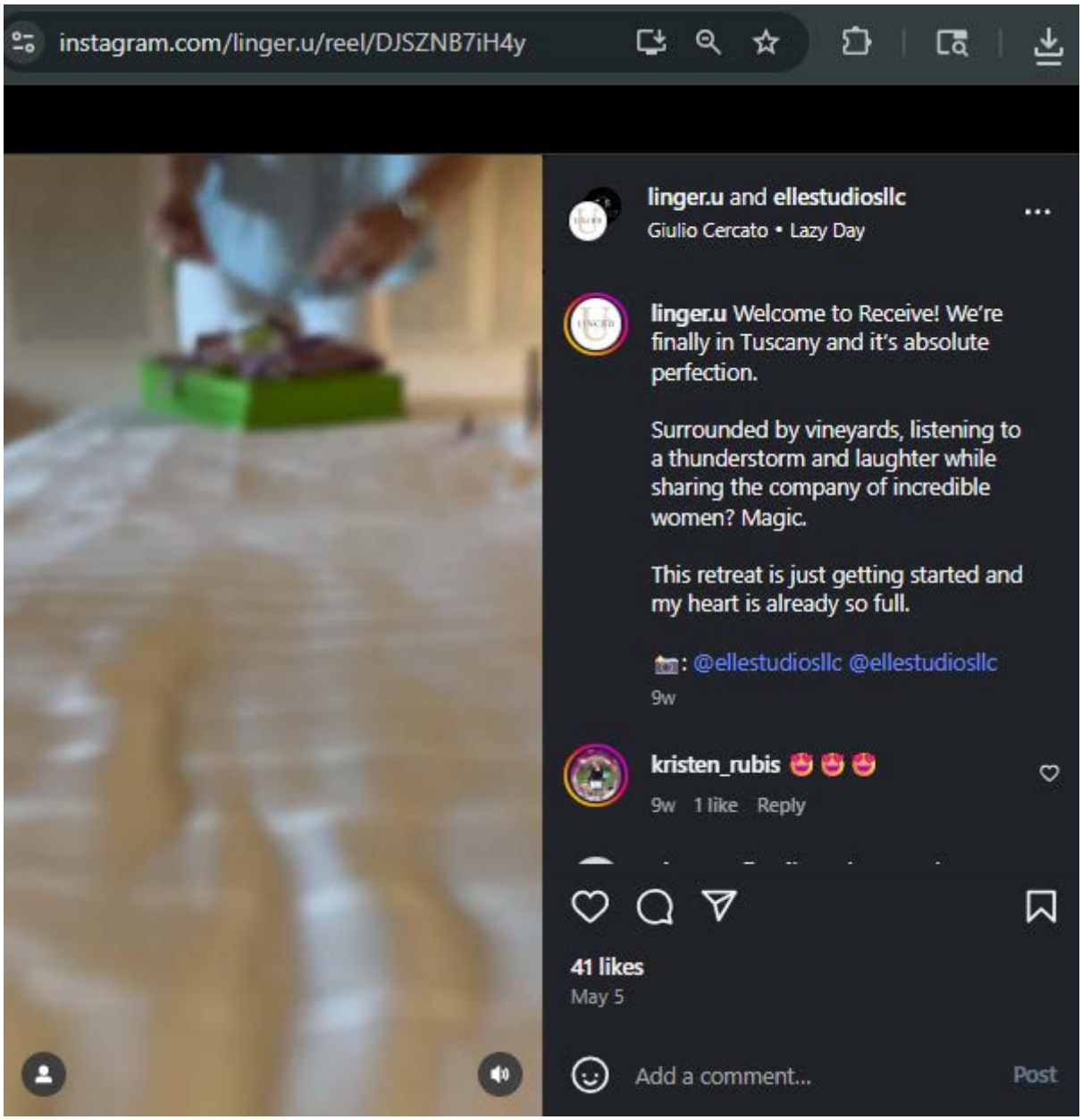
https://www.instagram.com/linger.u/reel/DJSZNB7iH4y

Posted: May 05, 2025

Captured: Jul 09, 2025

After DOI

*Video of Subject at the Receive Retreat in Tuscany "Welcome to Receive! We’re finally in Tuscany and it’s absolute perfection. Surrounded by vineyards, listening to a thunderstorm and laughter while sharing the company of incredible women? Magic. This retreat is just getting started and my heart is already so full. : @ellestudiosllc @ellestudiosllc"



[Link to download video]

Instagram

linger.u

Posted: May 05, 2025

System ID: 608887

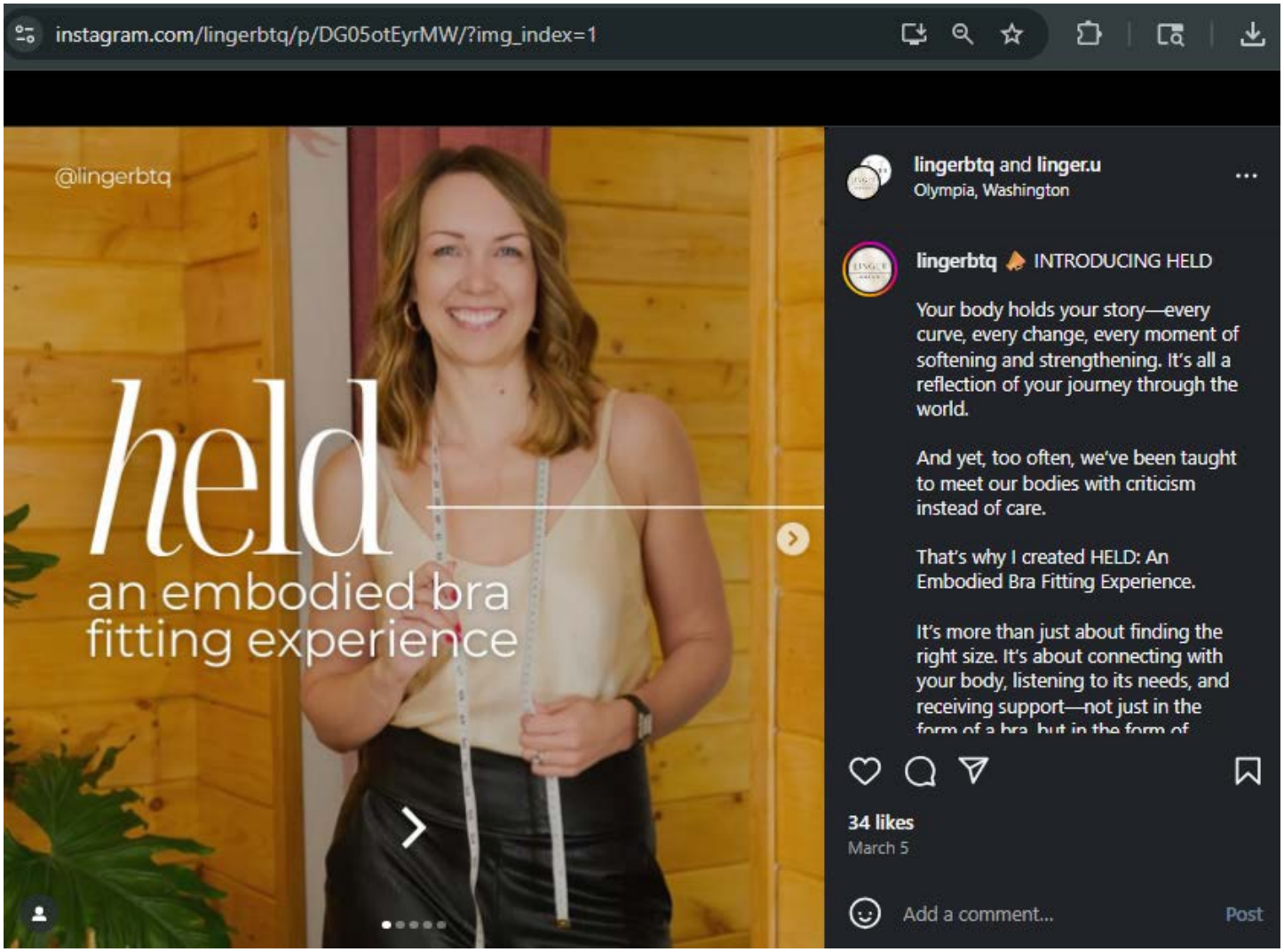
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/lingerbtq/p/DG05otEyrMW/?img_index=1

After DOI

*Introduced HELD: An Embodied Bra Fitting Experience "□ INTRODUCING HELD Your body holds your story—every curve, every change, every moment of softening and strengthening. It’s all a reflection of your journey through the world. And yet, too often, we’ve been taught to meet our bodies with criticism instead of care. That’s why I created HELD: An Embodied Bra Fitting Experience. It’s more than just about finding the right size. It’s about connecting with your body, listening to its needs, and receiving support—not just in the form of a bra, but in the form of presence, compassion, and love. In this private 90-minute session, you’ll receive: □ A personalized fitting with my full attention, in a space free of judgment □ A body poetry practice to help you shift from “fixing” to feeling □ A daily ritual to carry this experience with you into your daily life □ A curated swag bag with meaningful gifts to remind you that care isn’t a luxury—it’s a necessity This is your invitation to step into a space where your body is honored, where you’re held—not just by fabric, but by care. Ready to be held? □ Link in bio to book your experience. #loveoly #olympiawa #tacomawa #livelikethemountainisout #brafitting #lingeriestore #olympiawashington"


instagram.com/lingerbtq/p/DG05otEyrMW/?img_index=1
@lingerbtq
held
an embodied bra
fitting experience
lingerbtq and linger.u
Olympia, Washington
lingerbtq INTRODUCING HELD
Your body holds your story—every curve, every change, every moment of softening and strengthening. It's all a reflection of your journey through the world.
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It's more than just about finding the right size. It's about connecting with your body, listening to its needs, and receiving support—not just in the
34 likes
March 5
Add a comment...
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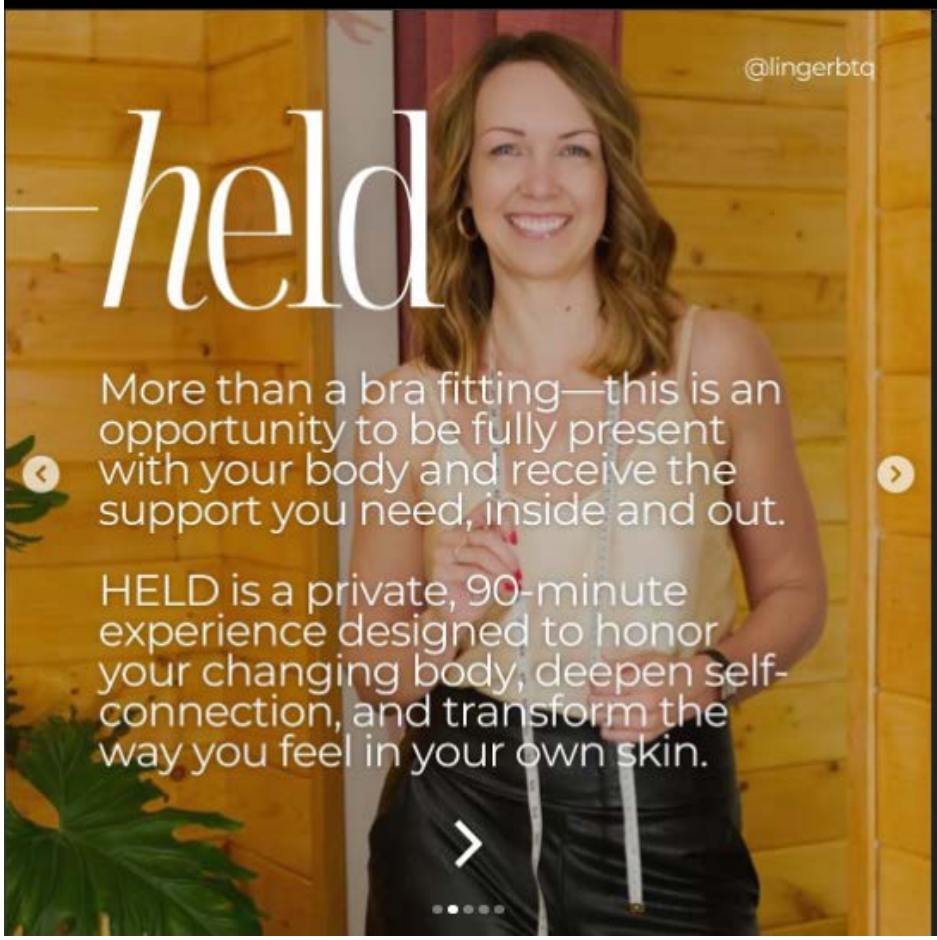
instagram.com/lingerbtq/p/DG05otEyrMW/?img_index=2



lingerbtq and **linger.u**
Olympia, Washington

lingerbtq INTRODUCING HELD

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March 5

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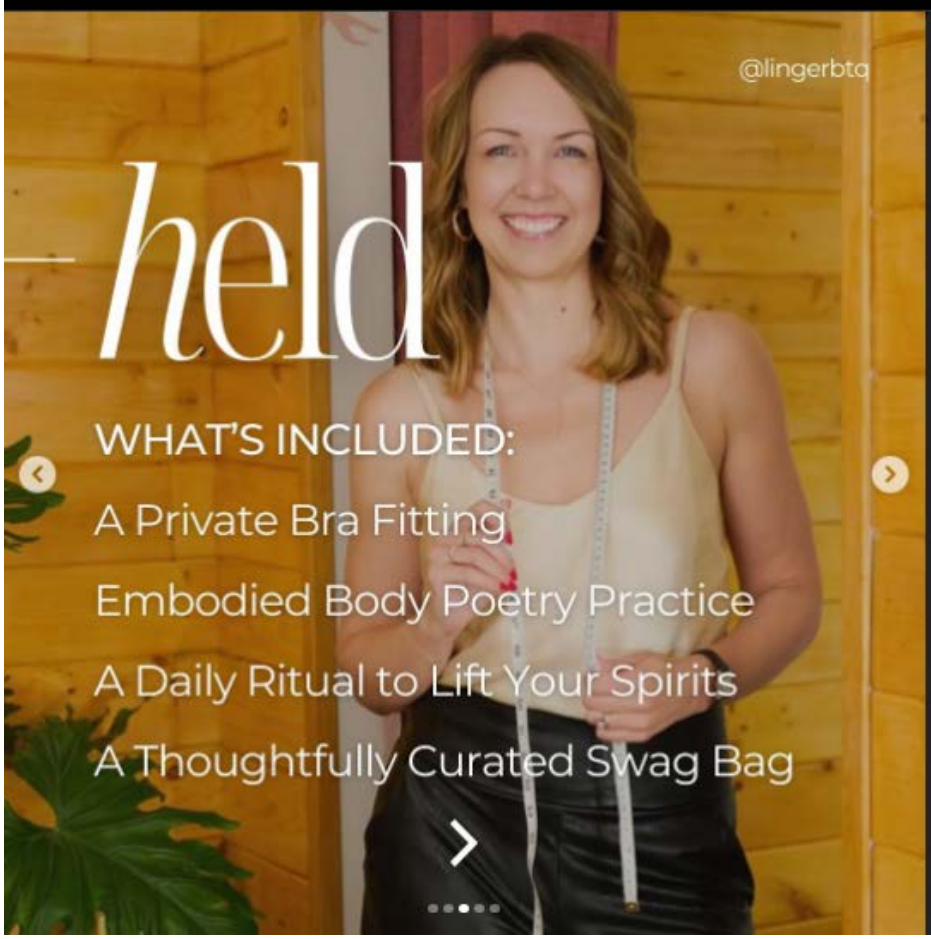
instagram.com/lingerbtq/p/DG05otEyrMW/?img_index=3



lingerbtq and **linger.u**
Olympia, Washington

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instagram.com/lingerbtq/p/DG05otEyrMW/?img_index=4

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lingerbtq INTRODUCING HELD

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34 likes
March 5

Add a comment... Post

Instagram

linger.u

System ID: 608374

Shauna Marie Stewart

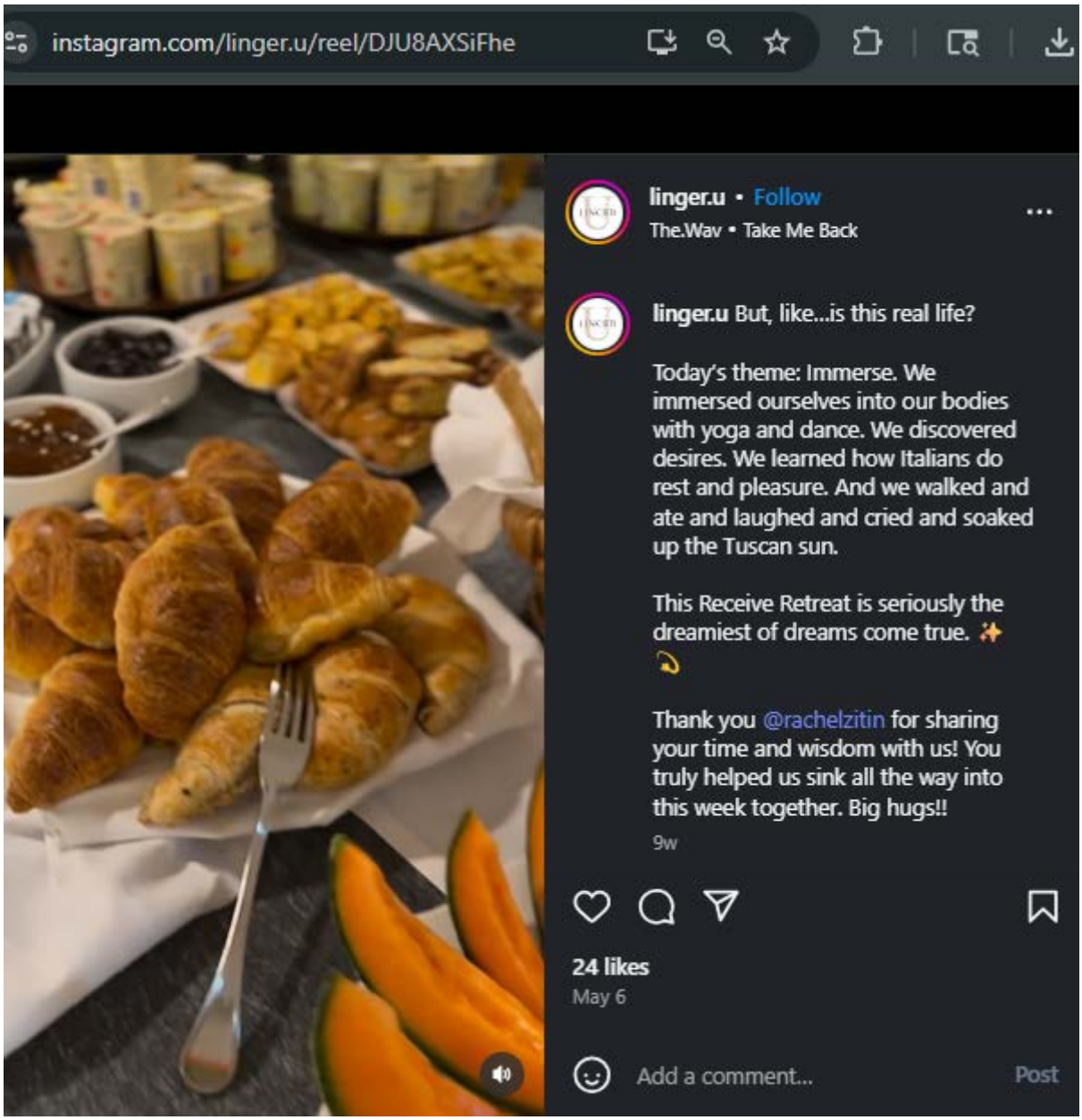
https://www.instagram.com/linger.u/reel/DJU8AXSiFhe

Posted: May 06, 2025

Captured: Jul 09, 2025

After DOI

*Video with clips from Day Two at the Receive Retreat "But, like…is this real life? Today’s theme: Immerse. We immersed ourselves into our bodies with yoga and dance. We discovered desires. We learned how Italians do rest and pleasure. And we walked and ate and laughed and cried and soaked up the Tuscan sun. This Receive Retreat is seriously the dreamiest of dreams come true. □□ Thank you @rachelzitin for sharing your time and wisdom with us! You truly helped us sink all the way into this week together. Big hugs!!"



[Link to download video]

Other

Google Reviews | Posted: May 07, 2025

System ID: 606871 | Captured: Jul 07, 2025

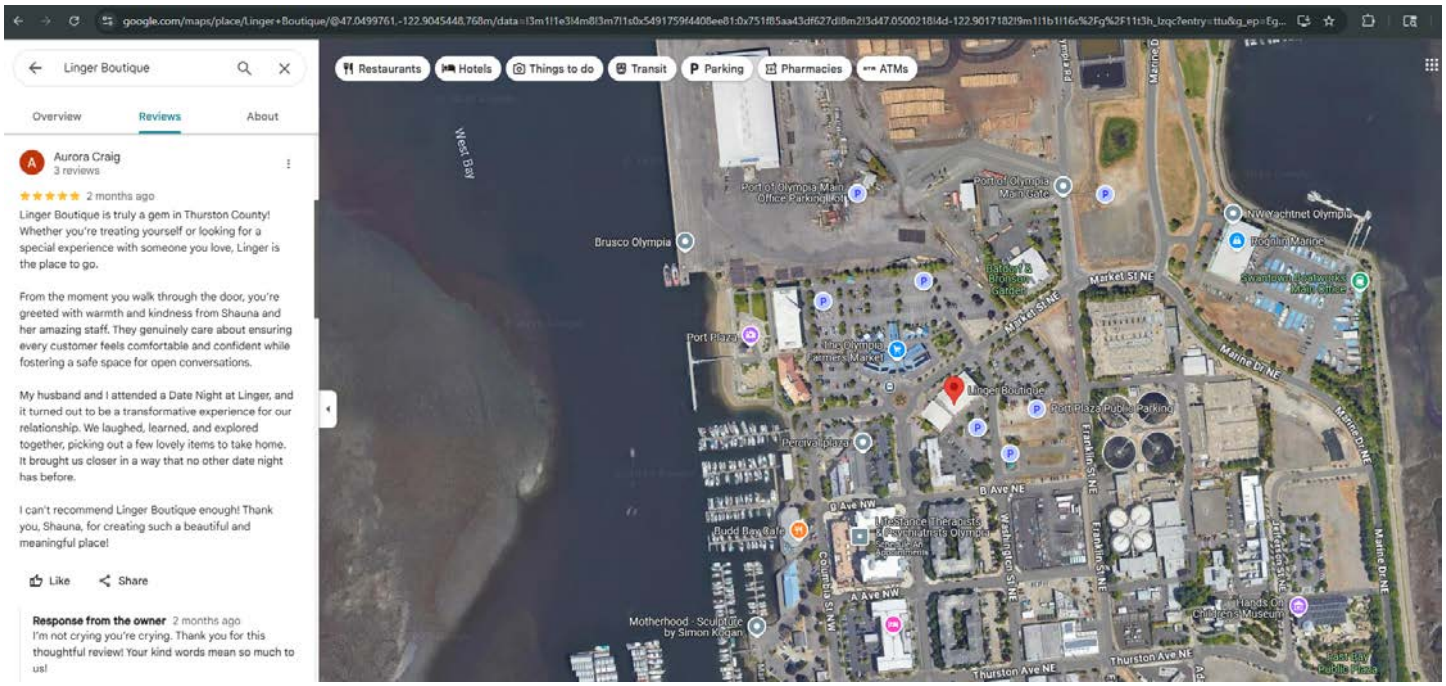
Shauna Marie Stewart

https://www.google.com/maps/place/Linger+Boutique/@47.0507479,-122.9063156,1535m/data=!3m1!1e3!4m8!3m7!1s0x5491759f4408ee81:0x751f85aa43df627d!8m2!3d47.0500218!4d-122.9017182!9m1!1b1!16s%2Fg%2F11t3h_lzqc?entry=ttu&g_ep=EgoyMDI1MDYzMC4wIKXMDSoASAFQAw%3D%3D

After DOI

*Linger Boutique's customer reviews *Most recent was a 5-star review "Linger Boutique is truly a gem in Thurston County! Whether you're treating yourself or looking for a special experience with someone you love, Linger is the place to go. From the moment you walk through the door, you're greeted with warmth and kindness from Shauna and her amazing staff. They genuinely care about ensuring every customer feels comfortable and confident while fostering a safe space for open conversations. My husband and I attended a Date Night at Linger, and it turned out to be a transformative experience for our relationship. We laughed, learned, and explored together, picking out a few lovely items to take home. It brought us closer in a way that no other date night has before. I can't recommend Linger Boutique enough! Thank you, Shauna, for creating such a beautiful and meaningful place!" *October 2024: 5-star review and 1-star review "I love going to Linger. It's a fun, relaxing environment with so many beautiful items to choose from. I always leave feeling sexy, confident, and empowered. Shauna is the sweetest, kindest, and most patient person you could ask for, because we all know it takes trying on about a million bras before you the fine "the one." She has so more than just stunning lingerie- the softest pajamas, sexy time toys, bodysuits, books about pleasure, candles... definitely stop by Linger the next time you are in downton Oly. You won't be disappointed!" "Super disappointed in the service at "Linger" down near the Market. I purchased a bra and needed to return it less than 24 hours later as it ended up being super uncomfortable. No return, no store credit.... Nothing for a $130 purchase--other than a smirk from the shopkeeper as she said "well you snipped the tags off". No further business from me and I'll be sure to share my experience with my friends." *September 2024: 5-star review "I have wanted to check this spot out for some time now and finally made it in. I had the best service with fitting and finding bras that fit me. So happy with my purchase and will be coming back for more." Jan - July 2024: 5-star reviews "I recently ended a long-term relationship, in which I had gained close to 60 pounds, and I knew I needed to fall in love with myself again. When I saw Linger Boutique come across my Instagram feed, I immediately decided this was the place to start. Aurora greeted me when I came in and asked if I was looking for anything in particular. I told her my situation and said that I wanted some form of lingerie as well as a sleep set. She immediately related to me and shared her own journey with learning to love her body, and I instantly felt like I came to the perfect, safe, comfortable space. She took me around the store pointing out her favorite pieces as well as pieces she knew would fit my body best. She listened to what I liked and disliked and pretty soon I had a fitting room full of items to try. Aurora helped me do up the first item I tried and hyped me up, and I just felt so beautiful in my body! I left with some new pieces that I can't wait to wear for myself, and I know I will be back every so often to see what's new." "Adorable little boutique! So many beautiful things to covet - I'm glad Oly has a spot like this with pretty lingerie □ ..." "I simply can't say enough positive things about Linger. Shauna creates such a calm and welcoming atmosphere, and offers amazing classes and workshops! Her staff is always warm and helpful, and accommodating. 5/5 stars, one of the coolest small businesses around!" "Oh, where to start! Everything in this shop is so lovely, the stuff, and also the people! Did you know Linger does bra fittings? They do! I took my awkward 13 year old (who isn't awkward at 13, amirite) in, in desperate search for bras that fit her growing body well. Shauna was beyond amazing - she established consent with my daughter, talked about the fitting process, and we eventually got a few fantastic bras for her. Moms - you don't have to go it alone / slum it at Target or the Mall with your kiddo in search of a bra! Go to Linger! They have your back! Or front! Or both!" "This is one of my favorite stores in Olympia. This detail-oriented boutique always

has the most beautiful lingerie and the staff is always available to take measurements and help you find something that is flattering in the right size. They carry plus sizes too! They just started a lingerie subscription service and the pieces I received were amazing. They truly care about women, and women's pleasure which is further confirmed in the brands they carry. They have a wonderful podcast too!" "Cute little boutique tucked away by the farmers market. Sells high end lingerie and adult toys. The sales associates are kind and knowledgeable about the products they sell." "Shauna has the most elegant evening attire in this boutique. My wife and I did a date night there, it was well thought out and the lingerie for my wife was just a bonus. Highly recommend. Support positive+ local businesses." "Linger is a place that makes you feel safe and comfortable right away. All while letting you explore the world of adult play, beautiful under garments, and luscious lounge wear. This shop is a reminder that we all deserve rest and pleasure, and that it can come in whatever order you choose. If you can drop by, you should check it out ♡ Love yourself, love your partner, love life, love linger." "One of my favorite stops in Olympia! It's a beautiful store full of beautiful things for beautiful people of all kinds! Linger is a very inclusive store offering education and tools in areas that women typically feel overlooked or uncomfortable. I am a regular and I love it! Can't wait to see what they get in next :)" "Shauna was personable, professional and most importantly FUN! She helped me find exactly what I was looking for and her story of how she began Linger is very inspiring. I would highly recommend coming here to check out what she has to revamp your nighttime routine!" *2023: 5-star reviews/rating "I absolutely adore this business in downtown Olympia! The owner Shauna is so warm and welcoming. Her products are high quality and incredible. Go run and check out this amazing women-owned business!" "Linger is a fabulous boutique. The staff is helpful. From robes and pajama sets to delicate lingerie... It's hard to go wrong here." "I'm in my second trimester and was visiting a kind friend who told me that it was time to bite the bullet in invest in new bras. (Mine were literally cutting in to my skin too small.) However, it was NYE and most lingerie stores were closed. I'm so glad we found ourself at Linger! I was able to get my new measurements and was even more surprised to walk out with a cute lacy top that not only fit but made me feel sexy in my new body shape. (My spouse appreciates it too.) Definitely recommend making a trip if you are looking for something special for yourself (or to surprise a partner). If you have a tiny frame and large cup size (I'me not 34G), don't be put off by the S, M, L sizing. You'll be surprised what staff might find for you in their small store. :)" "Beautiful and tasteful shop. I felt so welcome and comfortable asking all the questions that make me blush. I left with great toys, lube, and the confidence to be an amazing lover." "Superb products that actually fit and flatter, lovely service and right downtown next to the farmers market. I found some soft little treasures for lounging and some for enticing. Women owned business that features female produced wears. Highly recommended." "Linger Boutique is all about helping women slow down, take care of and pamper themselves. It is clear that they are carefully curating their offerings and keeping the selection honed to meet their mission. In addition to selling merchandise they also focus on education and support for women at all phases of life. Bravo! I have purchased a number of items online and have been thrilled with every aspect of the interaction from placing my order to receiving the carefully packaged merchandise and a handwritten note. I hope to visit the store in person next time I'm in the Olympia area." "So excited to have a specialized store for women in Olympia! Such beautiful items! Definitely a place you have to stop by! Shauna is also a pleasure to speak with!"


Linger Boutique
Overview
Reviews
About
Aurora Craig
3 reviews
2 months ago
Linger Boutique is truly a gem in Thurston County! Whether you're treating yourself or looking for a special experience with someone you love, Linger is the place to go.
From the moment you walk through the door, you're greeted with warmth and kindness from Shauna and her amazing staff. They genuinely care about ensuring every customer feels comfortable and confident while fostering a safe space for open conversations.
My husband and I attended a Date Night at Linger, and it turned out to be a transformative experience for our relationship. We laughed, learned, and explored together, picking out a few lovely items to take home. It brought us closer in a way that no other date night has before.
I can't recommend Linger Boutique enough! Thank you, Shauna, for creating such a beautiful and meaningful place!
Like
Share
Response from the owner 2 months ago
I'm not crying you're crying. Thank you for this thoughtful review! Your kind words mean so much to us!
Restaurants
Hotels
Things to do
Transit
Parking
Pharmacies
ATMs
West Bay
Brusco Olympia
Port of Olympia Main Office Parking Lot
Port of Olympia Main Gate
NW Yachtnet Olympia
Franklin Marine
Market St NE
Port Plaza
Olympia Farmers Market
Linger Boutique
Port Plaza Public Parking
Percival Plaza
Marine Dr NE
B Ave NE
Franklin St NE
Budd Bay Cafe
Motherhood · Sculpture by Simon Kogan
Thurston Ave NE

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Linger Boutique

Overview Reviews About

Lindsey Rudnick
1 review

★★★★★ 9 months ago

I love going to Linger. It's a fun, relaxing environment with so many beautiful items to choose from. I always leave feeling sexy, confident, and empowered. Shauna is the sweetest, kindest, and most patient person you could ask for, because we all know it takes trying on about a million bras before you the fine "the one." She has so more than just stunning lingerie- the softest pajamas, sexy time toys, bodysuits, books about pleasure, candles... definitely stop by Linger the next time you are in downton Oly. You won't be disappointed!

Like Share

Jessica Liederbach
2 reviews

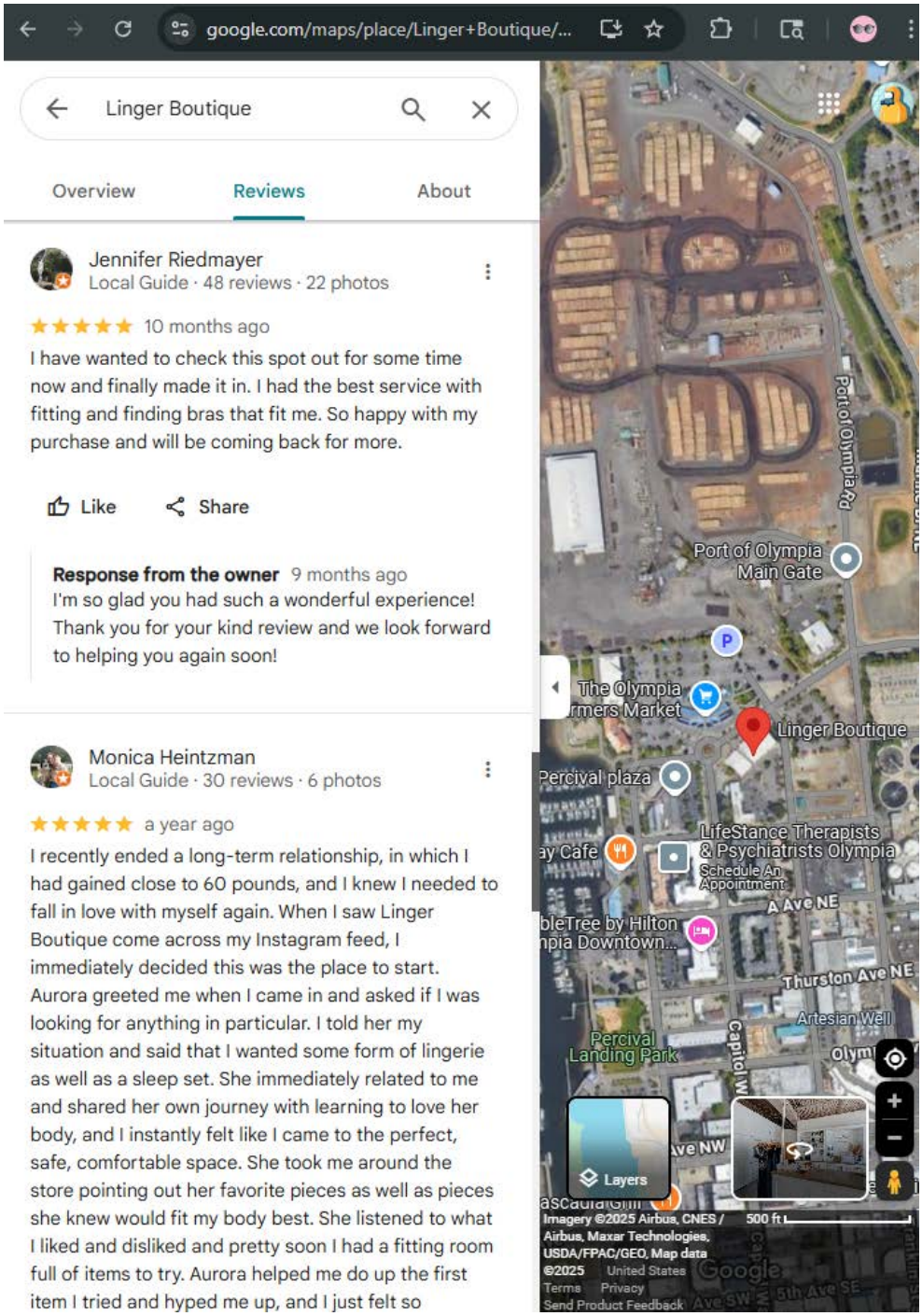
★☆☆☆☆ 9 months ago

Super disappointed in the service at "Linger" down near the Market. I purchased a bra and needed to return it less than 24 hours later as it ended up being super uncomfortable. No return, no store credit.... Nothing for a $130 purchase--other than a smirk from the shopkeeper as she said "well you snipped the tags off". No further business from me and I'll be sure to share my experience with my friends.

Like Share

Response from the owner 9 months ago
Hi Jessica,

Thank you for taking the time to share your


google.com/maps/place/Linger+Boutique/...
Linger Boutique
Overview
Reviews
About
Jennifer Riedmayer
Local Guide · 48 reviews · 22 photos
10 months ago
I have wanted to check this spot out for some time now and finally made it in. I had the best service with fitting and finding bras that fit me. So happy with my purchase and will be coming back for more.
Like
Share
Response from the owner 9 months ago
I'm so glad you had such a wonderful experience! Thank you for your kind review and we look forward to helping you again soon!
Monica Heintzman
Local Guide · 30 reviews · 6 photos
a year ago
I recently ended a long-term relationship, in which I had gained close to 60 pounds, and I knew I needed to fall in love with myself again. When I saw Linger Boutique come across my Instagram feed, I immediately decided this was the place to start. Aurora greeted me when I came in and asked if I was looking for anything in particular. I told her my situation and said that I wanted some form of lingerie as well as a sleep set. She immediately related to me and shared her own journey with learning to love her body, and I instantly felt like I came to the perfect, safe, comfortable space. She took me around the store pointing out her favorite pieces as well as pieces she knew would fit my body best. She listened to what I liked and disliked and pretty soon I had a fitting room full of items to try. Aurora helped me do up the first item I tried and hyped me up, and I just felt so
Port of Olympia Rd
Port of Olympia Main Gate
The Olympia
Linger Boutique
Percival plaza
LifeStance Therapists & Psychiatrists Olympia
Schedule An Appointment
A Ave NE
Thurston Ave NE
Artesian Well
Percival Landing Park
Capitol Way
Layers
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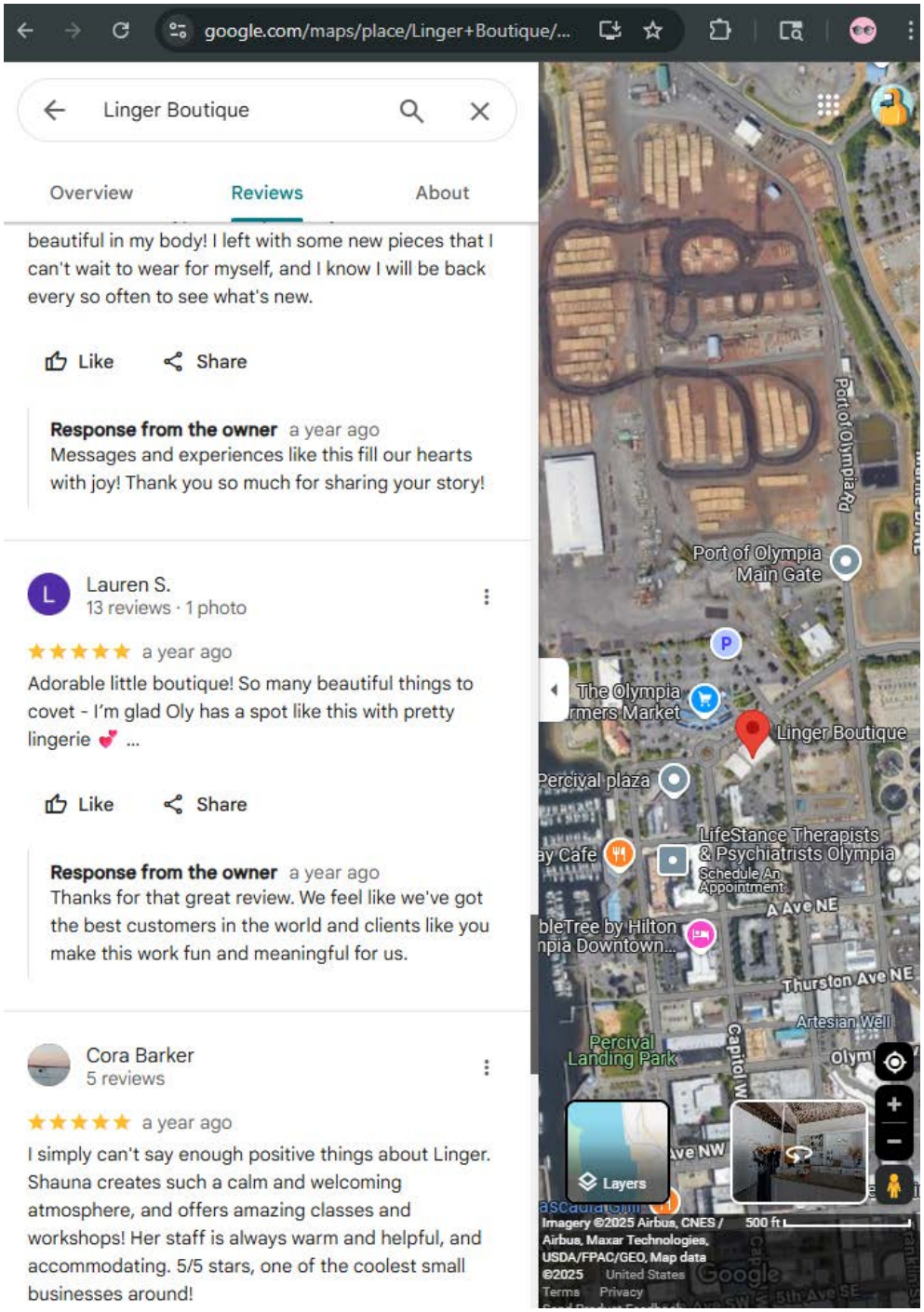
google.com/maps/place/Linger+Boutique/...
Linger Boutique
Overview
Reviews
About
beautiful in my body! I left with some new pieces that I can't wait to wear for myself, and I know I will be back every so often to see what's new.
Like
Share
Response from the owner a year ago
Messages and experiences like this fill our hearts with joy! Thank you so much for sharing your story!
Lauren S.
13 reviews · 1 photo
a year ago
Adorable little boutique! So many beautiful things to covet - I'm glad Oly has a spot like this with pretty lingerie ...
Like
Share
Response from the owner a year ago
Thanks for that great review. We feel like we've got the best customers in the world and clients like you make this work fun and meaningful for us.
Cora Barker
5 reviews
a year ago
I simply can't say enough positive things about Linger. Shauna creates such a calm and welcoming atmosphere, and offers amazing classes and workshops! Her staff is always warm and helpful, and accommodating. 5/5 stars, one of the coolest small businesses around!
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google.com/maps/place/Linger+Boutique/...

Linger Boutique

Overview Reviews About

Whitney Bowerman
7 reviews

★★★★★ a year ago

Oh, where to start! Everything in this shop is so lovely, the stuff, and also the people!

Did you know Linger does bra fittings? They do! I took my awkward 13 year old (who isn't awkward at 13, amirite) in, in desperate search for bras that fit her growing body well. Shauna was beyond amazing - she established consent with my daughter, talked about the fitting process, and we eventually got a few fantastic bras for her. Moms - you don't have to go it alone / slum it at Target or the Mall with your kiddo in search of a bra! Go to Linger! They have your back! Or front! Or both!

Like Share

Response from the owner a year ago
Hearing positive responses like yours is always encouraging. Thanks!

Katie Nelson
Local Guide · 80 reviews · 214 photos

★★★★★ a year ago

This is one of my favorite stores in Olympia. This detail-oriented boutique always has the most beautiful lingerie and the staff is always available to take measurements and help you find something that is flattering in the right size. They carry plus sizes too! They just started a lingerie subscription service and the pieces I received were amazing. They truly care about women, and women's pleasure which is further confirmed in the brands they carry. They have a wonderful podcast too!

google.com/maps/place/Linger+Boutique/...

Linger Boutique

Overview | Reviews | About

Kayla Hensley
Local Guide · 18 reviews

★★★★★ a year ago

Cute little boutique tucked away by the farmers market. Sells high end lingerie and adult toys. The sales associates are kind and knowledgeable about the products they sell.

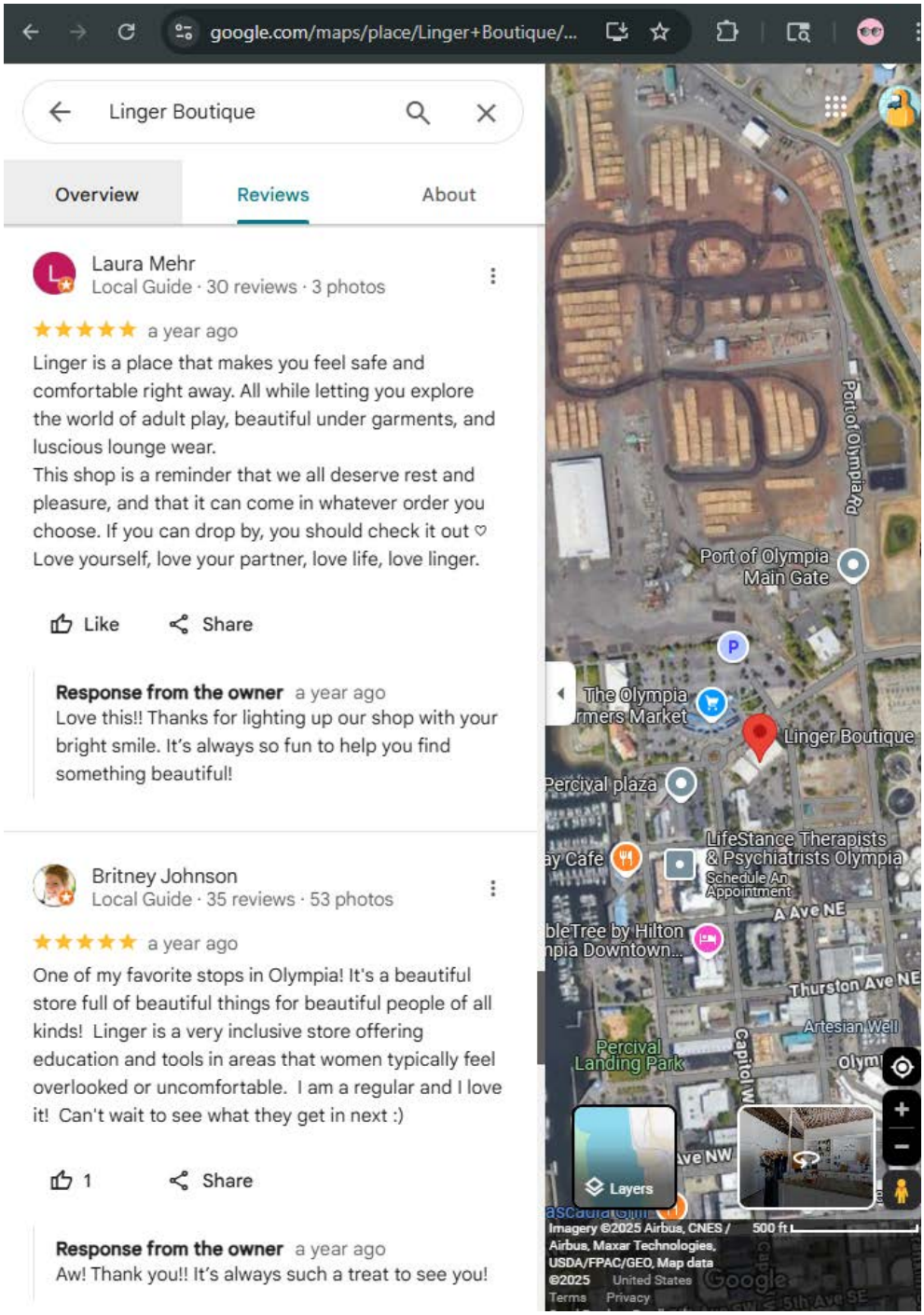
Like Share

Response from the owner a year ago
Thanks so much for being a part of our little community. We appreciate your kind words.

Jamie Daniels
Local Guide · 167 reviews · 1,235 photos

★★★★★ a year ago

Shauna has the most elegant evening attire in this boutique. My wife and I did a date night there, it was well thought out and the lingerie for my wife was just a bonus. Highly recommend. Support positive+ local businesses.


google.com/maps/place/Linger+Boutique/...
Linger Boutique
Overview
Reviews
About
Laura Mehr
Local Guide · 30 reviews · 3 photos
a year ago
Linger is a place that makes you feel safe and comfortable right away. All while letting you explore the world of adult play, beautiful under garments, and luscious lounge wear.
This shop is a reminder that we all deserve rest and pleasure, and that it can come in whatever order you choose. If you can drop by, you should check it out ♡
Love yourself, love your partner, love life, love linger.
Like
Share
Response from the owner a year ago
Love this!! Thanks for lighting up our shop with your bright smile. It's always so fun to help you find something beautiful!
Britney Johnson
Local Guide · 35 reviews · 53 photos
a year ago
One of my favorite stops in Olympia! It's a beautiful store full of beautiful things for beautiful people of all kinds! Linger is a very inclusive store offering education and tools in areas that women typically feel overlooked or uncomfortable. I am a regular and I love it! Can't wait to see what they get in next :)
1
Share
Response from the owner a year ago
Aw! Thank you!! It's always such a treat to see you!
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Port of Olympia Main Gate
The Olympia
Linger Boutique
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LifeStance Therapists & Psychiatrists Olympia
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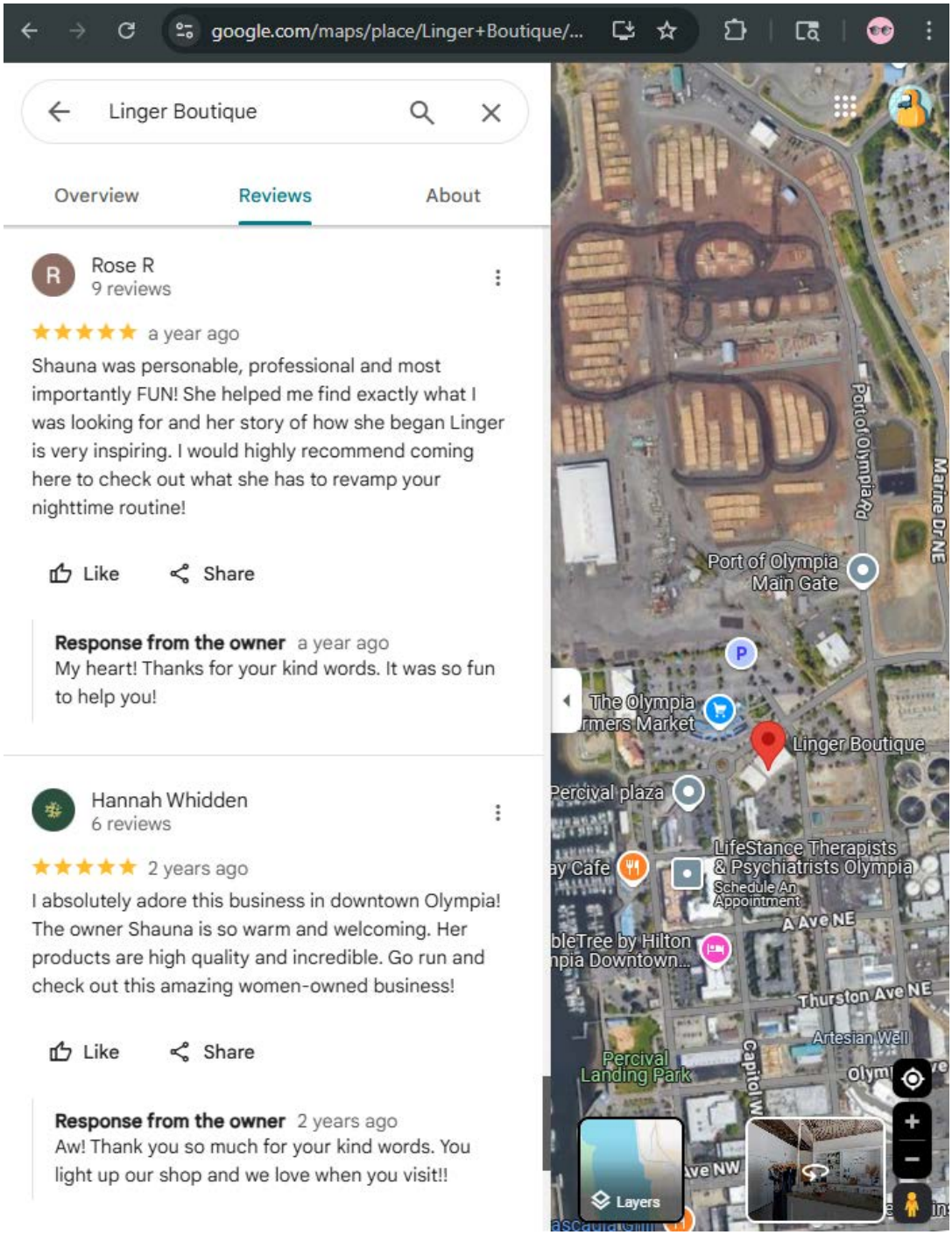
google.com/maps/place/Linger+Boutique/...
Linger Boutique
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Reviews
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Rose R
9 reviews
a year ago
Shauna was personable, professional and most importantly FUN! She helped me find exactly what I was looking for and her story of how she began Linger is very inspiring. I would highly recommend coming here to check out what she has to revamp your nighttime routine!
Like
Share
Response from the owner a year ago
My heart! Thanks for your kind words. It was so fun to help you!
Hannah Whidden
6 reviews
2 years ago
I absolutely adore this business in downtown Olympia! The owner Shauna is so warm and welcoming. Her products are high quality and incredible. Go run and check out this amazing women-owned business!
Like
Share
Response from the owner 2 years ago
Aw! Thank you so much for your kind words. You light up our shop and we love when you visit!!
Port of Olympia Main Gate
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LifeStance Therapists & Psychiatrists Olympia
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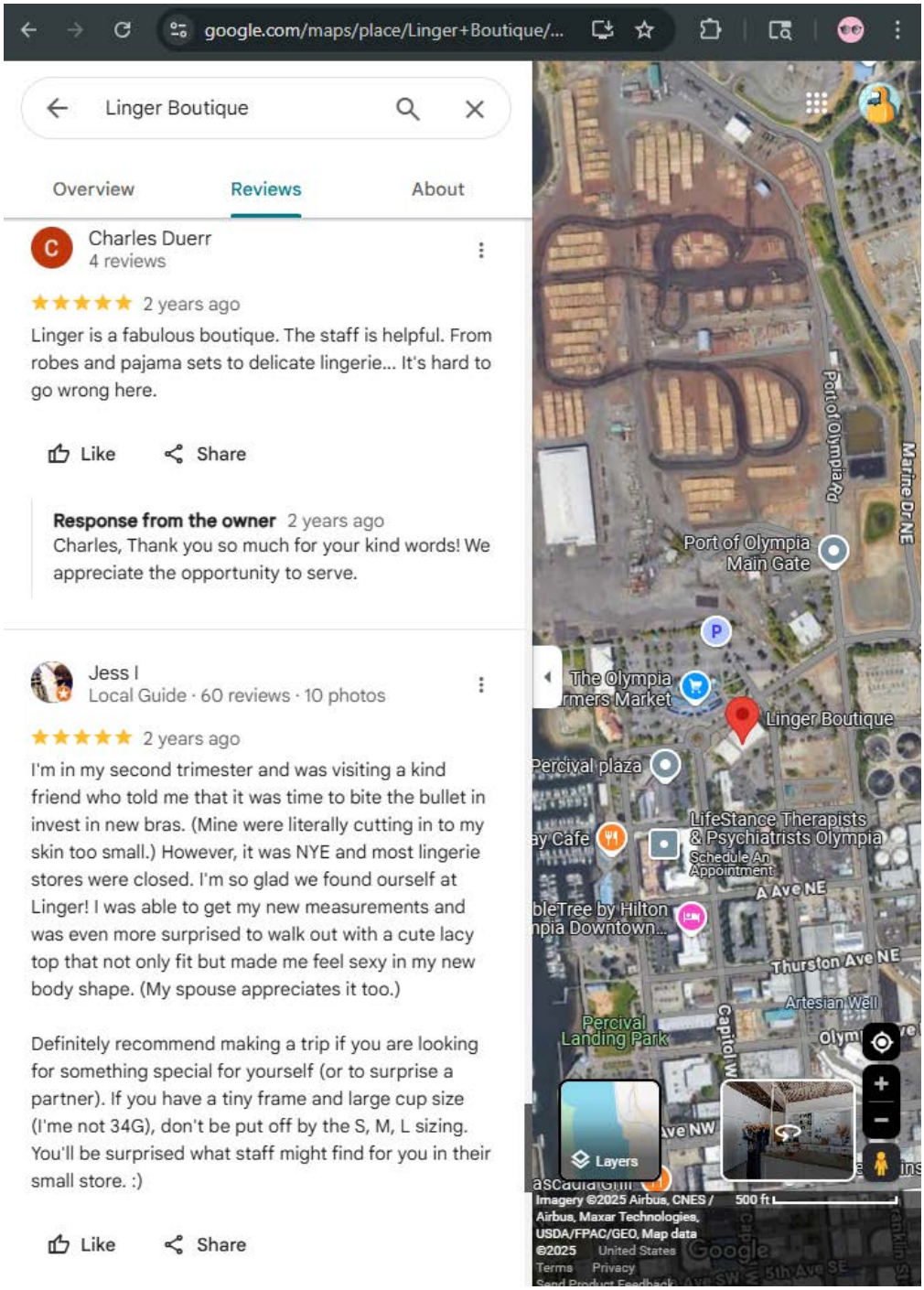
google.com/maps/place/Linger+Boutique/...
Linger Boutique
Overview
Reviews
About
Charles Duerr
4 reviews
2 years ago
Linger is a fabulous boutique. The staff is helpful. From robes and pajama sets to delicate lingerie... It's hard to go wrong here.
Like
Share
Response from the owner 2 years ago
Charles, Thank you so much for your kind words! We appreciate the opportunity to serve.
Jess I
Local Guide · 60 reviews · 10 photos
2 years ago
I'm in my second trimester and was visiting a kind friend who told me that it was time to bite the bullet in invest in new bras. (Mine were literally cutting in to my skin too small.) However, it was NYE and most lingerie stores were closed. I'm so glad we found ourself at Linger! I was able to get my new measurements and was even more surprised to walk out with a cute lacy top that not only fit but made me feel sexy in my new body shape. (My spouse appreciates it too.)
Definitely recommend making a trip if you are looking for something special for yourself (or to surprise a partner). If you have a tiny frame and large cup size (I'm not 34G), don't be put off by the S, M, L sizing. You'll be surprised what staff might find for you in their small store. :)
Like
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Port of Olympia Rd
Marine Dr NE
Port of Olympia Main Gate
The Olympia Farmers Market
Linger Boutique
Percival plaza
LifeStance Therapists & Psychiatrists Olympia
Schedule An Appointment
A Ave NE
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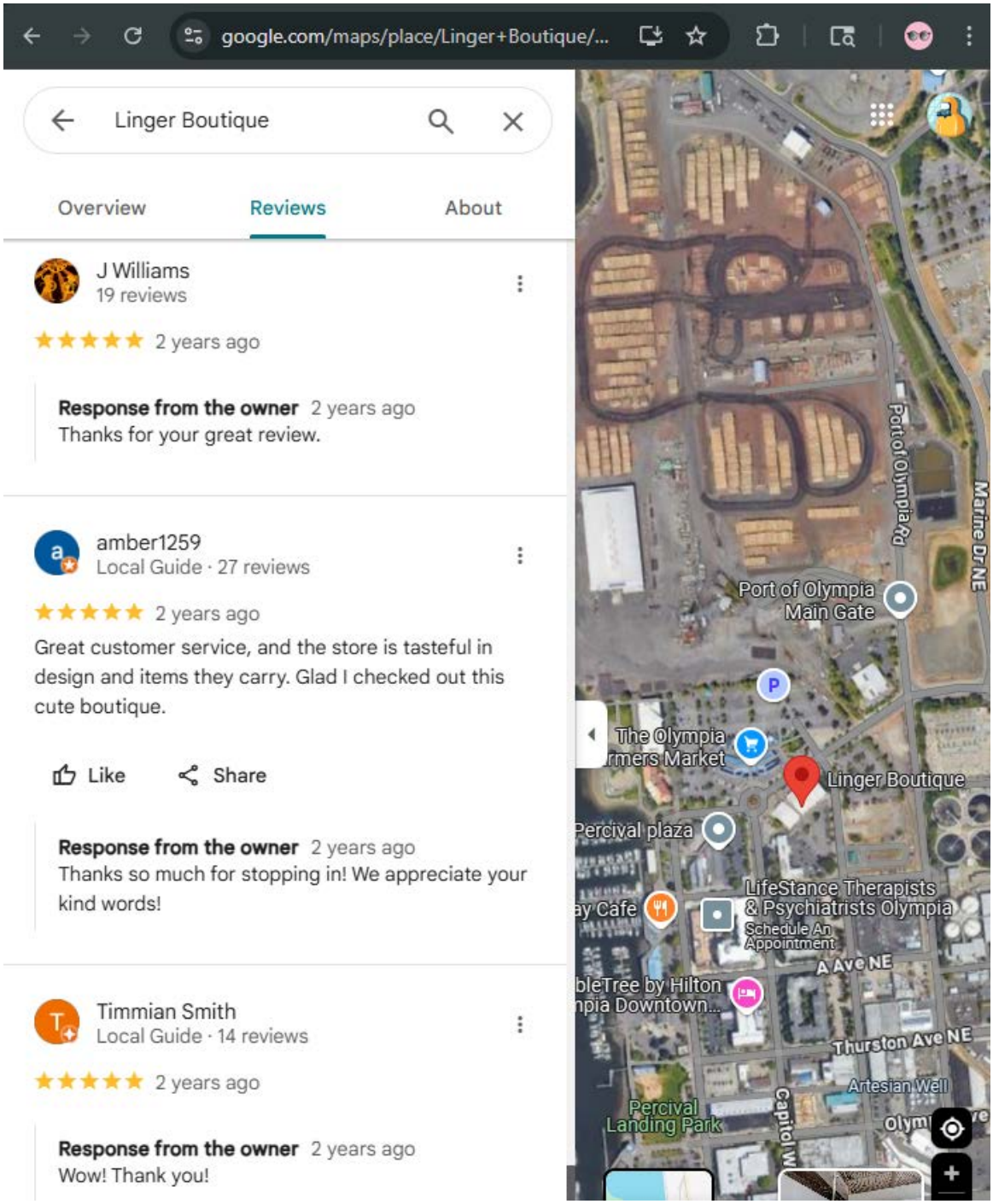
google.com/maps/place/Linger+Boutique/...
Linger Boutique
Overview
Reviews
About
J Williams
19 reviews
2 years ago
Response from the owner 2 years ago
Thanks for your great review.
amber1259
Local Guide · 27 reviews
2 years ago
Great customer service, and the store is tasteful in design and items they carry. Glad I checked out this cute boutique.
Like
Share
Response from the owner 2 years ago
Thanks so much for stopping in! We appreciate your kind words!
Timmian Smith
Local Guide · 14 reviews
2 years ago
Response from the owner 2 years ago
Wow! Thank you!
Port of Olympia Rd
Marine Dr NE
Port of Olympia Main Gate
The Olympia rmers Market
Linger Boutique
Percival plaza
LifeStance Therapists & Psychiatrists Olympia
Schedule An Appointment
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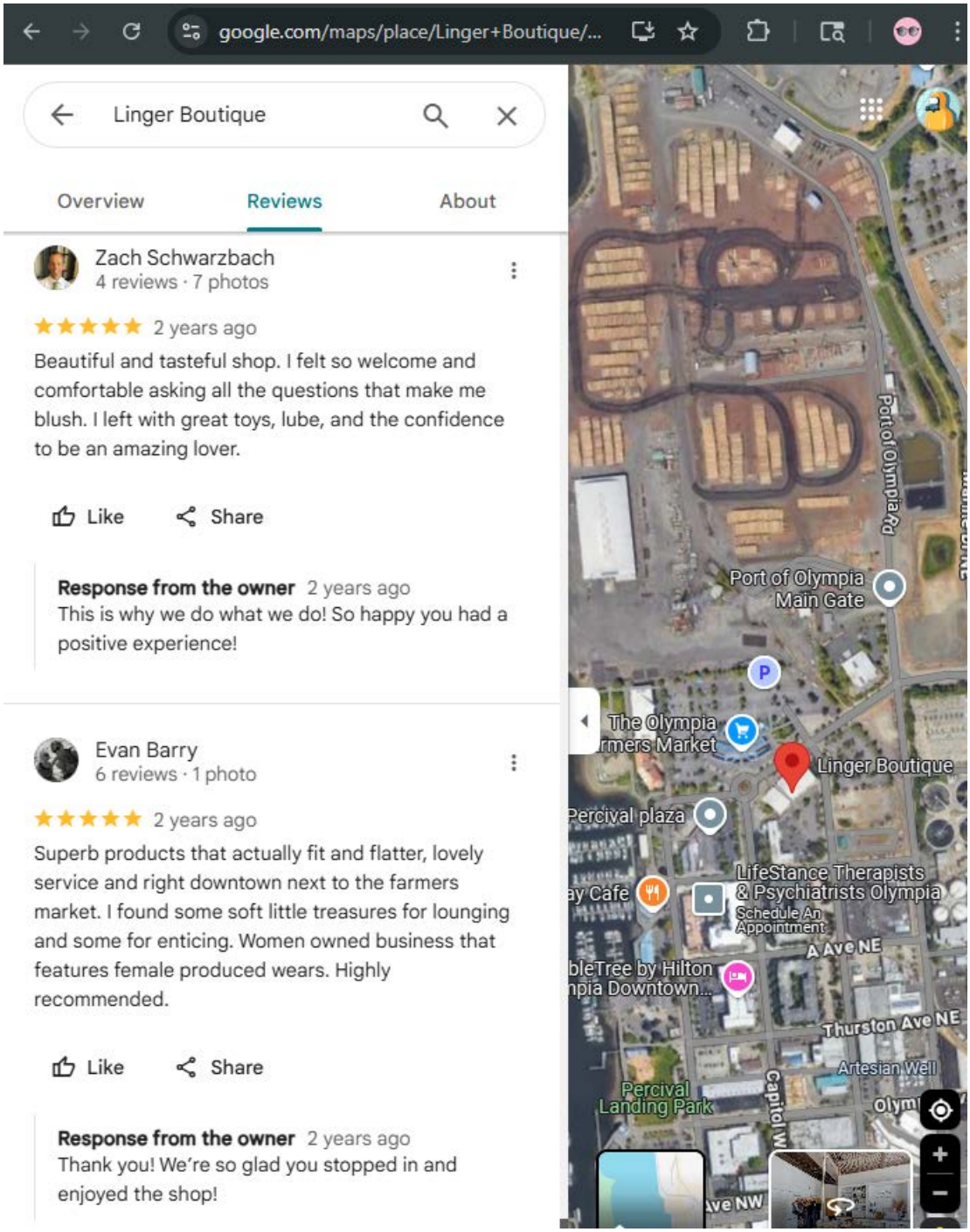
Thurston Ave NE
Artesian Well
Percival Landing Park


google.com/maps/place/Linger+Boutique/...
Linger Boutique
Overview
Reviews
About
Zach Schwarzbach
4 reviews · 7 photos
2 years ago
Beautiful and tasteful shop. I felt so welcome and comfortable asking all the questions that make me blush. I left with great toys, lube, and the confidence to be an amazing lover.
Like
Share
Response from the owner 2 years ago
This is why we do what we do! So happy you had a positive experience!
Evan Barry
6 reviews · 1 photo
2 years ago
Superb products that actually fit and flatter, lovely service and right downtown next to the farmers market. I found some soft little treasures for lounging and some for enticing. Women owned business that features female produced wears. Highly recommended.
Like
Share
Response from the owner 2 years ago
Thank you! We're so glad you stopped in and enjoyed the shop!
Port of Olympia Main Gate
Port of Olympia Rd
The Olympia
Linger Boutique
Percival plaza
LifeStance Therapists & Psychiatrists Olympia
Schedule An Appointment
A Ave NE
Thurston Ave NE
Artesian Well
Percival Landing Park
Capitol W
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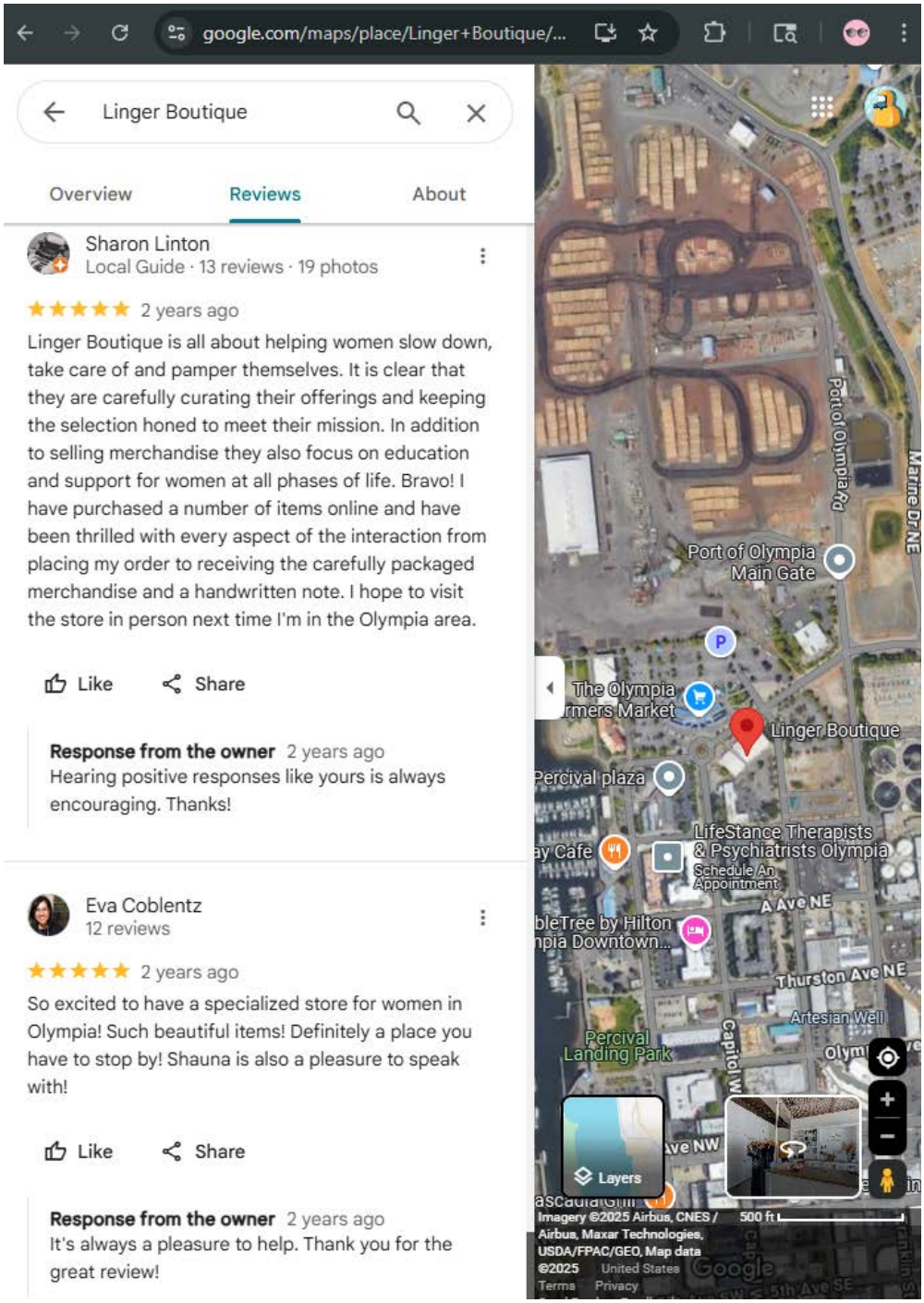
google.com/maps/place/Linger+Boutique/...
Linger Boutique
Overview
Reviews
About
Sharon Linton
Local Guide · 13 reviews · 19 photos
★★★★★ 2 years ago
Linger Boutique is all about helping women slow down, take care of and pamper themselves. It is clear that they are carefully curating their offerings and keeping the selection honed to meet their mission. In addition to selling merchandise they also focus on education and support for women at all phases of life. Bravo! I have purchased a number of items online and have been thrilled with every aspect of the interaction from placing my order to receiving the carefully packaged merchandise and a handwritten note. I hope to visit the store in person next time I'm in the Olympia area.
Like
Share
Response from the owner 2 years ago
Hearing positive responses like yours is always encouraging. Thanks!
Eva Coblentz
12 reviews
★★★★★ 2 years ago
So excited to have a specialized store for women in Olympia! Such beautiful items! Definitely a place you have to stop by! Shauna is also a pleasure to speak with!
Like
Share
Response from the owner 2 years ago
It's always a pleasure to help. Thank you for the great review!
Port of Olympia Main Gate
Linger Boutique
Percival plaza
LifeStance Therapists & Psychiatrists Olympia
Schedule An Appointment
A Ave NE
Thurston Ave NE
Artesian Well
Percival Landing Park
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Instagram

linger.u

System ID: 608369

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DJhc3YDCXZn

Posted: May 11, 2025

Captured: Jul 09, 2025

After DOI

*Pictured in a boudoir photoshoot, she appeared naked and wearing a bedsheet ""“Between the Sheets” wasn’t just a photoshoot… At the Receive Retreat in Tuscany, my guests took turns stepping in front of the camera not to become someone else, but to remember who they truly are. This boudoir shoot wasn’t about glam. No makeup artists. No hair stylists. Nothing but a sheet. Just raw, real beauty. These babes came exactly as they were—and walked away seeing themselves through a whole new lens. And then… we shared the photos. □□ The hype girl energy was OFF THE CHARTS!! Every woman got cheered on like an absolute goddess. There were gasps, giggles, tears, and so much awe. It was so powerful to witness. What a souvenir, right? These images will forever serve as a reminder of this version of themselves—free, alive, radiant. PS: The magic behind the lens? @ellemarienco She’s photographed me many times, and having her on this retreat was □ perfection. Her energy, her eye, and the way she makes people feel safe and beautiful is unmatched. It was perfect. All of it. Want to join us next time? DM me to get on the waitlist."

instagram.com/linger.u/p/DJhc3YDCXZn

linger.u and **ellemarienco**
Olympia, Washington

linger.u "Between the Sheets" wasn't just a photoshoot...

At the Receive Retreat in Tuscany, my guests took turns stepping in front of the camera not to become someone else, but to remember who they truly are.

This boudoir shoot wasn't about glam. No makeup artists. No hair stylists. Nothing but a sheet. Just raw, real beauty. These babes came exactly as they were—and walked away seeing themselves through a whole new lens.

And then... we shared the photos. 😍🤯

The hype girl energy was OFF THE

57 likes
May 11

Add a comment... Post

Instagram

lingerbtq

Posted: May 23, 2025

System ID: 608361

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/lingerbtq/p/DKAmirlBAzm/?img_index=1

After DOI

*Reflected on her three years as an owner of Linger Boutique "Thanks for being a part of this grand adventure. We can only do what we do because of your support. □ Shauna"

instagram.com/lingerbtq/p/DKAmirlBAzm/?img_index=1

lingerbtq and **linger.u**
Olympia, Washington

lingerbtq Thanks for being a part of this grand adventure. We can only do what we do because of your support.

Shauna
6w

happilyever.inkedandbeautyco Congratulations!! Cheers to many many more!! You are remarkable at what you've built 😍 looooove the pod!
6w 2 likes Reply

View replies (1)

darcylhimes Sending all the best congratulations your way! 😍

88 likes
May 23

Add a comment... Post

instagram.com/lingerbtq/p/DKAmirlBAzm/?img_index=2

lingerbtq and **linger.u**
Olympia, Washington

lingerbtq Thanks for being a part of this grand adventure. We can only do what we do because of your support.

💋 Shauna
6w

happilyever.inkedandbeautyco Congratulations!! Cheers to many many more!! You are remarkable at what you've built 😍 looooove the pod!
6w 2 likes Reply

View replies (1)

darcylhimes Sending all the best congratulations your way! 😍

88 likes
May 23

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instagram.com/lingerbtq/p/DKAmirlBAzm/?img_index=3

lingerbtq and **linger.u**
Olympia, Washington

lingerbtq Thanks for being a part of this grand adventure. We can only do what we do because of your support.

💋 Shauna
6w

happilyever.inkedandbeautyco Congratulations!! Cheers to many many more!! You are remarkable at what you've built 😍 looooove the pod!
6w 2 likes Reply

View replies (1)

darcylhimes Sending all the best congratulations your way! 😍

88 likes
May 23

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instagram.com/lingerbtq/p/DKAmirlBAzm/?img_index=4

lingerbtq and **linger.u**
Olympia, Washington

lingerbtq Thanks for being a part of this grand adventure. We can only do what we do because of your support.

💋 Shauna
6w

happilyever.inkedandbeautyco Congratulations!! Cheers to many many more!! You are remarkable at what you've built 😍 looooove the pod!
6w 2 likes Reply

View replies (1)

darcylhimes Sending all the best congratulations your way! 😍

88 likes
May 23

Add a comment... Post

instagram.com/lingerbtq/p/DKAmirlBAzm/?img_index=5

lingerbtq and **linger.u**
Olympia, Washington

lingerbtq Thanks for being a part of this grand adventure. We can only do what we do because of your support.

💋 Shauna
6w

happilyever.inkedandbeautyco Congratulations!! Cheers to many many more!! You are remarkable at what you've built 😍 looooove the pod!
6w 2 likes Reply

View replies (1)

darcylhimes Sending all the best congratulations your way! 😍

88 likes
May 23

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instagram.com/lingerbtq/p/DKAmirlBAzm/?img_index=6

lingerbtq and **linger.u**
Olympia, Washington

lingerbtq Thanks for being a part of this grand adventure. We can only do what we do because of your support.

💋 Shauna
6w

happilyever.inkedandbeautyco Congratulations!! Cheers to many many more!! You are remarkable at what you've built 😍 looooove the pod!
6w 2 likes Reply

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darcylhimes Sending all the best congratulations your way! 😍

88 likes
May 23

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instagram.com/lingerbtq/p/DKAmirlBAzm/?img_index=7

lingerbtq and **linger.u**
Olympia, Washington

lingerbtq Thanks for being a part of this grand adventure. We can only do what we do because of your support.

💋 Shauna
6w

happilyever.inkedandbeautyco Congratulations!! Cheers to many many more!! You are remarkable at what you've built 😍 looooove the pod!
6w 2 likes Reply

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darcylhimes Sending all the best congratulations your way! 😍

88 likes
May 23

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instagram.com/lingerbtq/p/DKAmirlBAzm/?img_index=8

lingerbtq and **linger.u**
Olympia, Washington

lingerbtq Thanks for being a part of this grand adventure. We can only do what we do because of your support.

💋 Shauna
6w

happilyever.inkedandbeautyco Congratulations!! Cheers to many many more!! You are remarkable at what you've built 😍 looooove the pod!
6w 2 likes Reply

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darcylhimes Sending all the best congratulations your way! 😍

88 likes
May 23

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Instagram

linger.u

System ID: 608335

Shauna Marie Stewart

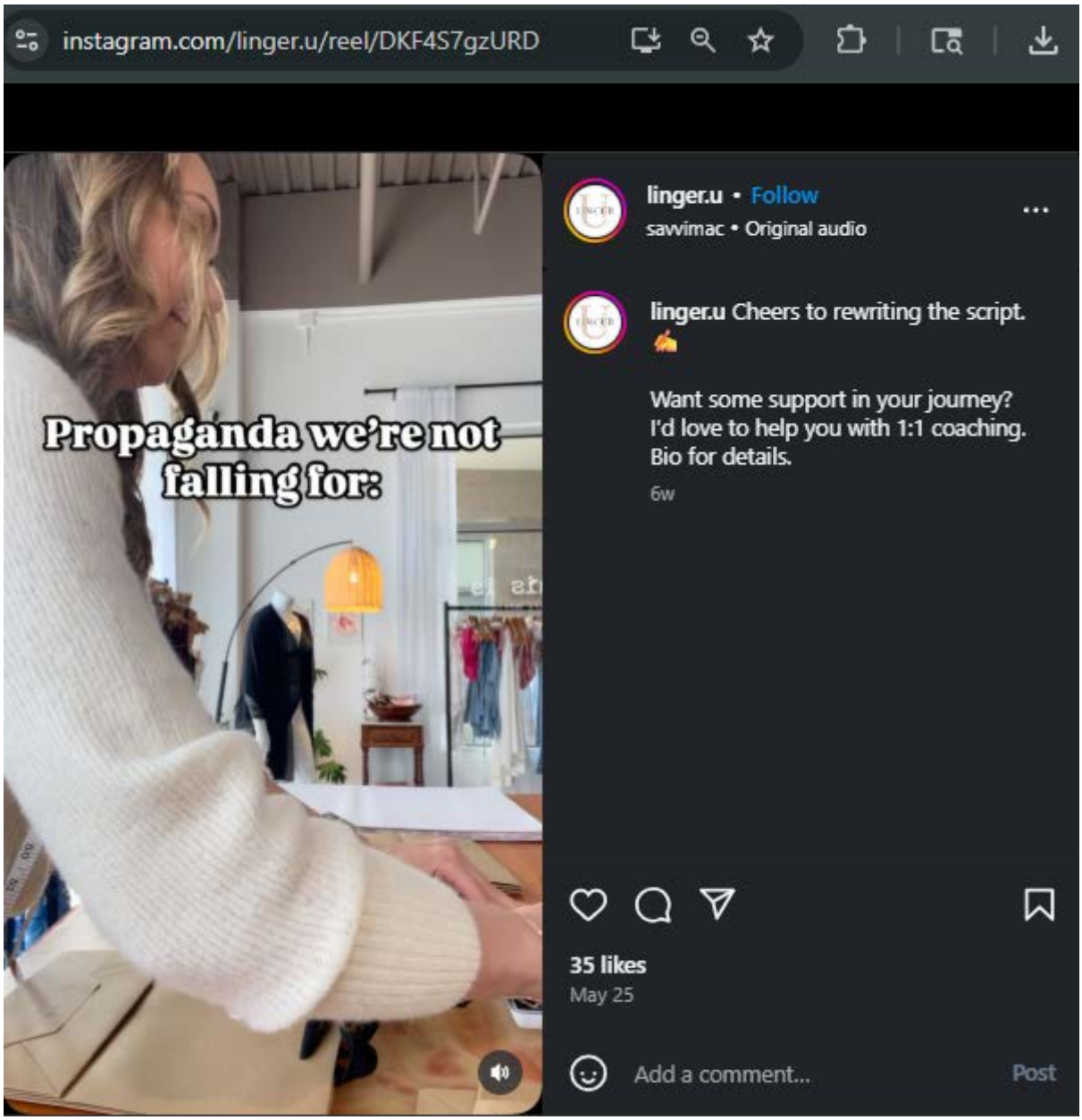
https://www.instagram.com/linger.u/reel/DKF4S7gzURD

Posted: May 25, 2025

Captured: Jul 09, 2025

After DOI

*Videoed stamping bags at Linger Boutique "Cheers to rewriting the script. ✍ Want some support in your journey? I’d love to help you with 1:1 coaching. Bio for details."



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Instagram

lifeturnedonpodcast

System ID: 608085

Shauna Marie Stewart

https://www.instagram.com/lifeturnedonpodcast/p/DKIwg4HyFiC

Posted: May 26, 2025

Captured: Jul 09, 2025

After DOI

*Asked for potential guests for her podcast to reach out "Season 4 of Life Turned On is just around the corner and I’m looking for guests to talk about their own story of secsual self-discovery through the lens of our theme “SHED: Stripping the Scripts. Writing Our Own Pleasure Stories.” We’re diving deep into the inherited narratives—about seggs, gender, power, and worth—that have shaped our lives... and how we unlearn them to live and love more fully turned on. If your work, story, or lived experience intersects with themes like: body image and embodiment religious or cultural conditioning unlearning misogyny, the patriarchy and good girl programming reclaiming desire, voice, or pleasure redefining secsual power on your terms …then I’d love to hear from you. Reach out via DM and we’ll go from there! XO, Shauna Host of Life Turned On Certified Sexuality Educator & Intimacy Coach"

instagram.com/lifeturnedonpodcast/p/DKIwg4HyFiC
CALL FOR GUESTS
SEASON 4 THEME: SHED
Stripping the Scripts.
Writing Our Own Pleasure Stories.
@LIFETURNEDONPODCAST
lifeturnedonpodcast • Follow
lifeturnedonpodcast Season 4 of Life Turned On is just around the corner and I'm looking for guests to talk about their own story of secsual self-discovery through the lens of our theme "SHED: Stripping the Scripts. Writing Our Own Pleasure Stories."
We're diving deep into the inherited narratives—about seggs, gender, power, and worth—that have shaped our lives... and how we unlearn them to live and love more fully turned on.
If your work, story, or lived experience intersects with themes like:
body image and embodiment
religious or cultural conditioning
19 likes
May 26
Add a comment...
Post

Instagram

linger.u

Posted: May 29, 2025

System ID: 608330

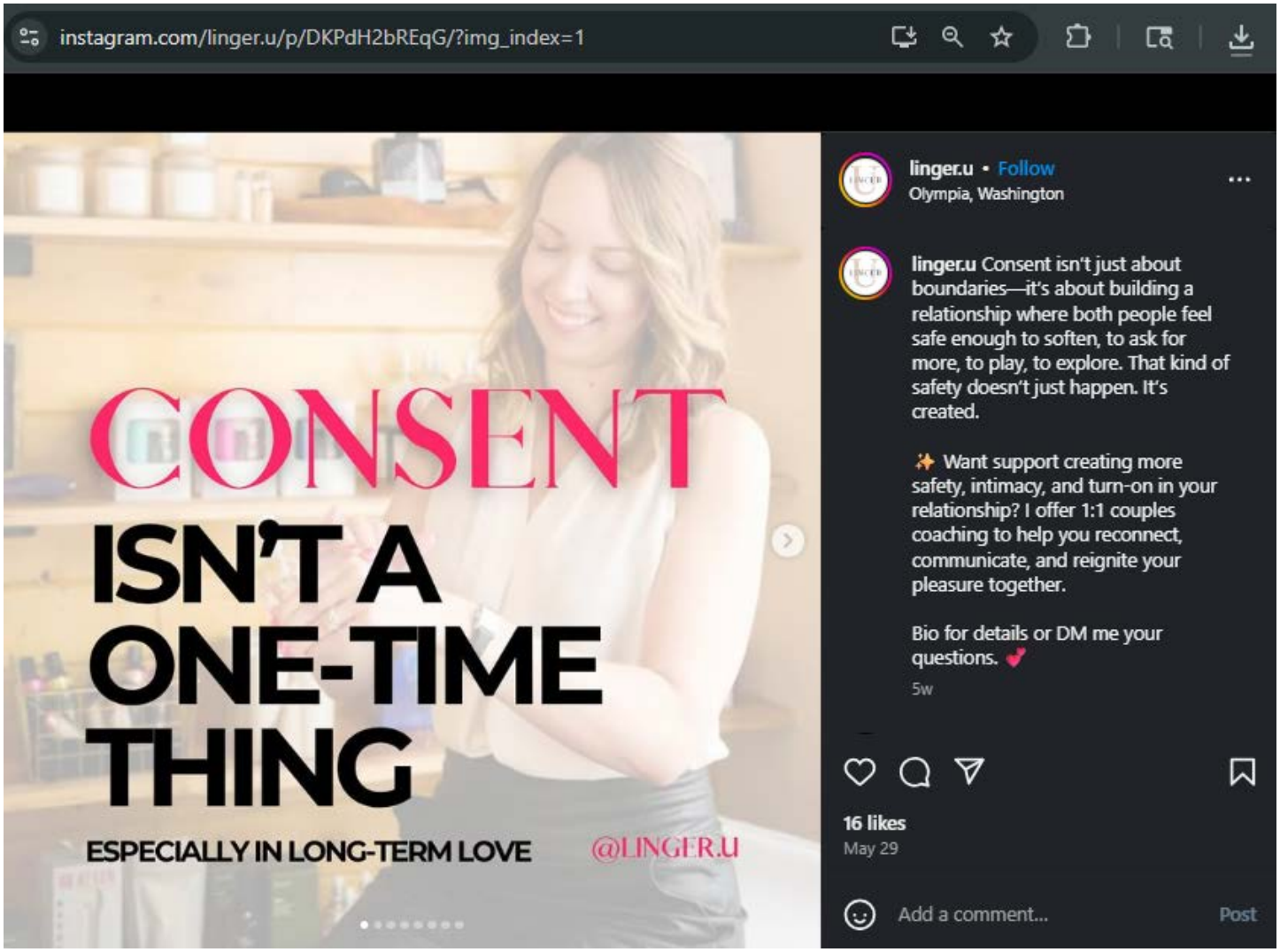
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DKPdH2bREqG/?img_index=1

After DOI

*Post about consent "Consent isn’t just about boundaries—it’s about building a relationship where both people feel safe enough to soften, to ask for more, to play, to explore. That kind of safety doesn’t just happen. It’s created. Want support creating more safety, intimacy, and turn-on in your relationship? I offer 1:1 couples coaching to help you reconnect, communicate, and reignite your pleasure together. Bio for details or DM me your questions. "


instagram.com/linger.u/p/DKPdH2bREqG/?img_index=1
CONSENT
ISN'T A
ONE-TIME
THING
ESPECIALLY IN LONG-TERM LOVE
@LINGER.U
linger.u • Follow
Olympia, Washington
linger.u Consent isn't just about boundaries—it's about building a relationship where both people feel safe enough to soften, to ask for more, to play, to explore. That kind of safety doesn't just happen. It's created.
✨ Want support creating more safety, intimacy, and turn-on in your relationship? I offer 1:1 couples coaching to help you reconnect, communicate, and reignite your pleasure together.
Bio for details or DM me your questions. 💞
5w
16 likes
May 29
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Post

instagram.com/linger.u/p/DKPdH2bREqG/?img_index=2

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Olympia, Washington

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Bio for details or DM me your questions. 💕

5w

16 likes
May 29

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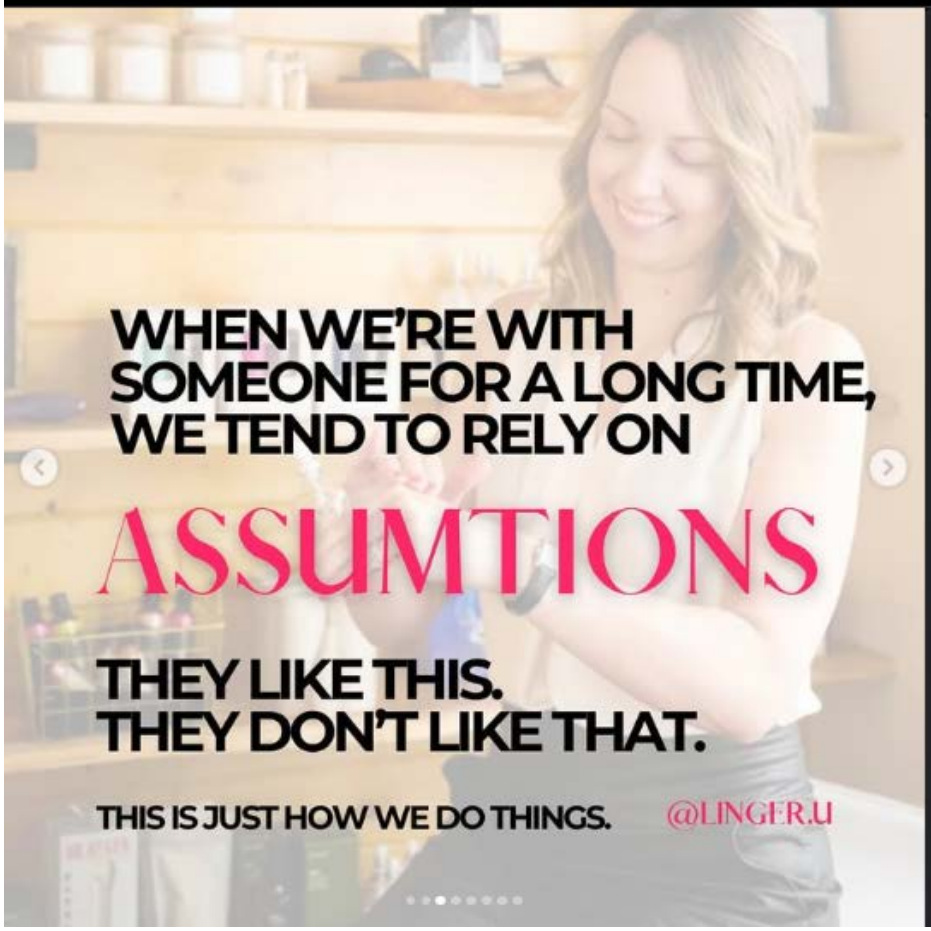
instagram.com/linger.u/p/DKPdH2bREqG/?img_index=3



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Olympia, Washington

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Bio for details or DM me your questions. 💞

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instagram.com/linger.u/p/DKPdH2bREqG/?img_index=4

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Olympia, Washington

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Olympia, Washington

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Olympia, Washington

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Bio for details or DM me your questions. 💞

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Olympia, Washington

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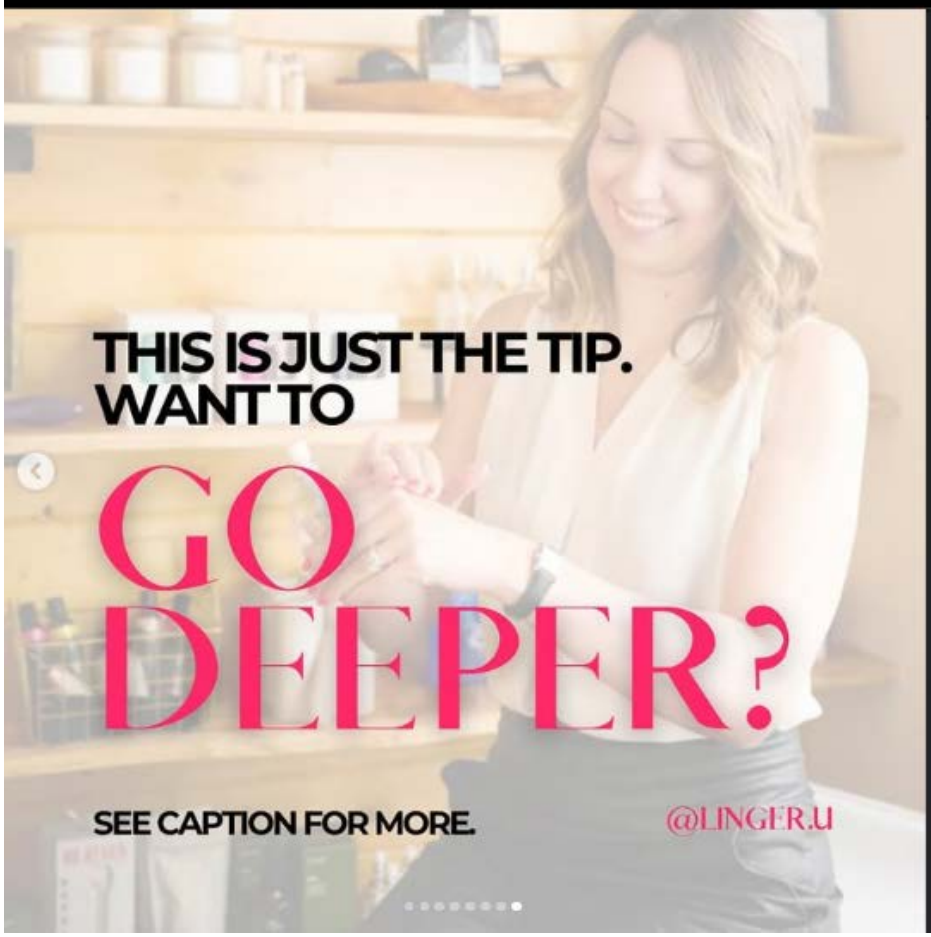

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Olympia, Washington

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Bio for details or DM me your questions. 💞

5w

16 likes
May 29

Add a comment... Post

Instagram

linger.u

System ID: 608327

Shauna Marie Stewart

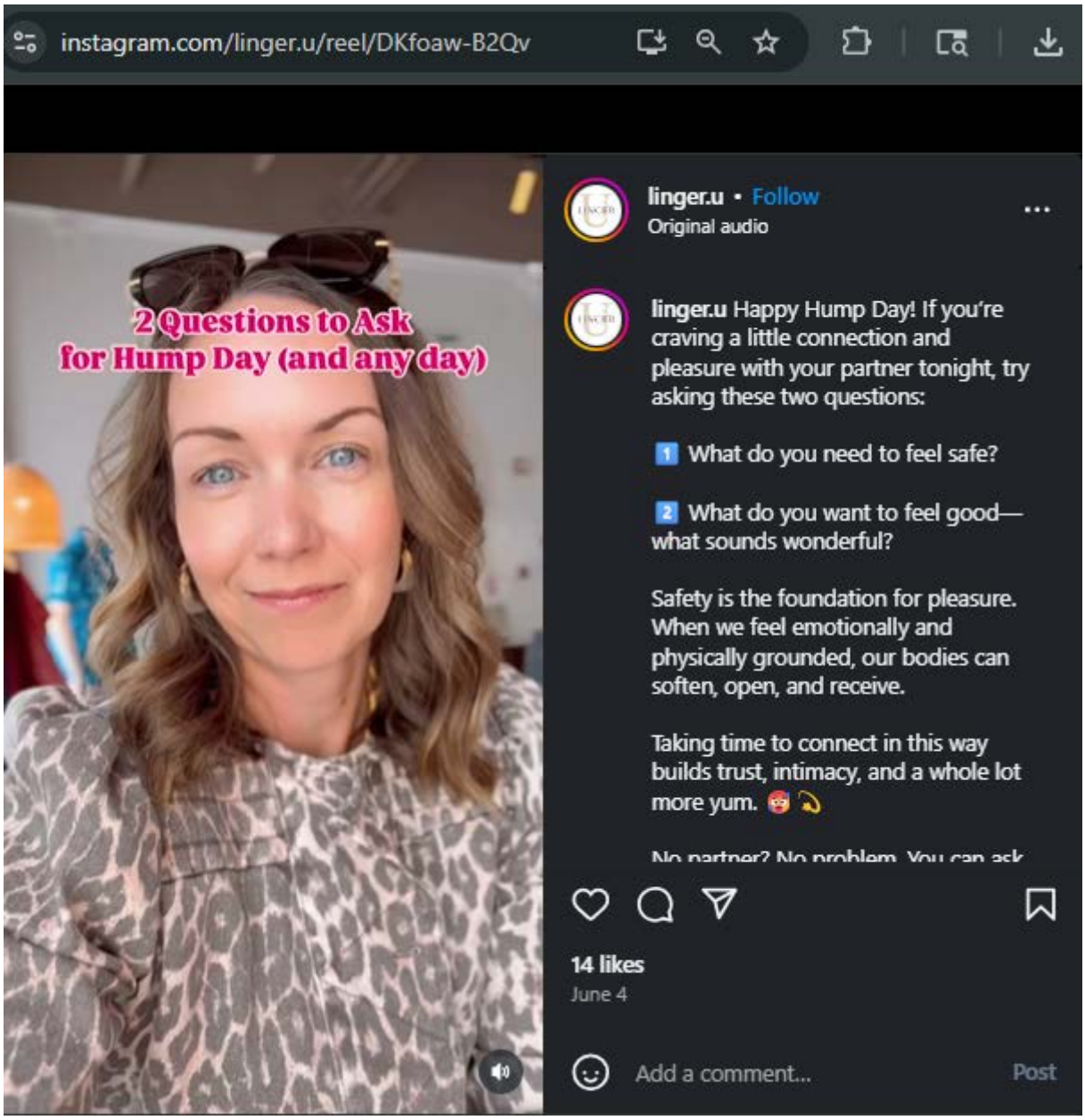
https://www.instagram.com/linger.u/reel/DKfoaw-B2Qv

Posted: Jun 04, 2025

Captured: Jul 09, 2025

After DOI

*Recommended questions for people to help experience connection and pleasure with their partner " Happy Hump Day! If you’re craving a little connection and pleasure with your partner tonight, try asking these two questions: 1 What do you need to feel safe? 2 What do you want to feel good—what sounds wonderful? Safety is the foundation for pleasure. When we feel emotionally and physically grounded, our bodies can soften, open, and receive. Taking time to connect in this way builds trust, intimacy, and a whole lot more yum. No partner? No problem. You can ask yourself these questions and see what happens! If you want support cultivating more s3xual delight in your life, let’s talk! Coaching offerings are in my bio and intro rates are ending soon."



Link to download video

Instagram

linger.u

System ID: 608323

Shauna Marie Stewart

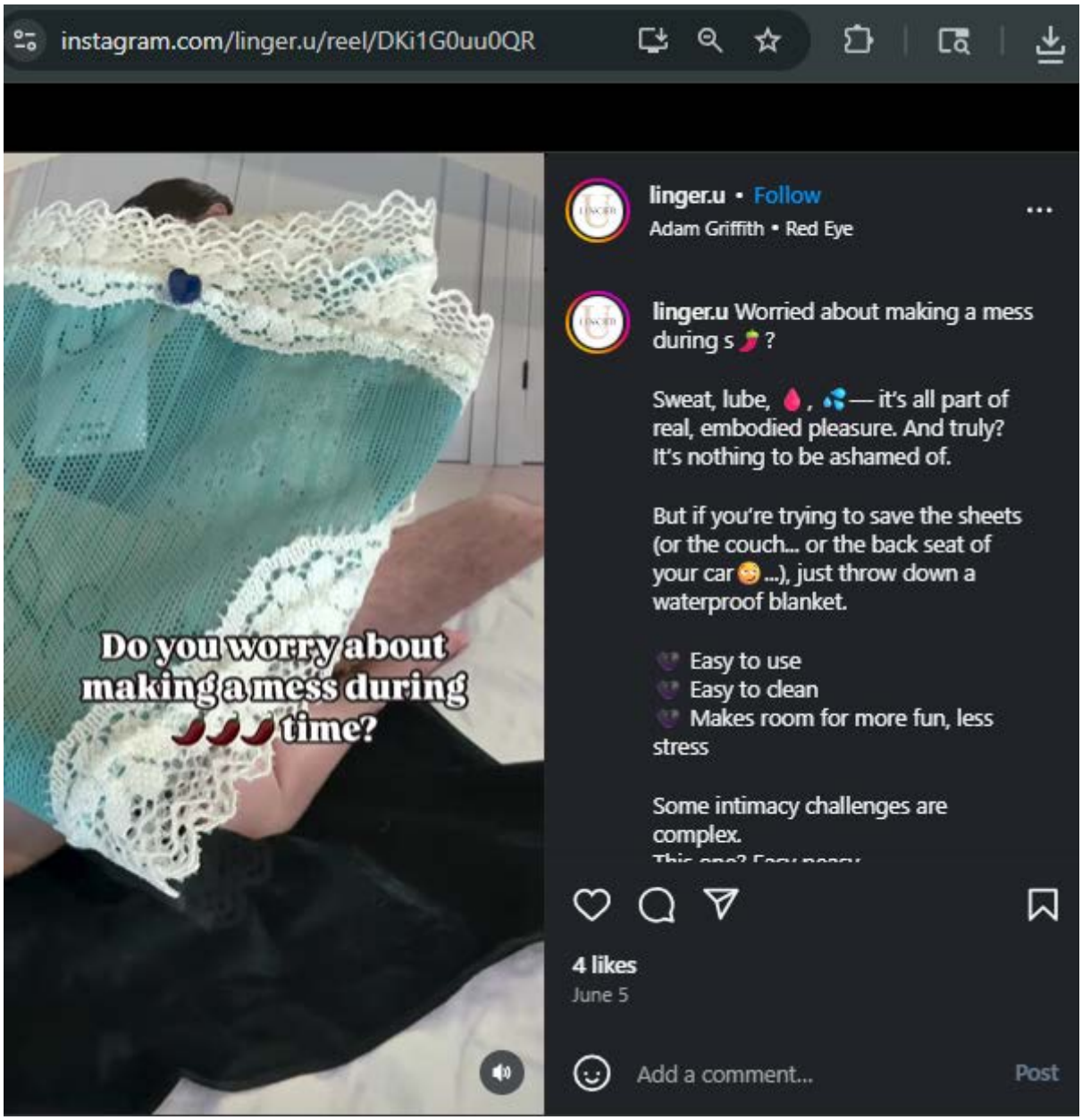
https://www.instagram.com/linger.u/reel/DKi1G0uu0QR

Posted: Jun 05, 2025

Captured: Jul 09, 2025

After DOI

*Video of underwear and a waterproof blanket "Worried about making a mess during s□? Sweat, lube, □, □— it’s all part of real, embodied pleasure. And truly? It’s nothing to be ashamed of. But if you’re trying to save the sheets (or the couch... or the back seat of your car□...), just throw down a waterproof blanket. □ Easy to use □ Easy to clean □ Makes room for more fun, less stress Some intimacy challenges are complex. This one? Easy peasy. … So, what do the panties have to do with it? Oh, those are there to block the “naughty” bits from the bots. But you can find both @lingerbtq. Shop in store or online!"



[Link to download video]

Instagram

linger.u

System ID: 608319

Shauna Marie Stewart

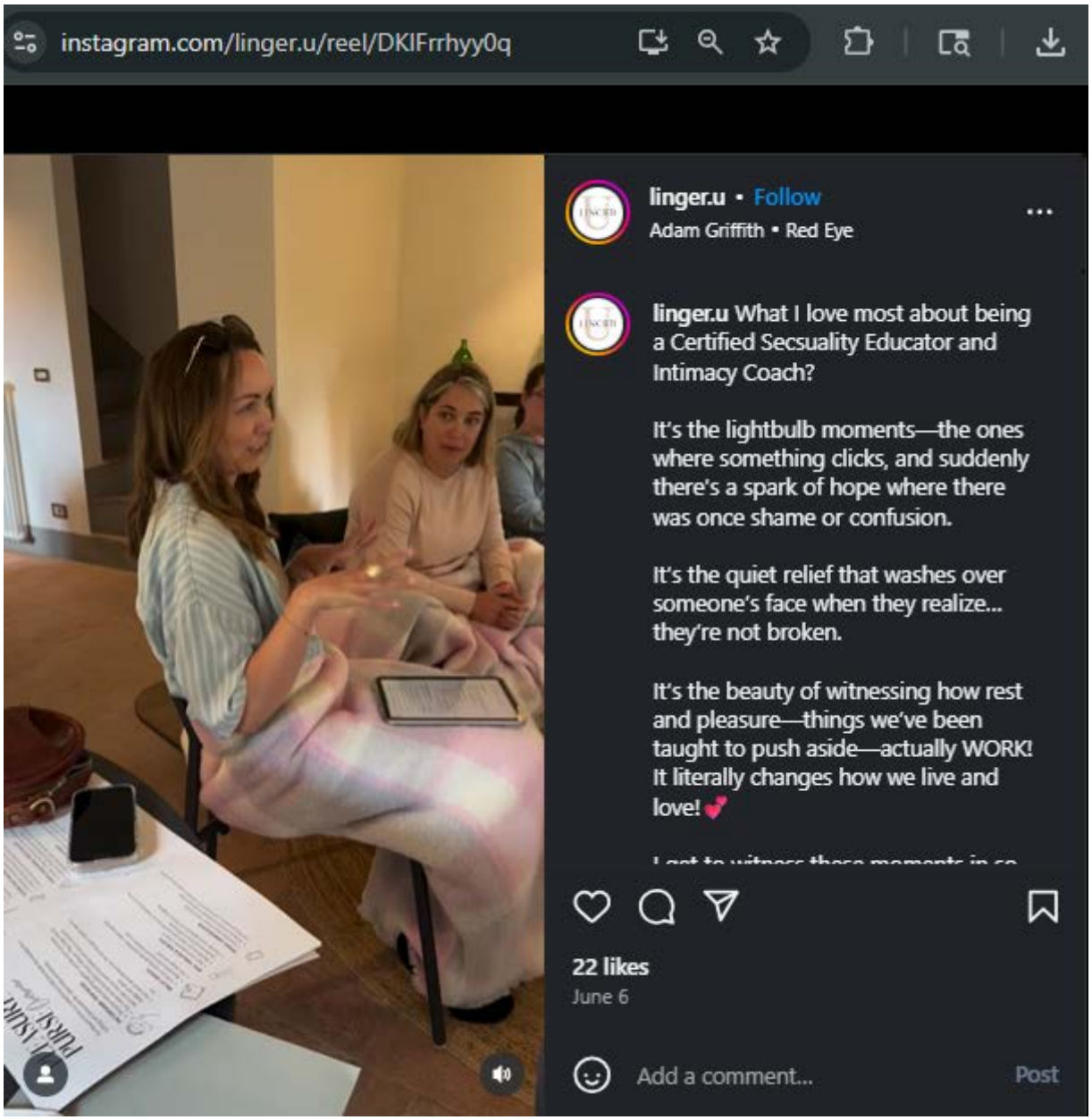
https://www.instagram.com/linger.u/reel/DKlFrrhyy0q

Posted: Jun 06, 2025

Captured: Jul 09, 2025

After DOI

*Videoed talking to groups of women and shared what she loved about being a Certified Sexuality Educator and Intimacy Coach "What I love most about being a Certified Secsuality Educator and Intimacy Coach? It’s the lightbulb moments—the ones where something clicks, and suddenly there’s a spark of hope where there was once shame or confusion. It’s the quiet relief that washes over someone’s face when they realize... they’re not broken. It’s the beauty of witnessing how rest and pleasure—things we’ve been taught to push aside—actually WORK! It literally changes how we live and love!□ I get to witness these moments in so many of safe spaces I’ve worked to create: - In 1:1 sessions where someone finally speaks their truth without shame - In couples coaching, where walls come down and intimacy rebuilds - In our boutique, where a simple bra fitting becomes a reclamation of the body - At retreats, where we shed layers, exhale deeply, and remember who we are beneath the noise I don’t take these moments for granted. It’s an honor to walk beside people as they come home to themselves, often for the very first time. If you’re curious about what that journey could look like for you, my DMs are always open. □ You deserve a relationship with your body, your desires, and your pleasure that feels grounded and whole. Let’s chat. □: @ellemarienco"



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Instagram

lingerbtq

System ID: 608599

Shauna Marie Stewart

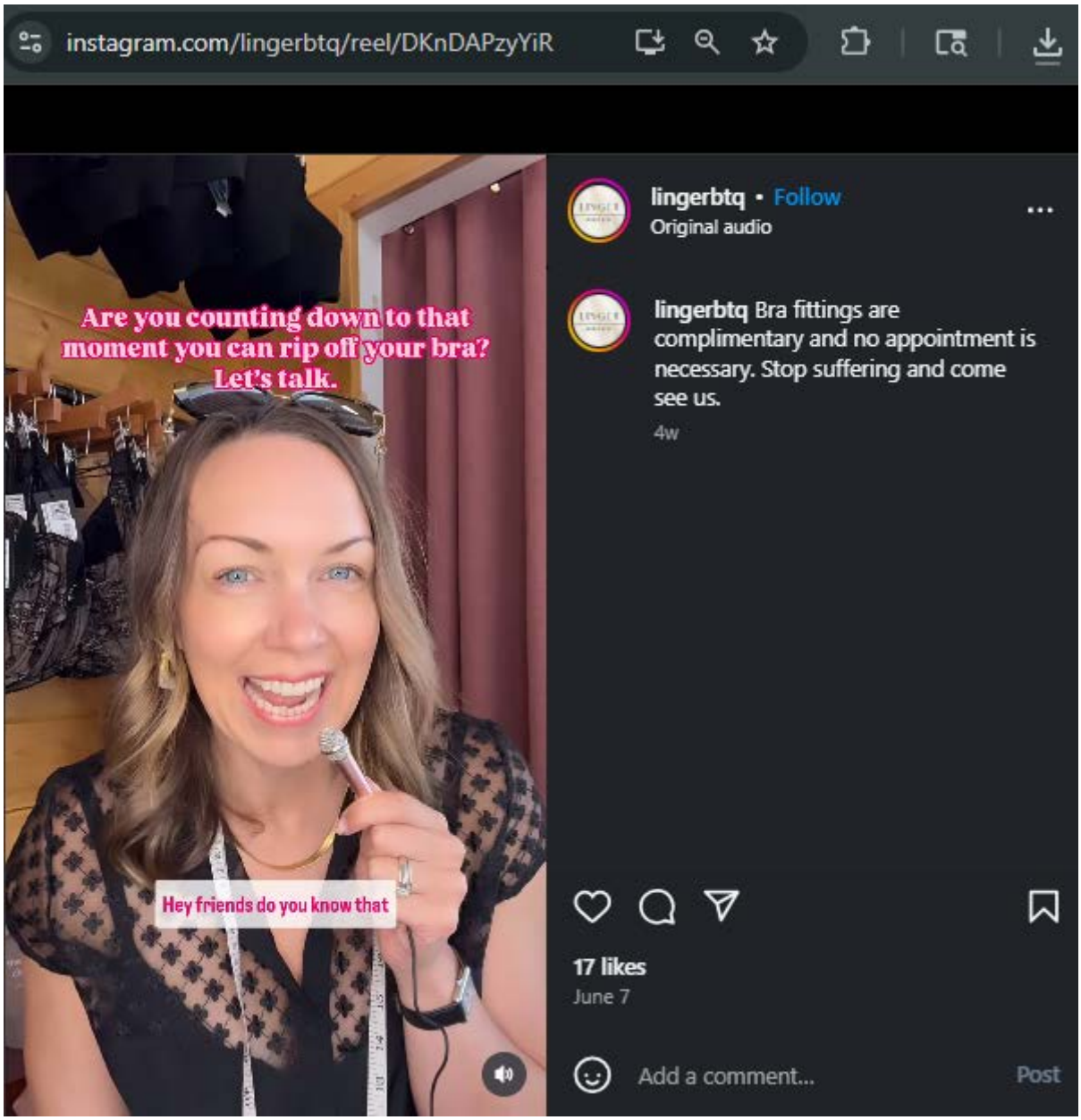
https://www.instagram.com/lingerbtq/reel/DKnDAPzyYiR

Posted: Jun 07, 2025

Captured: Jul 09, 2025

After DOI

*Seen talking about bras/fittings "Bra fittings are complimentary and no appointment is necessary. Stop suffering and come see us."



Link to download video

Instagram

linger.u

Posted: Jun 11, 2025

System ID: 608309

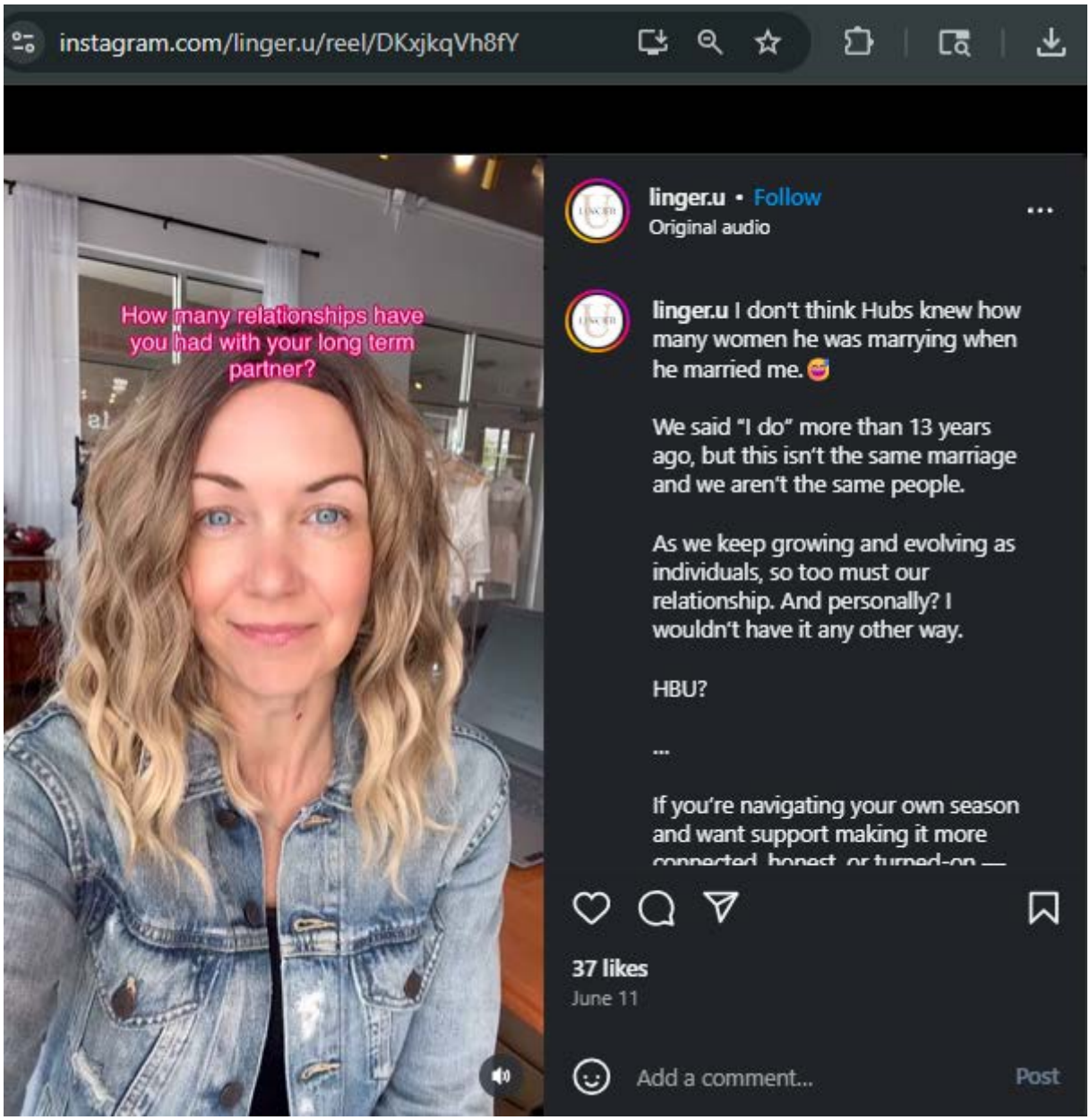
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/DKxjkqVh8fY

After DOI

*Seen wearing a wig and talked about her relationship(s) with her husband "I don’t think Hubs knew how many women he was marrying when he married me. We said “I do” more than 13 years ago, but this isn’t the same marriage and we aren’t the same people. As we keep growing and evolving as individuals, so too must our relationship. And personally? I wouldn’t have it any other way. HBU? … If you’re navigating your own season and want support making it more connected, honest, or turned-on — I’ve got space for 1:1 coaching. Let’s talk."



Link to download video

Instagram

lingerbtq

Posted: Jun 12, 2025

System ID: 608591

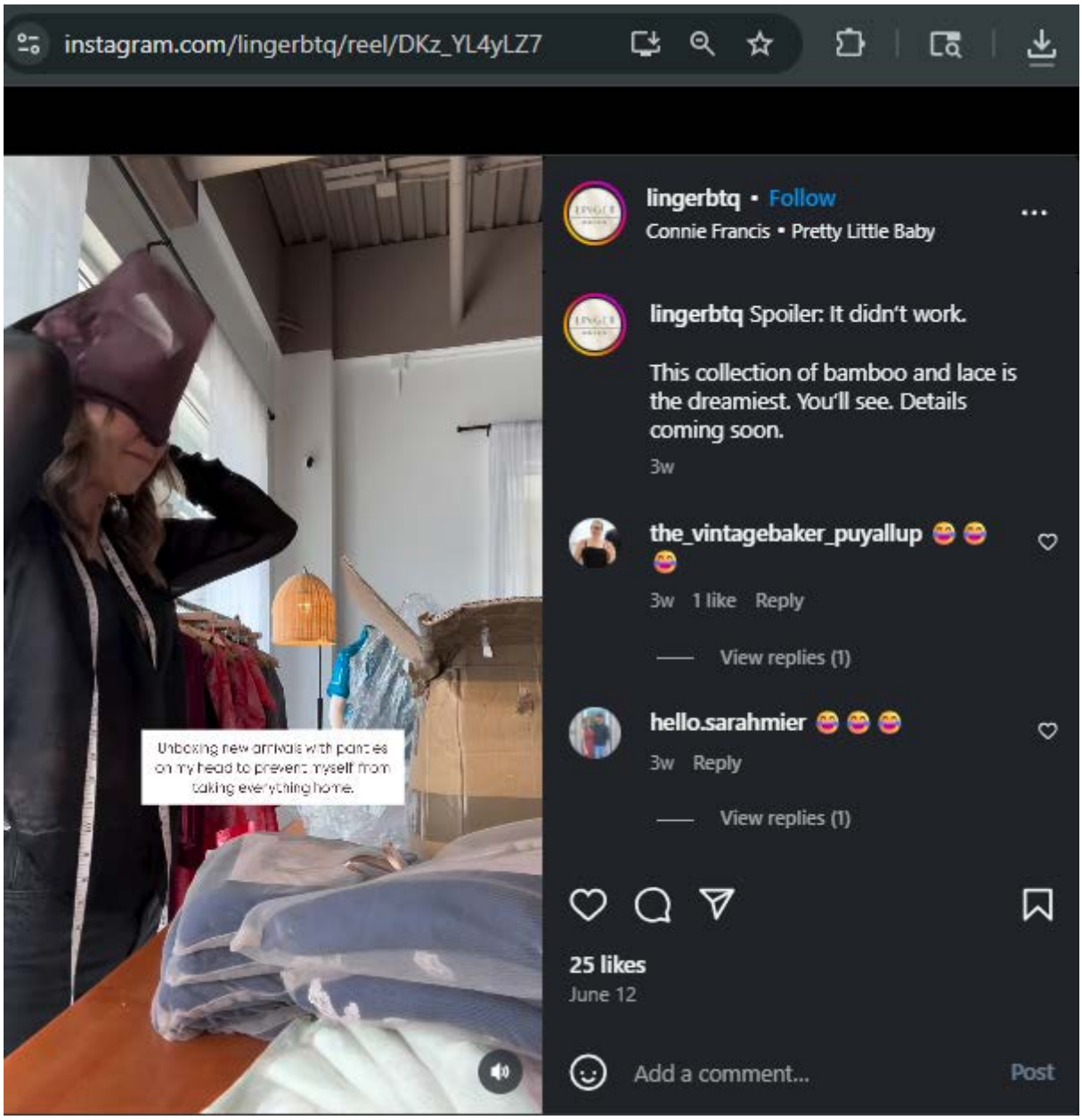
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/lingerbtq/reel/DKz_YL4yLZ7

After DOI

*Seen unboxing items with underwear on her head "Spoiler: It didn’t work. This collection of bamboo and lace is the dreamiest. You’ll see. Details coming soon."



[Link to download video]

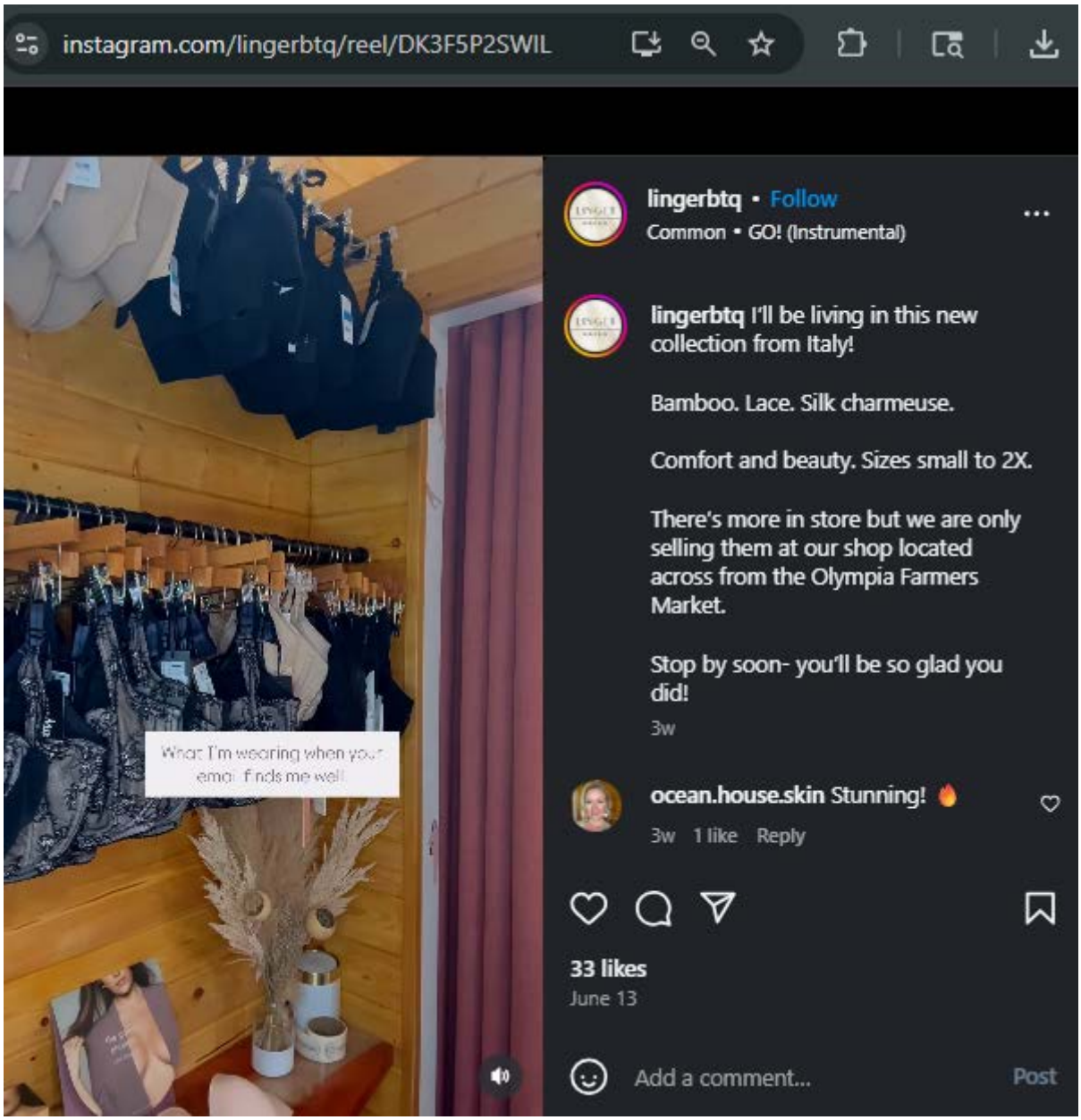
Instagram

lingerbtq
System ID: 608581
Shauna Marie Stewart
https://www.instagram.com/lingerbtq/reel/DK3F5P2SWIL

Posted: Jun 13, 2025
Captured: Jul 09, 2025

After DOI

*Video of Subject seen from the waist up while wearing a dress/lingerie "I'll be living in this new collection from Italy! Bamboo. Lace. Silk charmeuse. Comfort and beauty. Sizes small to 2X. There's more in store but we are only selling them at our shop located across from the Olympia Farmers Market. Stop by soon- you'll be so glad you did!"



[Link to download video]

Instagram

linger.u

Posted: Jun 15, 2025

System ID: 608303

Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/p/DK758jxzbYN/?img_index=1

After DOI

*Shared a post about her private coaching for women and couples and offered free discovery calls "Babe, you’re not broken. But the way our culture shames and blames women is. If you’re done shrinking your desire to fit someone else’s script, I’m here to help. I offer private coaching for women and couples ready to reclaim their turn-on, rewrite their story, and experience pleasure on their terms. Let’s strip the scripts together. Tap link to book a free discovery call."

instagram.com/linger.u/p/DK758jxzbYN/?img_index=1

linger.u • Follow

linger.u Babe, you're not broken. But the way our culture shames and blames women is.

If you're done shrinking your desire to fit someone else's script, I'm here to help.

I offer private coaching for women and couples ready to reclaim their turn-on, rewrite their story, and experience pleasure on their terms.

Let's strip the scripts together. Tap link to book a free discovery call.

3w

cedarflatsflowerfarm 🙌🙌🙌🙌
PREACH

30 likes
June 15

Add a comment... Post

Instagram

lingerbtq

System ID: 608565

Shauna Marie Stewart

https://www.instagram.com/lingerbtq/p/DK7osakyYeZ

Posted: Jun 15, 2025

Captured: Jul 09, 2025

After DOI

*Shared a picture of her new employee "We'll have some new faces in the shop this summer! I'm so excited for you to meet Sydney! You may recognize her work because we've been selling jewelry from her company@stacked.company for years! She's kind, grounded, wise beyond her years, and an absolute delight to be around. Stop in and say hi to her - you'll be so glad you did!"

instagram.com/lingerbtq/p/DK7osakyYeZ

lingerbtq • Follow
Olympia, Washington

lingerbtq We'll have some new faces in the shop this summer! I'm so excited for you to meet Sydney!

You may recognize her work because we've been selling jewelry from her company@stacked.company for years! She's kind, grounded, wise beyond her years, and an absolute delight to be around.

Stop in and say hi to her - you'll be so glad you did!

3w

syd_sugrue So excited for this summer 🥂 💜

3w 1 like Reply

42 likes
June 15

Add a comment... Post

Instagram

linger.u

System ID: 608294

Shauna Marie Stewart

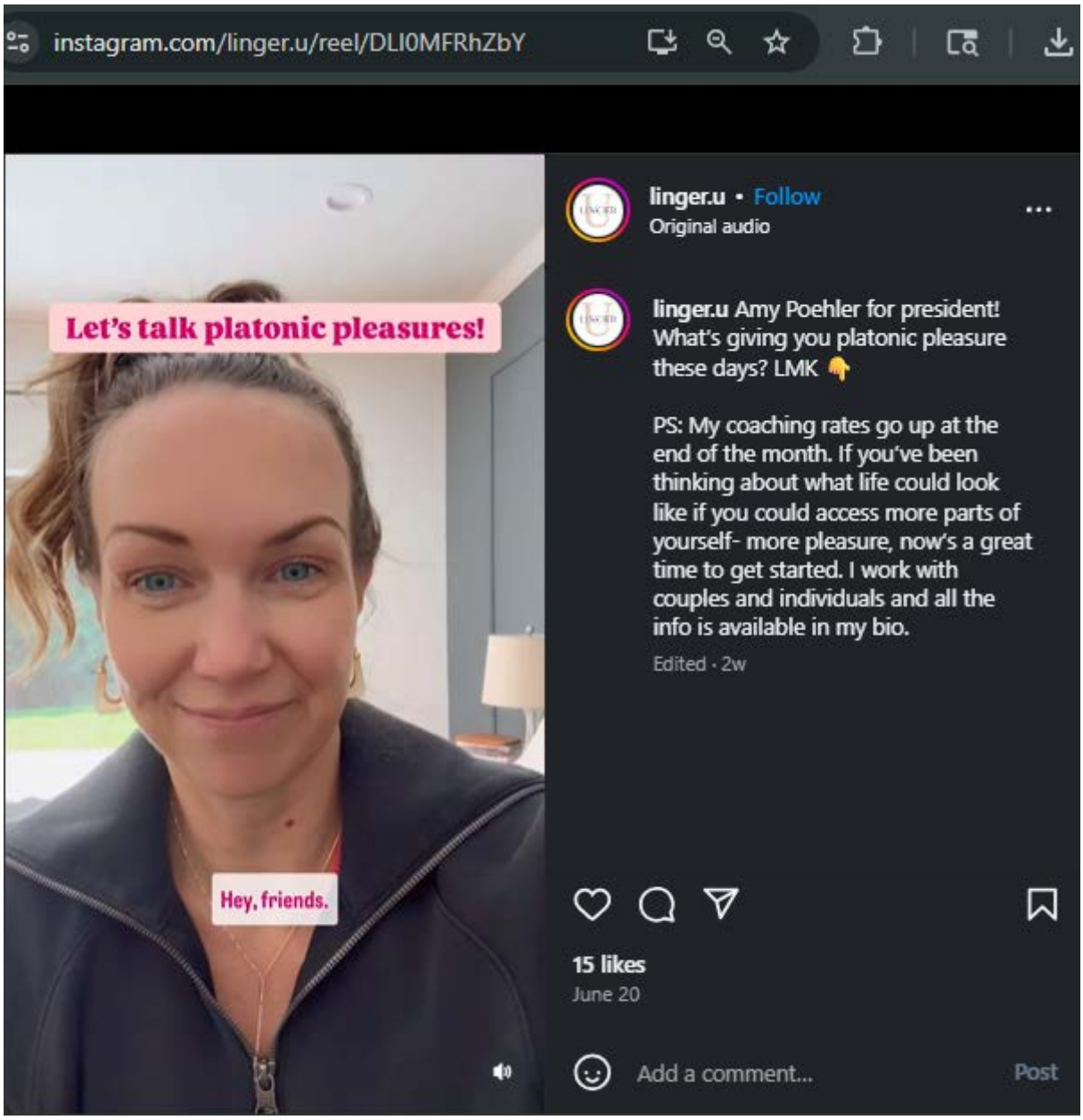
https://www.instagram.com/linger.u/reel/DLI0MFRhZbY

Posted: Jun 20, 2025

Captured: Jul 09, 2025

After DOI

*Recommended people seeking out platonic pleasures to help increase their access to sexual pleasure "Amy Poehler for president! What’s giving you platonic pleasure these days? LMK PS: My coaching rates go up at the end of the month. If you’ve been thinking about what life could look like if you could access more parts of yourself- more pleasure, now’s a great time to get started. I work with couples and individuals and all the info is available in my bio."



Link to download video

Facebook

shauna.stewart.64018

System ID: 606127

Shauna Marie Stewart

https://www.facebook.com/shauna.stewart.64018/posts/122240793740035988

Posted: Jun 20, 2025

Captured: Jul 03, 2025

After DOI

*Most recent activity was a repost from one of her favorite boudoir photographers "One of my favorite boudoir photographers is running an amazing deal. Sessions with Elle change how you feel and how you see yourself!"

facebook.com/shauna.stewart.64018/posts/122240793740035988

Shauna Stewart's post

Shauna Stewart
June 20 at 11:34 AM ·

One of my favorite boudoir photographers is running an amazing deal. Sessions with Elle change how you feel and how you see yourself!

Elle Marie
June 20 at 11:25 AM ·

Its here Its here Its here!!!!!!! Were not talking small talk pillow talk level giveaway. This isn't an amazon gift card. This is 10k ladies!!!!!!
5 lucky winners will receive an incredible boudoir experience!
Hair and Make Up Services
Use of our client closet
A TON of pre session support
Our Wings Set
Our Between The Sheets Set
Use of our red bottom heel collection size 6-12 (we got all you ladies covered)
8 amazing prints to the remember the day
Session with Elle herself and SAME DAY VIEWING OF YOUR IMAGES

DO NOT DELAY IN APPLYING FOR THIS!

IT COMES ONCE A YEAR WHEN I DECIDE TO OFFER IT!

APPLICATIONS CLOSE JULY 3rd WINNERS ANNOUCED JULY 10th!

SUMMERSIREN.ELLEMARIEANDCOMPANY.COM
Summer Siren Boudoir 10K Giveaway
I consent to receive communications from via SMS, phone & email. Message frequency varies. Message & data rates may apply. You can reply STOP to unsubscribe at any time.

1 1 comment 1 share

Like Comment Share

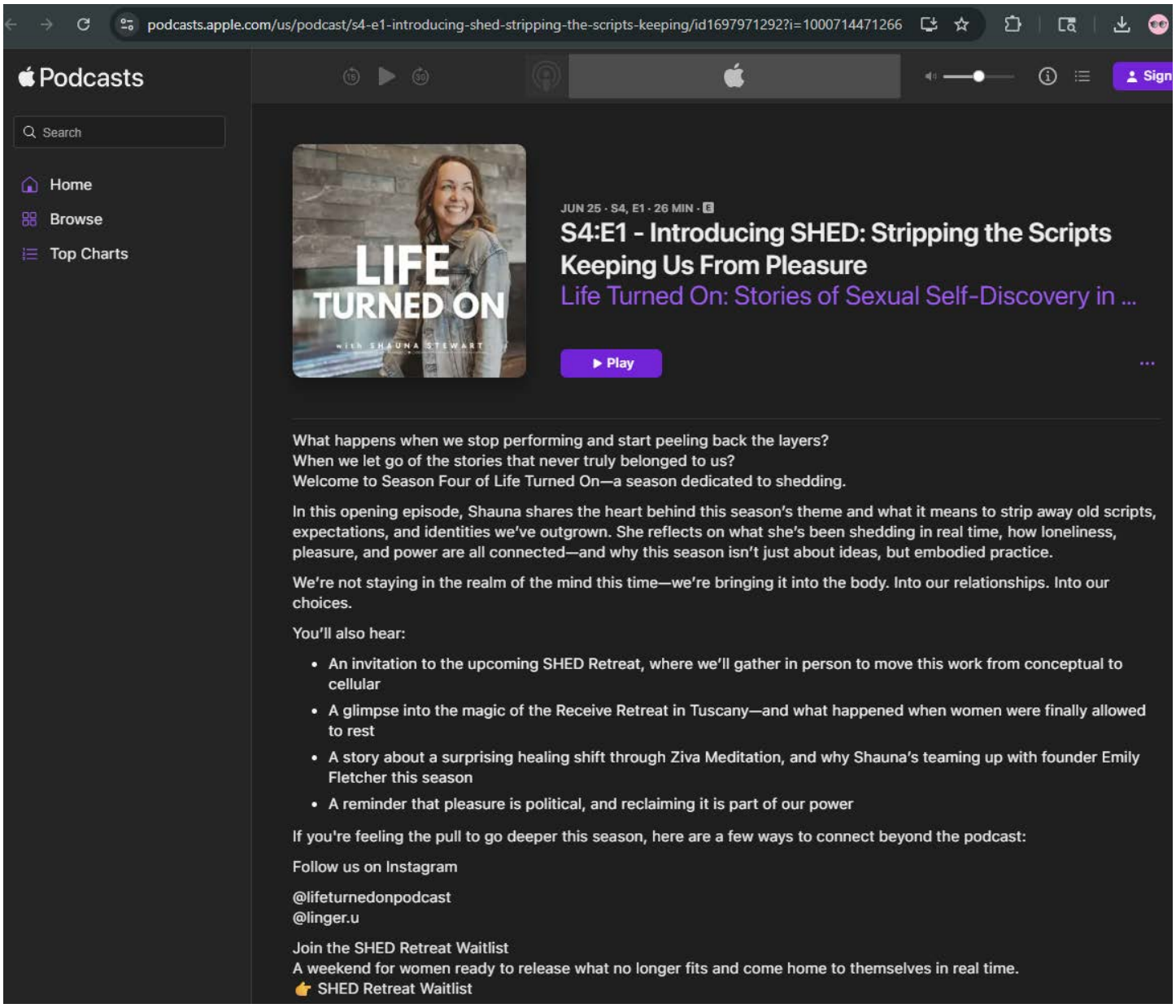
Danielle Sanders
Thank you so much for sharing Shauna! I'm so excited we get to do this again this year!

Other

Apple Podcasts
Posted: Jun 25, 2025
System ID: 606949
Captured: Jul 07, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/s4-e1-introducing-shed-stripping-the-scripts-keeping/id1697971292?i=1000714471266

After DOI

*Solo episode, talked about shedding outdated beliefs (patriarchy, misogyny, and sex negativity, etc.) and the importance of sharing stories. Described herself as a Sexuality Educator and Intimacy Coach (7:13) Mentioned that after consistently practicing mediation an eight-year health issue was nearly resolved (21:46 - 23:23) "S4:E1 - Introducing SHED: Stripping the Scripts Keeping Us From Pleasure" "What happens when we stop performing and start peeling back the layers? When we let go of the stories that never truly belonged to us? Welcome to Season Four of Life Turned On—a season dedicated to shedding. In this opening episode, Shauna shares the heart behind this season's theme and what it means to strip away old scripts, expectations, and identities we've outgrown. She reflects on what she's been shedding in real time, how loneliness, pleasure, and power are all connected—and why this season isn't just about ideas, but embodied practice. We're not staying in the realm of the mind this time—we're bringing it into the body. Into our relationships. Into our choices. You'll also hear: An invitation to the upcoming SHED Retreat, where we'll gather in person to move this work from conceptual to cellular A glimpse into the magic of the Receive Retreat in Tuscany—and what happened when women were finally allowed to rest A story about a surprising healing shift through Ziva Meditation, and why Shauna's teaming up with founder Emily Fletcher this season A reminder that pleasure is political, and reclaiming it is part of our power If you're feeling the pull to go deeper this season, here are a few ways to connect beyond the podcast: Follow us on Instagram @lifeturnedonpodcast @linger.u Join the SHED Retreat Waitlist A weekend for women ready to release what no longer fits and come home to themselves in real time. □ SHED Retreat Waitlist Join the RECEIVE Retreat Waitlist A luxurious, slow, deeply restorative retreat designed to support you in receiving rest and pleasure. This experience will remind you what it feels like to fully be. □ Receive Retreat Waitlist Work with Shauna 1:1 Explore private coaching opportunities to reconnect with your sexuality and live a more turned-on life. For individuals and couples. □ Coaching with Shauna Learn More About Ziva Meditation This is the method that helped resolve my 8-year health issue and radically changed my relationship to rest, anxiety, and presence. Highly recommend. Try the Free Masterclass: "How to Reduce Stress, Overcome Anxiety and Improve Sleep (in 15 Days or Less)" □ Ziva Masterclass Explore Ziva Online: The full meditation program that changed my life (and my sex life, yes for real). □ Ziva Online Support the show"


podcasts.apple.com/us/podcast/s4-e1-introducing-shed-stripping-the-scripts-keeping/id1697971292?i=1000714471266
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LIFE
TURNED ON
with SHAUNA STEWART
JUN 25 · S4, E1 · 26 MIN · E
S4:E1 - Introducing SHED: Stripping the Scripts Keeping Us From Pleasure
Life Turned On: Stories of Sexual Self-Discovery in ...
Play
What happens when we stop performing and start peeling back the layers?
When we let go of the stories that never truly belonged to us?
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@linger.u
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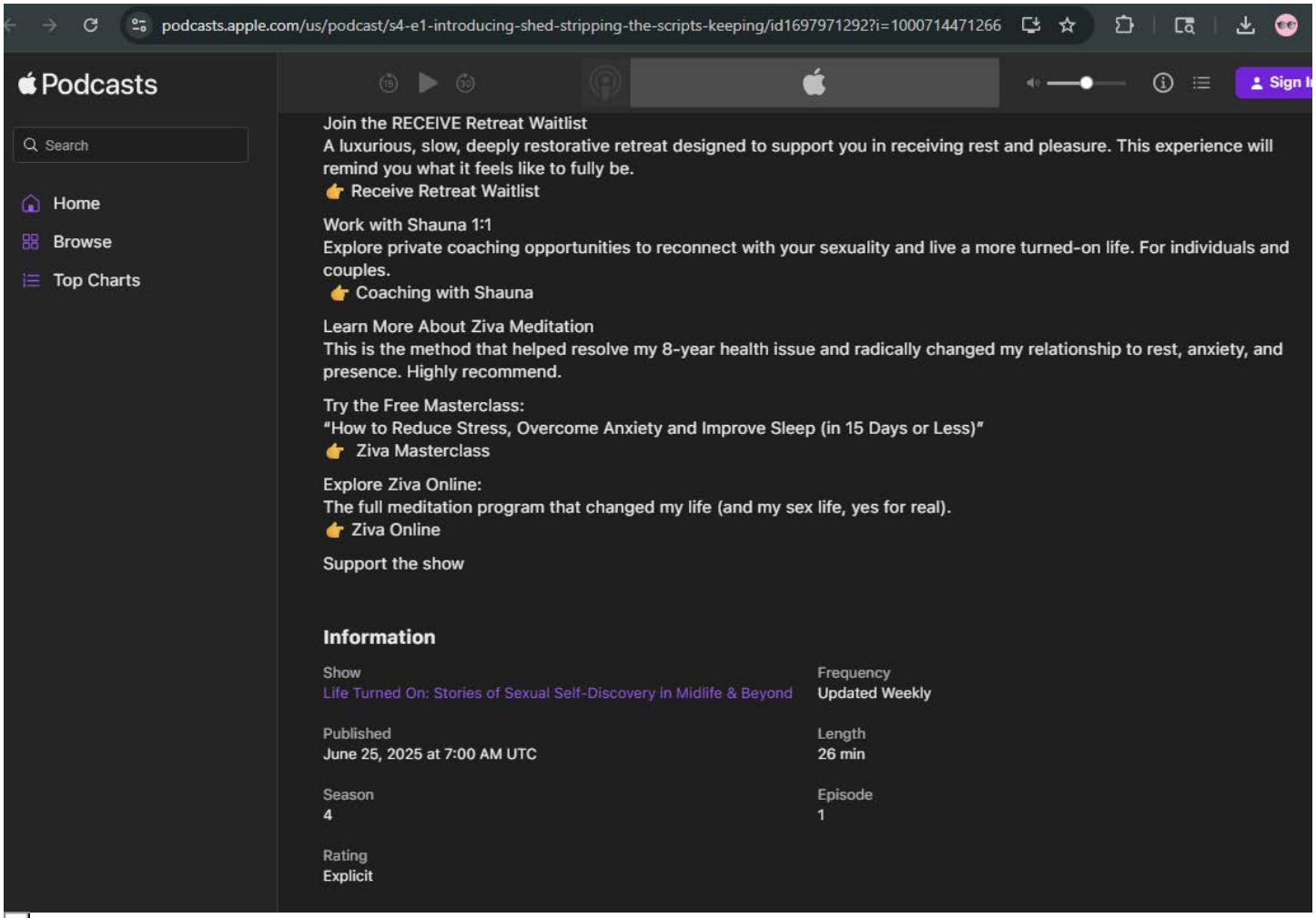
👉 SHED Retreat Waitlist


podcasts.apple.com/us/podcast/s4-e1-introducing-shed-stripping-the-scripts-keeping/id1697971292?i=1000714471266
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👉 Ziva Online
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Information
Show
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
Frequency
Updated Weekly
Published
June 25, 2025 at 7:00 AM UTC
Length
26 min
Season
4
Episode
1
Rating
Explicit

Instagram

lifeturnedonpodcast

System ID: 608081

Shauna Marie Stewart

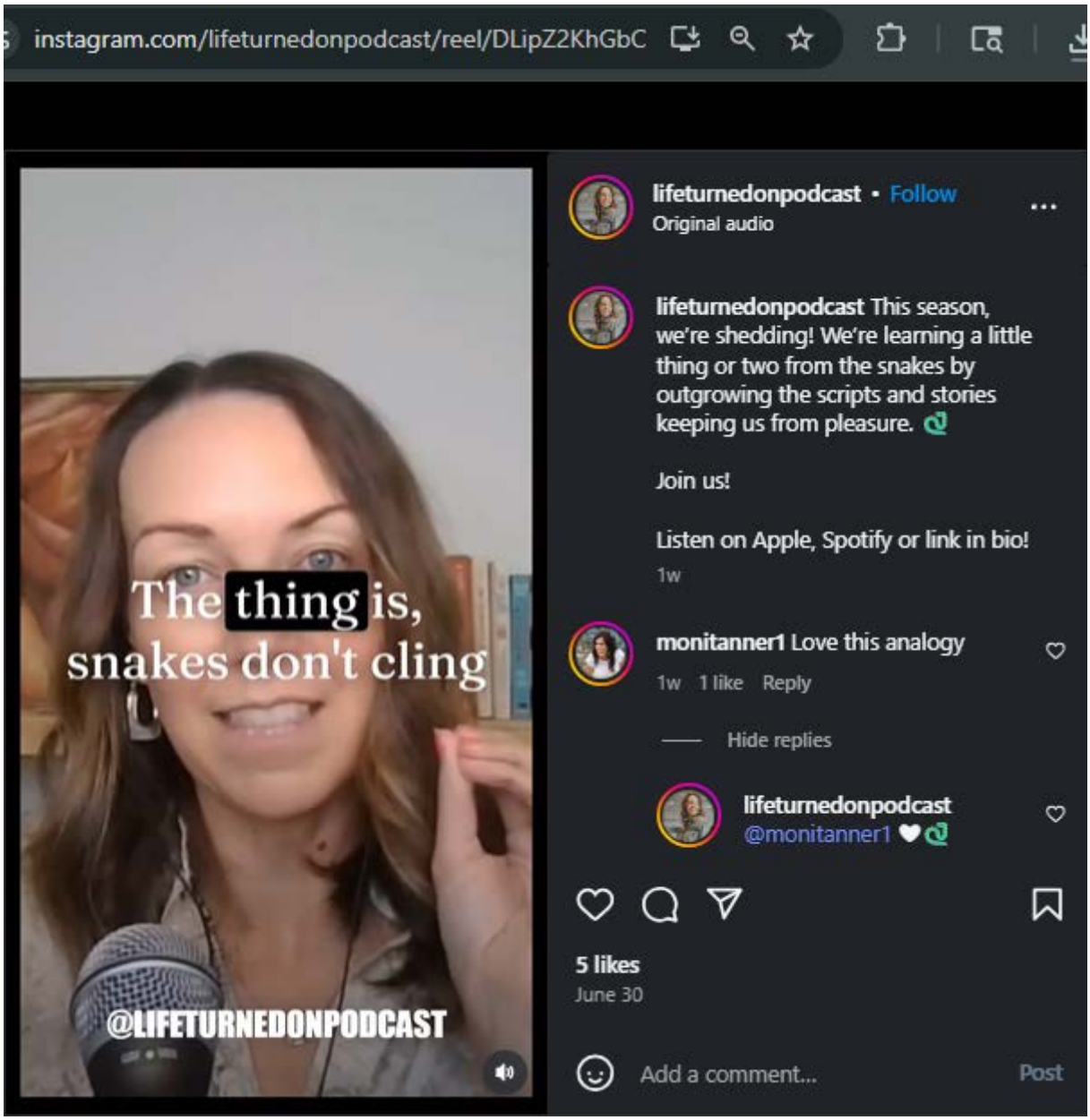
https://www.instagram.com/lifeturnedonpodcast/reel/DLipZ2KhGbC

Posted: Jun 30, 2025

Captured: Jul 09, 2025

After DOI

*Seen talking in a clip from her podcast "This season, we’re shedding! We’re learning a little thing or two from the snakes by outgrowing the scripts and stories keeping us from pleasure. □ Join us! Listen on Apple, Spotify or link in bio!"



[Link to download video]

Instagram

linger.u

System ID: 608278

Shauna Marie Stewart

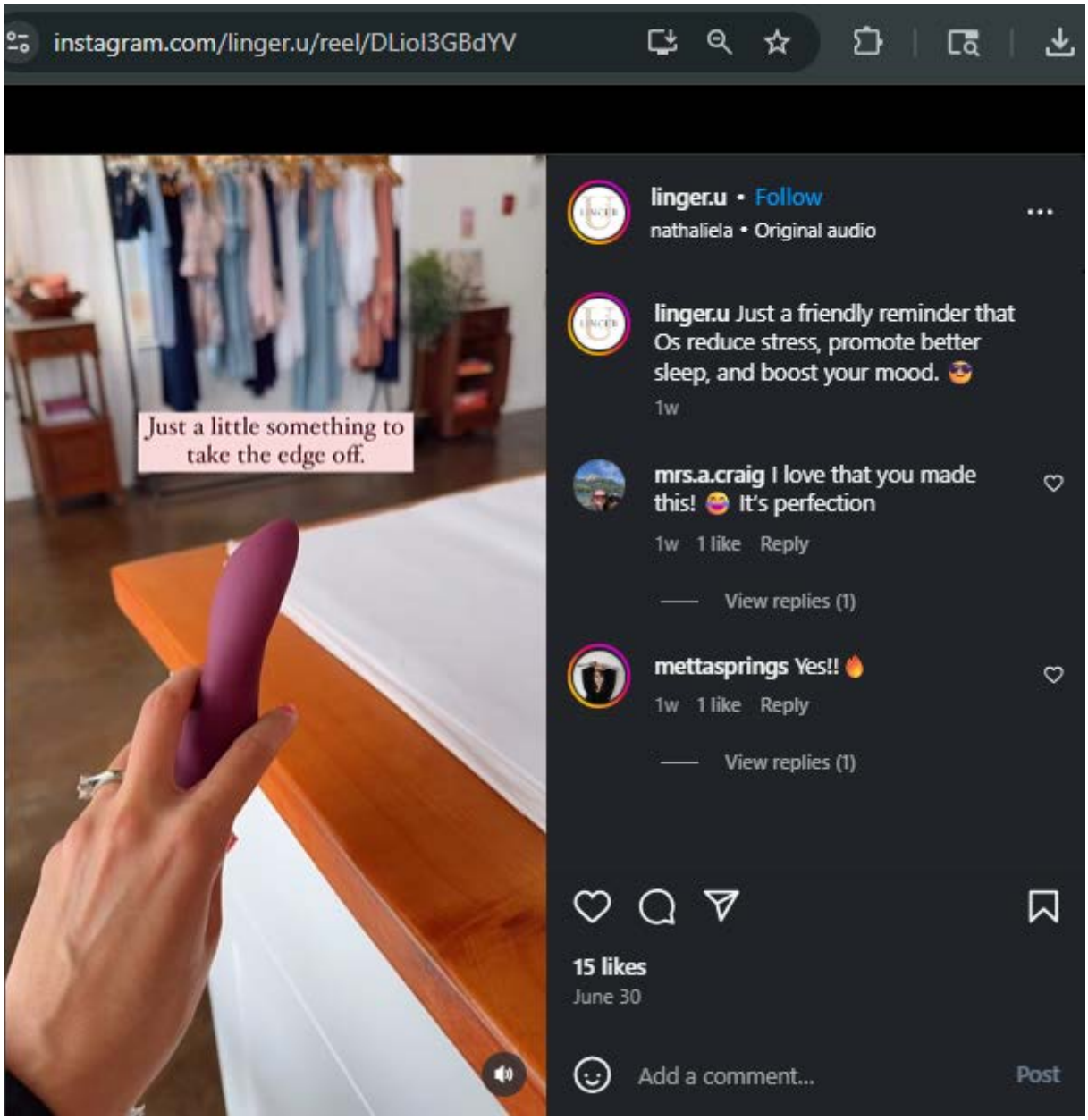
https://www.instagram.com/linger.u/reel/DLioI3GBdYV

Posted: Jun 30, 2025

Captured: Jul 09, 2025

After DOI

*Video of her hand holding a sex-toy "Just a friendly reminder that Os reduce stress, promote better sleep, and boost your mood. "



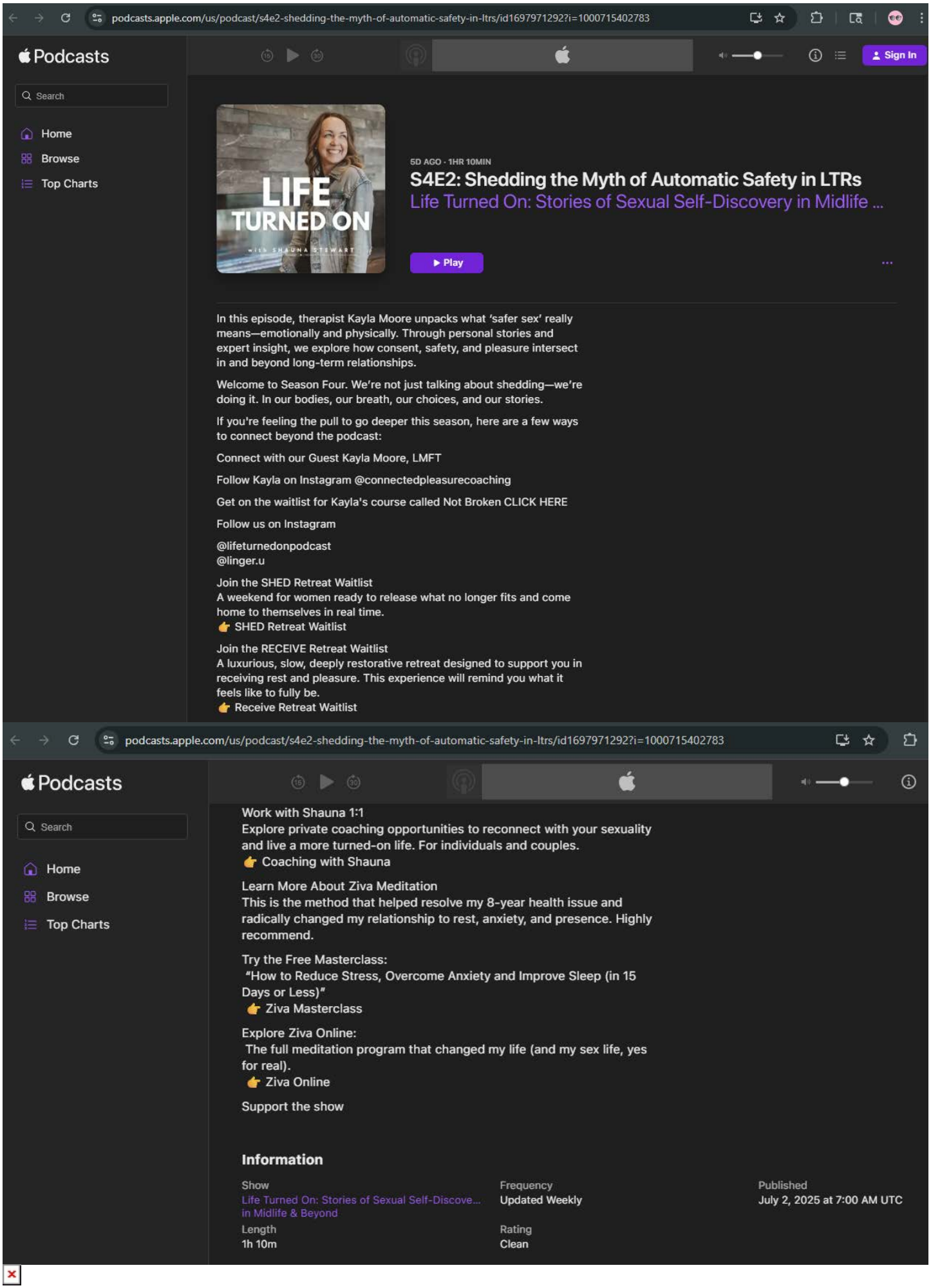
[Link to download video]

Other

Apple Podcasts
Posted: Jul 02, 2025
System ID: 606913
Captured: Jul 07, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/s4e2-shedding-the-myth-of-automatic-safety-in-ltrs/id1697971292?i=1000715402783

After DOI

*Talked with Kayla Moore about emotional and physical safe sex in long-term relationships and made mentions of consent "S4E2: Shedding the Myth of Automatic Safety in LTRs" "In this episode, therapist Kayla Moore unpacks what ‘safer sex’ really means—emotionally and physically. Through personal stories and expert insight, we explore how consent, safety, and pleasure intersect in and beyond long-term relationships. Welcome to Season Four. We’re not just talking about shedding—we’re doing it. In our bodies, our breath, our choices, and our stories. If you're feeling the pull to go deeper this season, here are a few ways to connect beyond the podcast: Connect with our Guest Kayla Moore, LMFT Follow Kayla on Instagram @connectedpleasurecoaching Get on the waitlist for Kayla's course called Not Broken CLICK HERE Follow us on Instagram @lifeturnedonpodcast @linger.u Join the SHED Retreat Waitlist A weekend for women ready to release what no longer fits and come home to themselves in real time. SHED Retreat Waitlist Join the RECEIVE Retreat Waitlist A luxurious, slow, deeply restorative retreat designed to support you in receiving rest and pleasure. This experience will remind you what it feels like to fully be. Receive Retreat Waitlist Work with Shauna 1:1 Explore private coaching opportunities to reconnect with your sexuality and live a more turned-on life. For individuals and couples. Coaching with Shauna Learn More About Ziva Meditation This is the method that helped resolve my 8-year health issue and radically changed my relationship to rest, anxiety, and presence. Highly recommend. Try the Free Masterclass: “How to Reduce Stress, Overcome Anxiety and Improve Sleep (in 15 Days or Less)” Ziva Masterclass Explore Ziva Online: The full meditation program that changed my life (and my sex life, yes for real). Ziva Online Support the show"


podcasts.apple.com/us/podcast/s4e2-shedding-the-myth-of-automatic-safety-in-ltrs/id1697971292?i=1000715402783
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LIFE TURNED ON
with SHAUNA STEWART
5D AGO · 1HR 10MIN
S4E2: Shedding the Myth of Automatic Safety in LTRs
Life Turned On: Stories of Sexual Self-Discovery in Midlife ...
Play
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@linger.u
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👉 Receive Retreat Waitlist
podcasts.apple.com/us/podcast/s4e2-shedding-the-myth-of-automatic-safety-in-ltrs/id1697971292?i=1000715402783
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👉 Ziva Online
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Life Turned On: Stories of Sexual Self-Discove... in Midlife & Beyond
Frequency
Updated Weekly
Published
July 2, 2025 at 7:00 AM UTC
Length
1h 10m
Rating
Clean

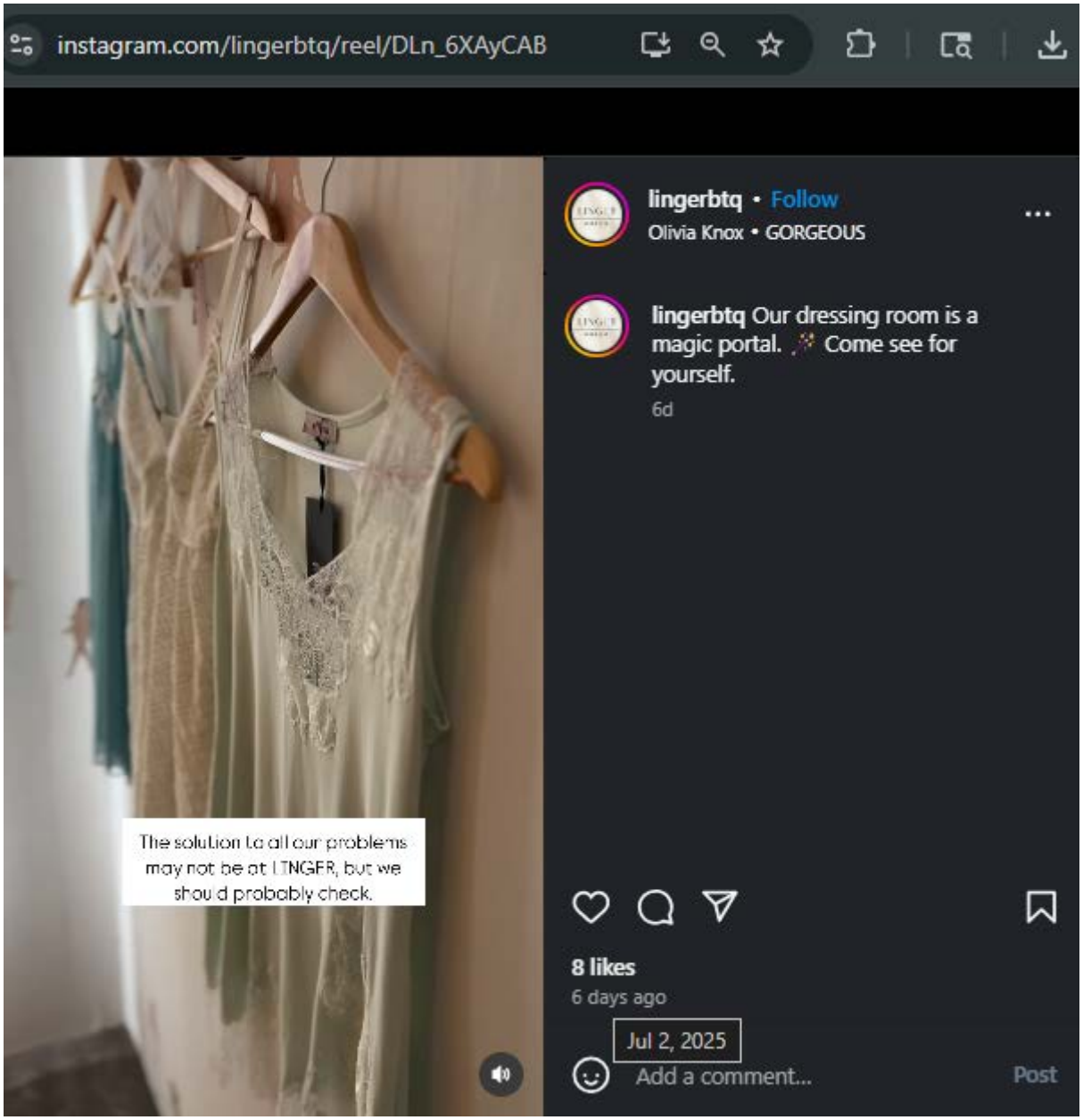
Instagram

lingerbtq
System ID: 608558
Shauna Marie Stewart
https://www.instagram.com/lingerbtq/reel/DLn_6XAyCAB

Posted: Jul 02, 2025
Captured: Jul 09, 2025

After DOI

*Video of lingerie at Linger Boutique "Our dressing room is a magic portal. □ Come see for yourself."



Link to download video

Instagram

linger.u

System ID: 608264

Shauna Marie Stewart

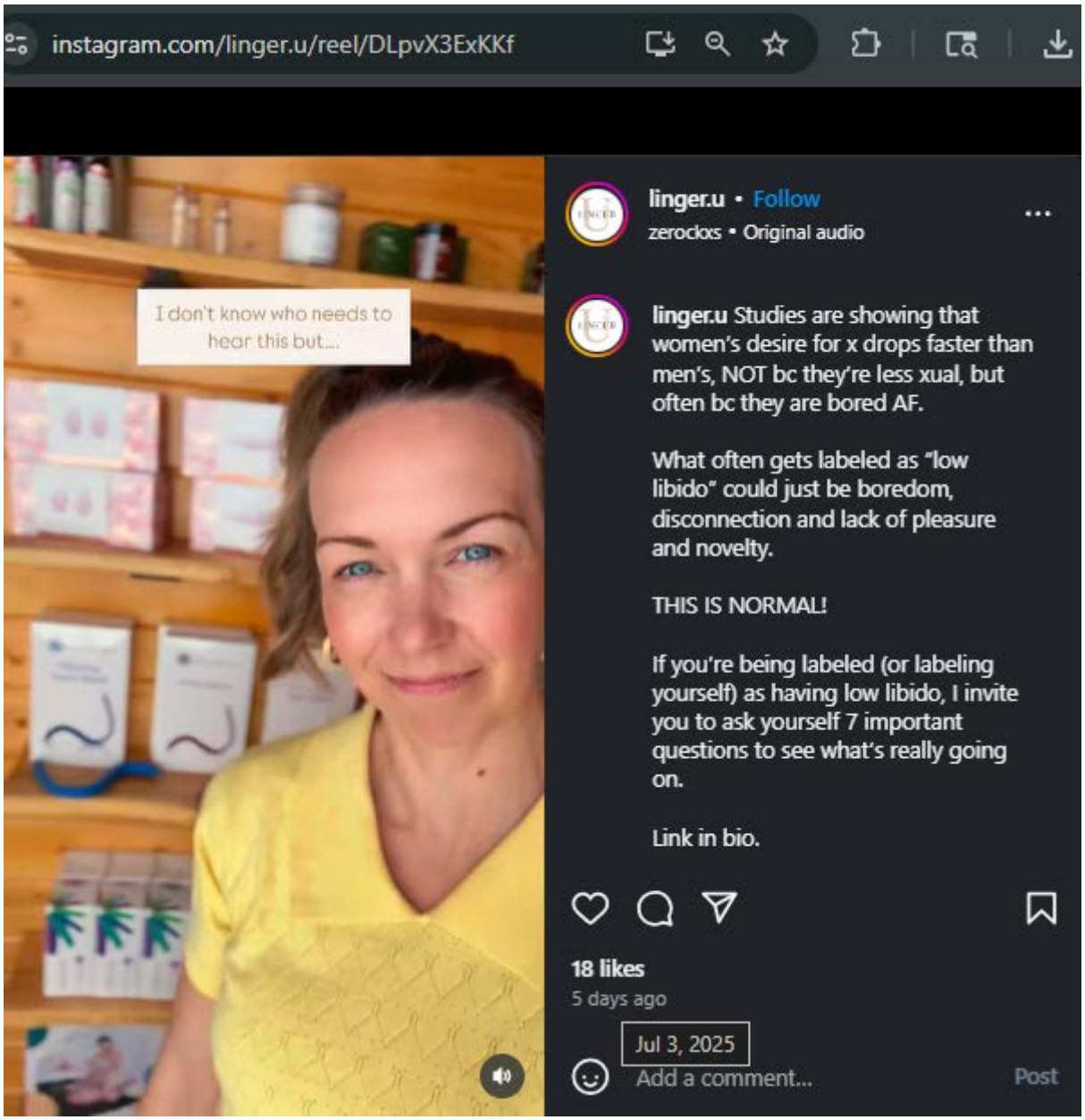
https://www.instagram.com/linger.u/reel/DLpvX3ExKKf

Posted: Jul 03, 2025

Captured: Jul 09, 2025

After DOI

*Seen at Linger boutique "Studies are showing that women’s desire for x drops faster than men’s, NOT bc they’re less xual, but often bc they are bored AF. What often gets labeled as “low libido” could just be boredom, disconnection and lack of pleasure and novelty. THIS IS NORMAL! If you’re being labeled (or labeling yourself) as having low libido, I invite you to ask yourself 7 important questions to see what’s really going on. Link in bio."



[Link to download video]

Instagram

lingerbtq

System ID: 608224

Shauna Marie Stewart

https://www.instagram.com/lingerbtq/p/DLsOfwURjbL

Posted: Jul 04, 2025

Captured: Jul 09, 2025

After DOI

*Most recent activity was an announcement that Linger Boutique would be closed on July 4th "We’re closed today, but you can stop by this weekend for some summer pjs and lingerie! Plus, we’re going to have a special surprise in store on Saturday! Hint: Her name starts with an A and ends in urora. "

instagram.com/lingerbtq/p/DLsOfwURjbL

lingerbtq • Follow
Olympia, Washington

lingerbtq We're closed today, but you can stop by this weekend for some summer pjs and lingerie!

Plus, we're going to have a special surprise in store on Saturday! Hint: Her name starts with an A and ends in urora. 😉

4d

washington.vibes Can we share it

4d 1 like Reply

4 likes
4 days ago

Jul 4, 2025

Add a comment... Post

Instagram

linger.u

Posted: Jul 05, 2025

System ID: 608246

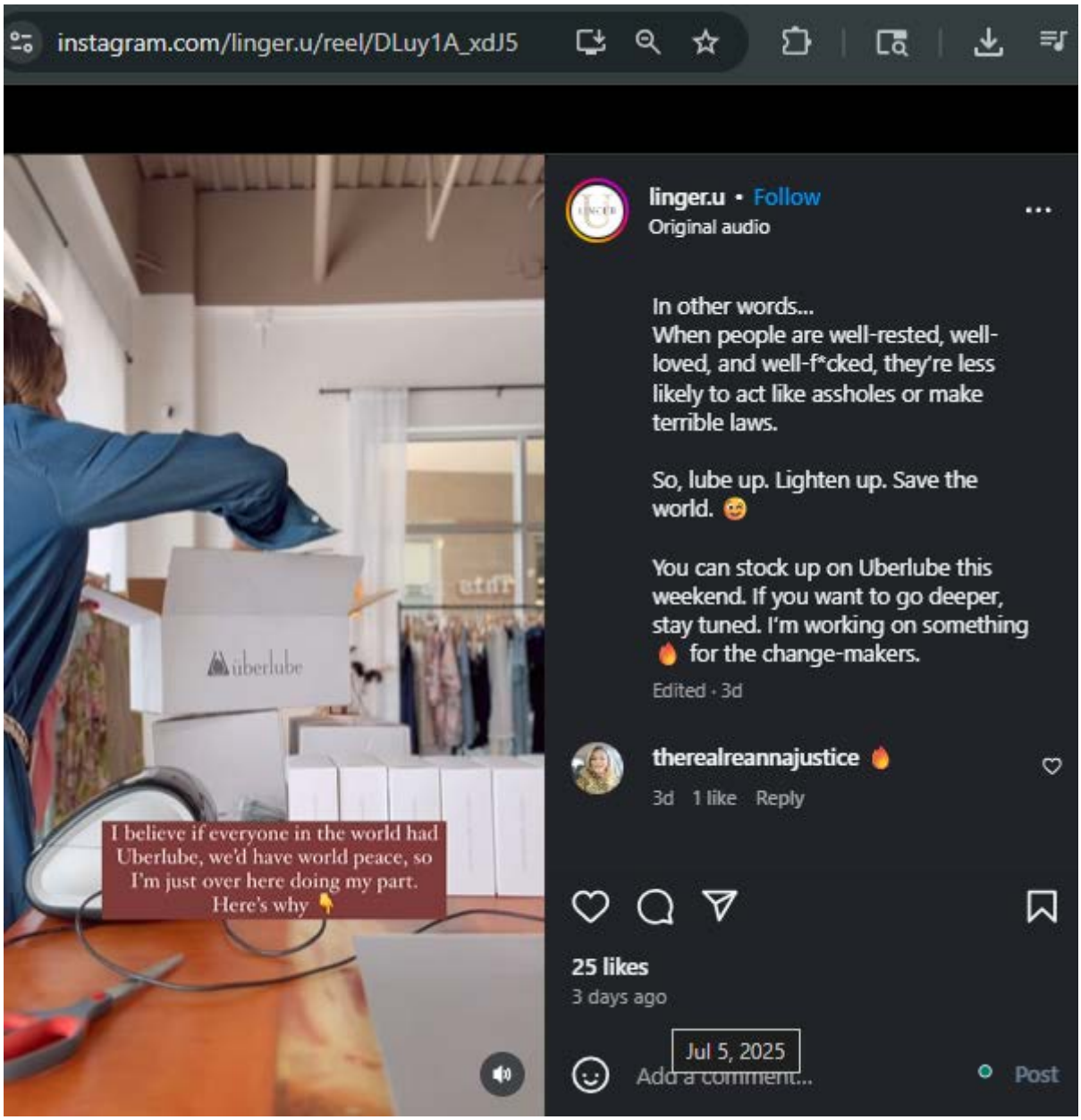
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/DLuy1A_xdJ5

After DOI

*Seen opening a box of Uberlube "A good lube reduces friction. And guess what? So does good s□. □ Better s□= less stress, better sleep, more connection, and fewer people walking around tense and ready to explode (in the wrong way). In other words… When people are well-rested, well-loved, and well-f*cked, they’re less likely to act like assholes or make terrible laws. So, lube up. Lighten up. Save the world. □ You can stock up on Uberlube this weekend. If you want to go deeper, stay tuned. I’m working on something □ for the change-makers."



[Link to download video]

Facebook

profile.php?id=100025625778766
System ID: 608866
Shauna Marie Stewart
https://www.facebook.com/permalink.php?story_fbid=1648711819326328&id=100025625778766

Posted: Jul 06, 2025
Captured: Jul 09, 2025

After DOI

*Most recent activity was a partnered post with Ziva Medication, offered a free 15-minute masterclass "We talk a lot about pleasure around here. But here’s the truth most people miss: Real pleasure starts with real rest. And rest isn’t always easy in a world that glorifies burnout. That’s why we’ve partnered with Ziva Meditation to bring you a FREE 15-minute masterclass designed to help calm your nervous system, reduce stress, and create space for real, embodied pleasure. Because when you’re well-rested, everything opens—your heart, your body, your desire. This isn’t just about meditation. It’s about reclaiming the parts of you that have been running on empty for too long. Link in bio to watch."

facebook.com/permalink.php?story_fbid=1648711819326328&id=100025625778766

Linger Boutique's post

Linger Boutique
July 6 at 3:52 PM ·

We talk a lot about pleasure around here. But here's the truth most people miss:

Real pleasure starts with real rest.
And rest isn't always easy in a world that glorifies burnout.

That's why we've partnered with Ziva Meditation to bring you a FREE 15-minute masterclass designed to help calm your nervous system, reduce stress, and create space for real, embodied pleasure.

Because when you're well-rested, everything opens—your heart, your body, your desire.

This isn't just about meditation.
It's about reclaiming the parts of you that have been running on empty for too long.

✨ Link in bio to watch.

facebook.com/permalink.php?story_fbid=1648711819326328&id=100025625778766

Linger Boutique's post

2

Instagram

lifeturnedonpodcast

System ID: 608076

Shauna Marie Stewart

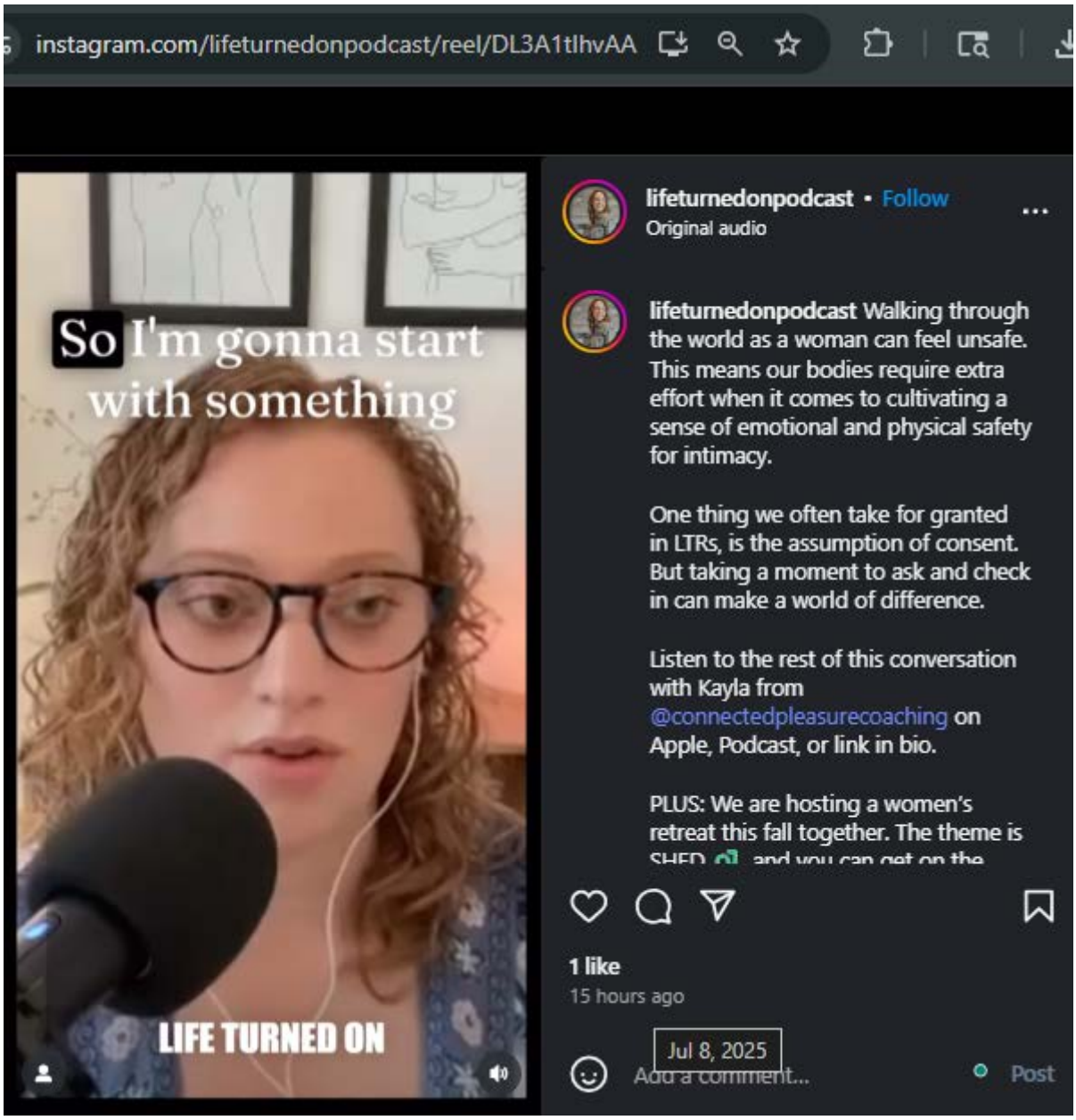
https://www.instagram.com/lifeturnedonpodcast/reel/DL3A1tlhvAA

Posted: Jul 08, 2025

Captured: Jul 09, 2025

After DOI

*Most recent activity an an example of content was a video clip from her podcast "Walking through the world as a woman can feel unsafe. This means our bodies require extra effort when it comes to cultivating a sense of emotional and physical safety for intimacy. One thing we often take for granted in LTRs, is the assumption of consent. But taking a moment to ask and check in can make a world of difference. Listen to the rest of this conversation with Kayla from @connectedpleasurecoaching on Apple, Podcast, or link in bio. PLUS: We are hosting a women’s retreat this fall together. The theme is SHED □, and you can get on the waitlist by tapping the link in the bio. SHED: Release the rules. Reclaim what’s real. November 14-16, 2025"



[Link to download video]

Instagram

linger.u

Posted: Jul 09, 2025

System ID: 608861

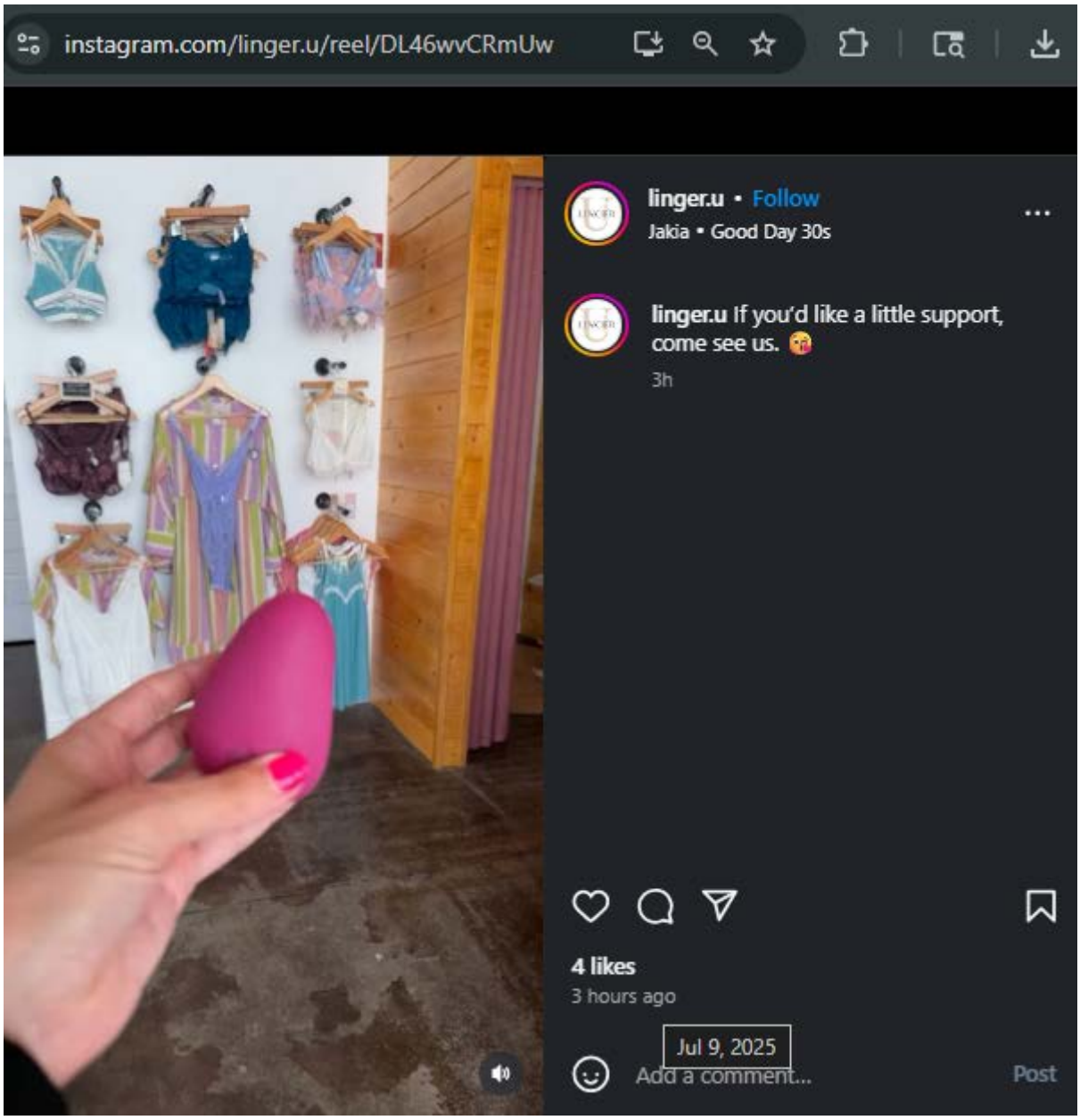
Captured: Jul 09, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/DL46wvCRmUw

After DOI

*Most recent activity was a video of a sex-toy available at Linger Boutique "If you’d like a little support, come see us. "



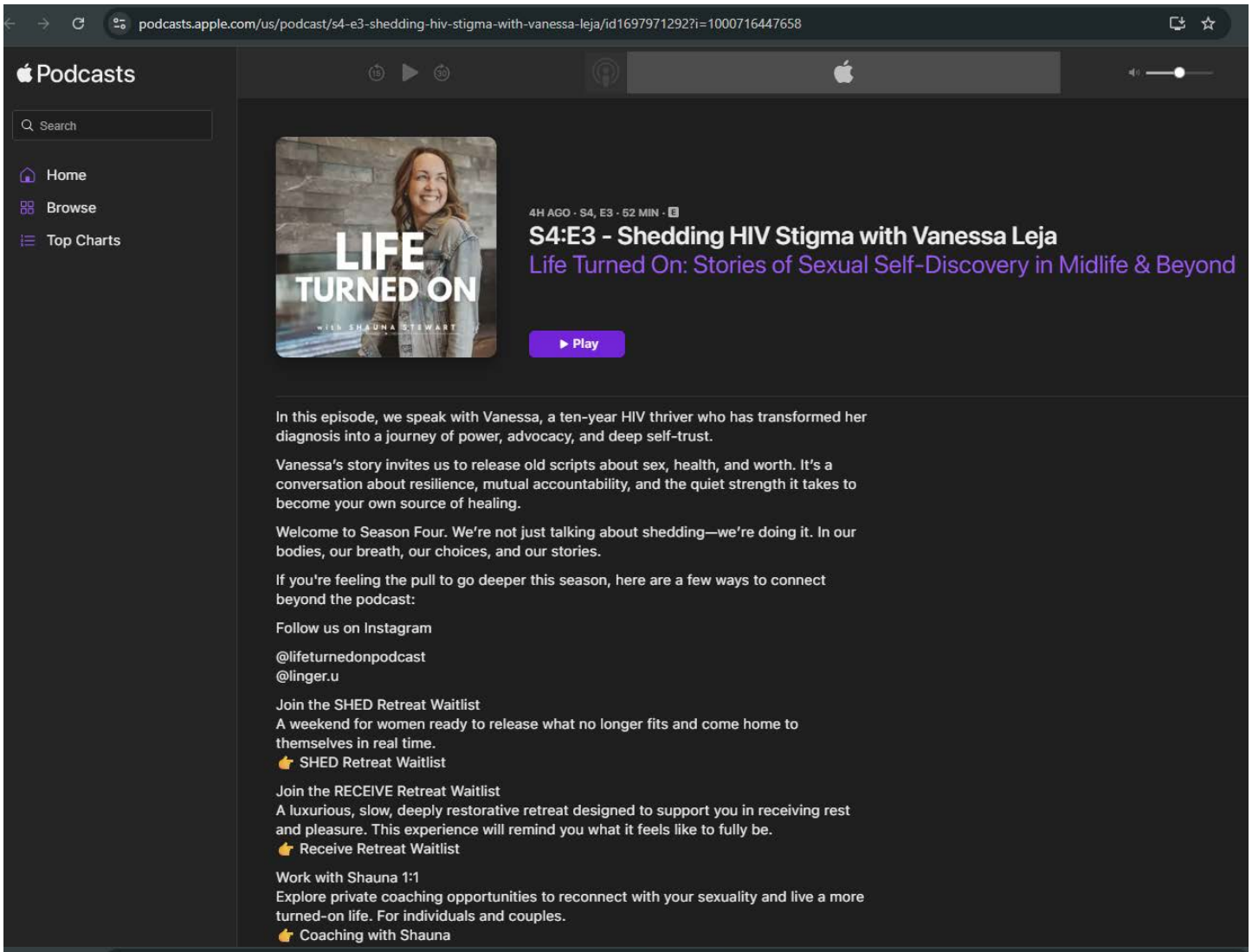
Link to download video

Other

Apple Podcasts
Posted: Jul 09, 2025
System ID: 608054
Captured: Jul 09, 2025
Shauna Marie Stewart
https://podcasts.apple.com/us/podcast/s4-e3-shedding-hiv-stigma-with-vanessa-leja/id1697971292?i=1000716447658

After DOI

*Most recent activity "S4:E3 - Shedding HIV Stigma with Vanessa Leja" "In this episode, we speak with Vanessa, a ten-year HIV thriver who has transformed her diagnosis into a journey of power, advocacy, and deep self-trust. Vanessa's story invites us to release old scripts about sex, health, and worth. It's a conversation about resilience, mutual accountability, and the quiet strength it takes to become your own source of healing. Welcome to Season Four. We're not just talking about shedding—we're doing it. In our bodies, our breath, our choices, and our stories. If you're feeling the pull to go deeper this season, here are a few ways to connect beyond the podcast: Follow us on Instagram @lifeturnedonpodcast @linger.u Join the SHED Retreat Waitlist A weekend for women ready to release what no longer fits and come home to themselves in real time. SHED Retreat Waitlist Join the RECEIVE Retreat Waitlist A luxurious, slow, deeply restorative retreat designed to support you in receiving rest and pleasure. This experience will remind you what it feels like to fully be. Receive Retreat Waitlist Work with Shauna 1:1 Explore private coaching opportunities to reconnect with your sexuality and live a more turned-on life. For individuals and couples. Coaching with Shauna Learn More About Ziva Meditation This is the method that helped resolve my 8-year health issue and radically changed my relationship to rest, anxiety, and presence. Highly recommend. Try the Free Masterclass: "How to Reduce Stress, Overcome Anxiety and Improve Sleep (in 15 Days or Less)" Ziva Masterclass Explore Ziva Online: The full meditation program that changed my life (and my sex life, yes for real). Ziva Online Support the show"


podcasts.apple.com/us/podcast/s4-e3-shedding-hiv-stigma-with-vanessa-leja/id1697971292?i=1000716447658
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LIFE TURNED ON
WITH SHAUNA STEWART
4H AGO · S4, E3 · 52 MIN · E
S4:E3 - Shedding HIV Stigma with Vanessa Leja
Life Turned On: Stories of Sexual Self-Discovery in Midlife & Beyond
▶ Play
In this episode, we speak with Vanessa, a ten-year HIV thriver who has transformed her diagnosis into a journey of power, advocacy, and deep self-trust.
Vanessa's story invites us to release old scripts about sex, health, and worth. It's a conversation about resilience, mutual accountability, and the quiet strength it takes to become your own source of healing.
Welcome to Season Four. We're not just talking about shedding—we're doing it. In our bodies, our breath, our choices, and our stories.
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podcasts.apple.com/us/podcast/s4-e3-shedding-hiv-stigma-with-vanessa-leja/id1697971292?i=1000716447658
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Explore Ziva Online:
The full meditation program that changed my life (and my sex life, yes for real).
👉 Ziva Online
Support the show
Information
Show
Life Turned On: Stories of Sexual Self-Discovery in Midlife ... Beyond
Frequency
Updated Weekly
Published
July 9, 2025 at 7:00 AM UTC
Length
52 min
Season
4
Episode
3
Rating
Explicit

Instagram

linger.u

Posted: Jul 10, 2025

System ID: 609662

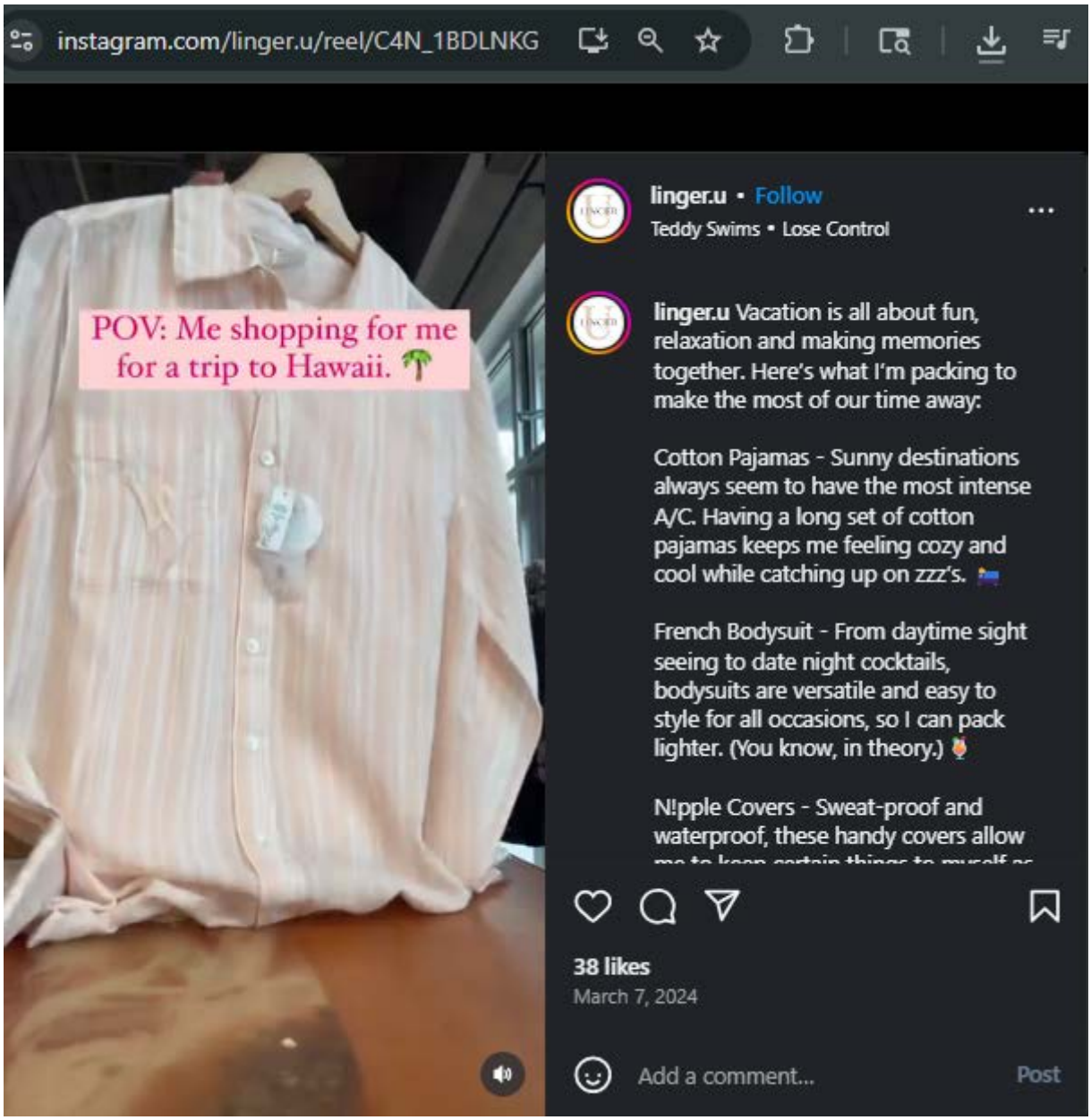
Captured: Jul 10, 2025

Shauna Marie Stewart

https://www.instagram.com/linger.u/reel/C4N_1BDLNKG

After DOI

*Mentioned going on a trip to Hawaii "Vacation is all about fun, relaxation and making memories together. Here’s what I’m packing to make the most of our time away: Cotton Pajamas - Sunny destinations always seem to have the most intense A/C. Having a long set of cotton pajamas keeps me feeling cozy and cool while catching up on zzz’s. French Bodysuit - From daytime sight seeing to date night cocktails, bodysuits are versatile and easy to style for all occasions, so I can pack lighter. (You know, in theory.) N!pple Covers - Sweat-proof and waterproof, these handy covers allow me to keep certain things to myself as I shed the layers. Travel Uberlube - From taming my hair in humid weather to preventing chaffing on long walks on the beach to… well, you know , this little bottle helps us travel smoothly. What don’t you leave home without? Let us know below . BTW - If you haven’t met Aurora, you’re in for a real treat. She’s taking care of the shop while I’m gone and she’ll take good care of YOU. #welikeitslow #travel #vacation #loveoly"



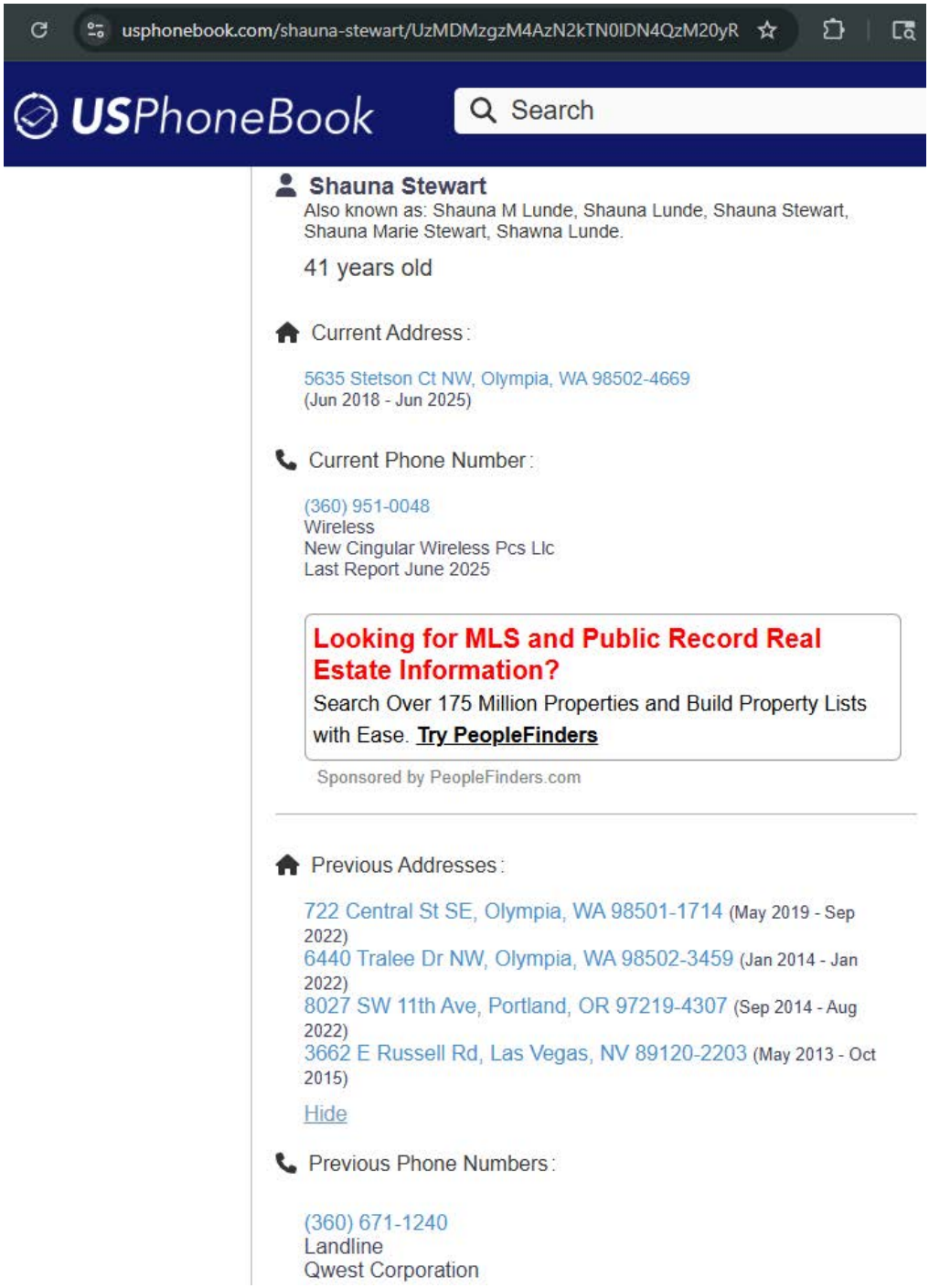
[Link to download video]

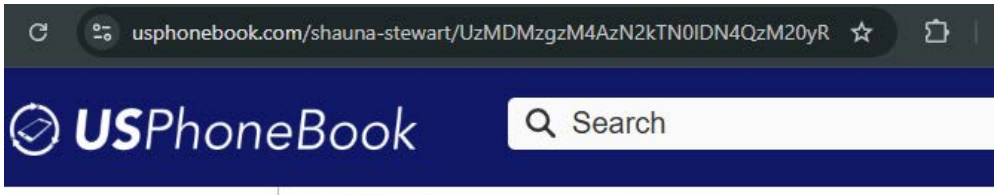
Other

USPhoneBook.com
System ID: 606022
Shauna Marie Stewart
https://www.usphonebook.com/shauna-stewart/UzMDMzgzM4AzN2kTN0IDN4QzM20yR

Posted: Jul 11, 2025
Captured: Jul 03, 2025

After DOI
*Name and location led to Subject & associates





Full Background Report (Sponsored)

- Current & Past Contact Info
- Addresses & Phone Numbers
- Business Records
- Professional Licenses
- Family & Associates
- Social Media & Photos
- Properties & Assets
- Public Records
- Criminal Records
- Court Records
- State & County Records
- Bankruptcies, Judgments, Liens

View Full Background Report

Relatives

Chris Stewart
Christopher Stewart
Megan Montgomery
Amber Stewart
Chris Kelley
Christopher Lunde
Lisa Lunde
Adrian Stewart
Antonia Stewart
and 34 more available

Associates

Amanda Winterhalter
Elizabeth Rush
Linda Kneeland
Nicole Sells
Teressa Rizzo
Christina Harmon
Jessica Holden
Miranda Robinette
Shawn Fisher
and 7 more available

Email:

shauna83@gmail.com

Other

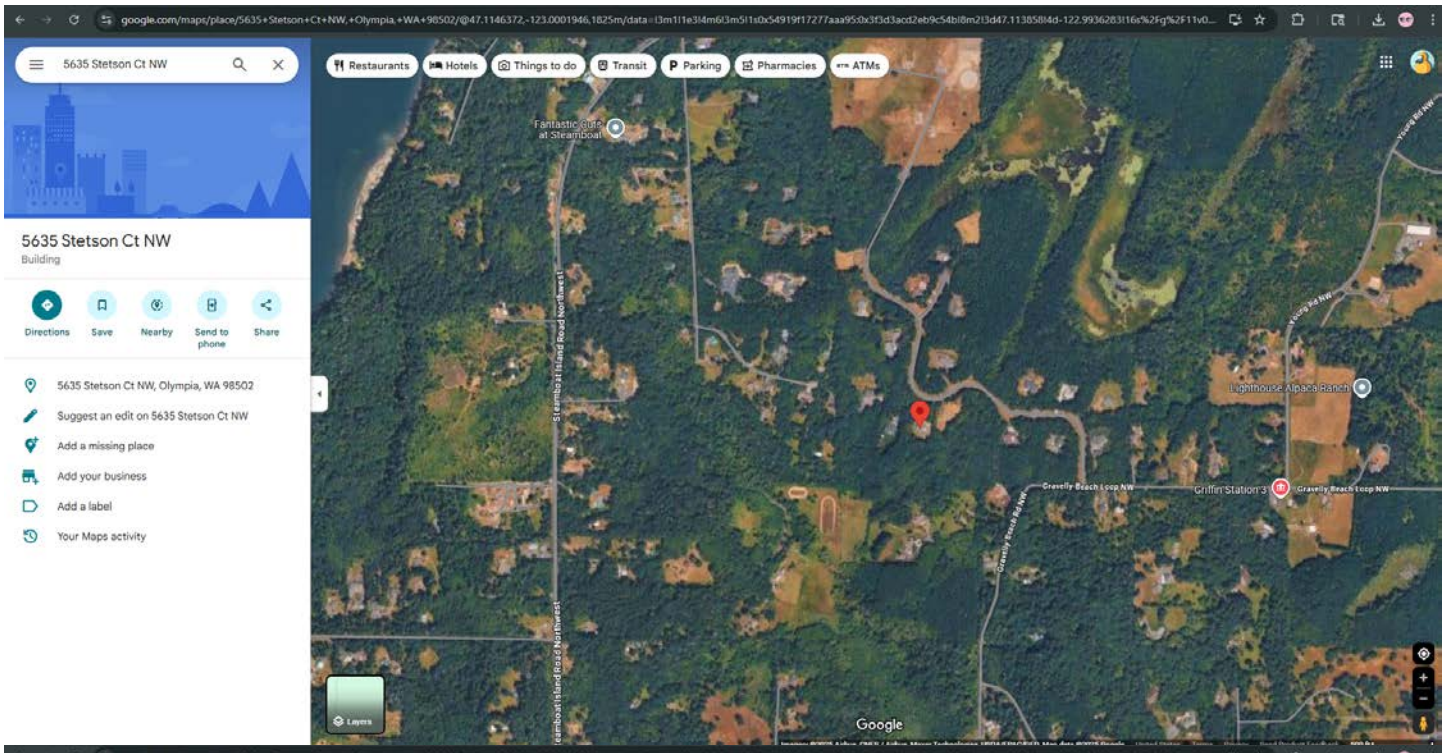
Google Maps/Property Records
System ID: 605970
Shauna Marie Stewart

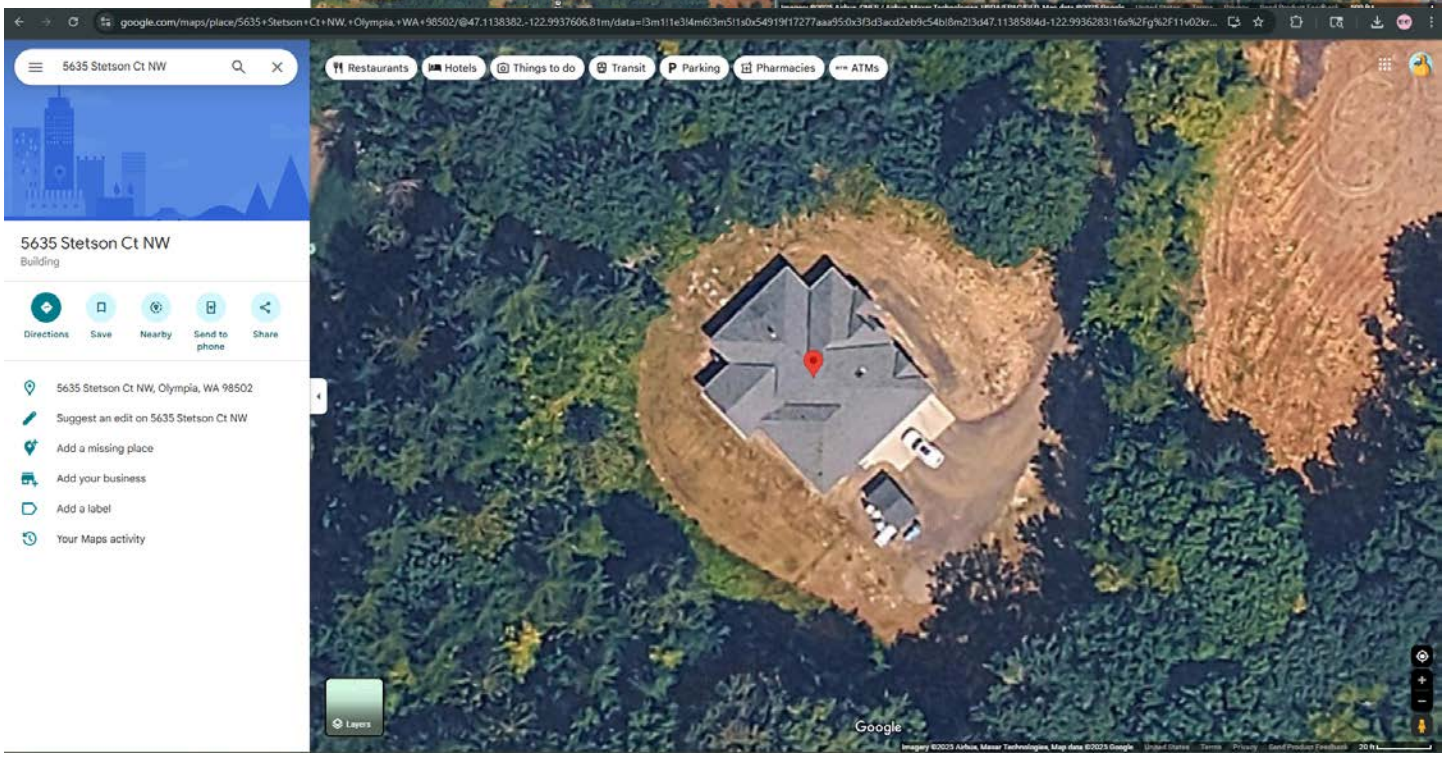
Posted: Jul 12, 2025
Captured: Jul 03, 2025

https://www.google.com/maps/place/5635+Stetson+Ct+NW,+Olympia,+WA+98502/@47.1138382,-122.9937606,81m/data=!3m1!1e3!4m6!3m5!1s0x54919f17277aaa95:0x3f3d3acd2eb9c54b!8m2!3d47.113858!4d-122.9936283!16s%2Fg%2F11v02krd0q?entry=ttu&g_ep=EgoyMDI1MDYzMC4wIKXMDSoASAFQAw%3D%3D

After DOI

*Address, per Requestor, is 5635 Stetson Ct NW, Olympia, WA 98502. Subject was listed on the property records Link to Property Records: https://tcproperty.co.thurston.wa.us/ascendweb/parcelinfopaytaxes.aspx?parcel_number=13924440200





Thurston County Treasurer
3000 Pacific Ave. SE
Olympia, WA 98501
360-786-5550

Property Account Summary

7/3/2025

Property Number	13924440200	Property Address	5635 STETSON CT NW , OLYMPIA, WA 98502

Tax Balance

To pay your property taxes on-line click the Begin Payment button and you will be transferred from the Treasurer's web site to our secure payment vendor's web site where you can complete your payment. If this property is noted as "Delinquency" in the General Information Status field, additional costs may be added monthly. At certain dates within the delinquency process, all outstanding taxes, assessments, interest, penalties, and costs are due in certified funds. To get an accurate payoff amount, please contact the Treasurer's Office at 360-786-5550.

Installments Payable

Tax Year	Installment	Due Date	Principal	Interest, Penalties and Costs	Total Due	Cumulative Due	Select to Pay
2025	2	10/31/2025	$3,725.51	$0.00	$3,725.51	$3,725.51	Select

Begin Payment

View Detailed Statement Detailed information about taxes and all other charges displayed above.
Calculate Future Payoff Taxes, interest and penalty due on a specific future date.
Installments Payable/Paid for Tax Year(Enter 4-digit Year, then Click-Here): 2025

Distribution of Current Taxes

District	Rate(rounded $)	Amount	Voted Amount	Non-Voted Amount
CONSERVATION FUTURES	0.03	$24.80	$0.00	$24.80
COUNTY ROAD	0.72	$683.50	$0.00	$683.50
FIRE DISTRICT #13	1.36	$1,296.01	$0.00	$1,296.01
GRIFFIN S.D. #324	1.82	$1,733.83	$1,733.83	$0.00
MEDIC ONE	0.34	$319.20	$319.20	$0.00
PORT OF OLYMPIA	0.13	$120.09	$0.00	$120.09
PUD #1	0.01	$5.15	$0.00	$5.15
STATE OF WASHINGTON	2.26	$2,152.44	$0.00	$2,152.44
THURSTON COUNTY	0.82	$784.12	$0.00	$784.12
TIMBERLAND LIBRARY	0.23	$217.82	$0.00	$217.82
CONSERVATION DISTRICT		$5.53	$0.00	$5.53
NOXIOUS WEED CONTROL		$6.44	$0.00	$6.44

STATE FIRE PATROL		$23.50	$0.00	$23.50
STORMWATER		$78.58	$0.00	$78.58
TOTAL	7.71	$7,451.01	$2,053.03	$5,397.98

Levy Rate History

Tax Year	Total Levy Rate
2024	7.49
2023	7.64
2022	8.86

Receipts

Date	Receipt No.	Amount Applied to Property	Total Amount Due	Receipt Total	Change
04/18/2025 00:00:00	6147280	$3,725.50	$7,451.01	$3,725.50	$0.00
10/29/2024 00:00:00	6047603	$3,550.70	$3,550.70	$3,550.70	$0.00
04/25/2024 00:00:00	5981400	$3,550.69	$7,101.39	$3,550.69	$0.00
10/30/2023 00:00:00	5868754	$3,321.79	$3,321.79	$3,321.79	$0.00
04/26/2023 00:00:00	5764216	$3,321.79	$6,643.58	$3,321.79	$0.00
10/19/2022 00:00:00	5597954	$3,167.32	$3,167.32	$3,167.32	$0.00
04/21/2022 00:00:00	5494989	$3,167.32	$6,334.64	$3,167.32	$0.00
10/22/2021 00:00:00	5382605	$2,397.63	$2,397.63	$2,397.63	$0.00
04/21/2021 00:00:00	5282717	$2,397.62	$4,795.25	$2,397.62	$0.00
10/27/2020 00:00:00	5173404	$735.29	$735.29	$735.29	$0.00
04/16/2020 00:00:00	5073630	$735.29	$1,470.58	$735.29	$0.00

General Information

Alternate Property #	
Property Description	Section 24 Township 19 Range 3W Quarter SE SE LL09101900TC LT 2 Document 4105705 EXC PTN FOR STETSON LN PER AFN 4149320
Property Category	Land and Improvements
Status	Active, Locally Assessed
Tax Code Area	346
Remarks	

Remarks	

Property Characteristics	
Use Code	11 Single Unit
Size in Acres	5.28

Related Properties

No Related Properties Found

Parties

Role	Percent	Name	Address
Taxpayer	100	CHRISTOPHER S & SHAUNA M STEWART	5635 STETSON CT NW, OLYMPIA, WA 98502-4669
Owner	100	CHRISTOPHER S & SHAUNA M STEWART	5635 STETSON CT NW, OLYMPIA, WA 98502-4669

Property Values

Value Type	Tax Year 2025	Tax Year 2024	Tax Year 2023	Tax Year 2022	Tax Year 2021
Taxable Value Regular	$951,500	$933,000	$854,200	$702,100	$509,300
Exemption Amount Regular	$0	$0	$0	$0	$0
Market Total	$951,500	$933,000	$854,200	$702,100	$509,300
Assessed Value	$951,500	$933,000	$854,200	$702,100	$509,300
Market Land	$268,600	$288,500	$232,900	$205,000	$174,800
Market Improvement	$682,900	$644,500	$621,300	$497,100	$334,500
Personal Property	$0	$0	$0	$0	$0

Active Exemptions

No Exemptions Found

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Version 4.5.0.0