

[Dr. Nancy Sutton Pierce](#)
Sexologist / Intimacy & Health Expert / Sensual Yoga Therapist
Radio & TV Personality/ Sex Columnist / Author /
International Speaker & Retreat Leader
[Contact Nancy Directly](#)



Dr. Nancy Sutton Pierce is the creator of Conscious Living Concepts™, an innovative approach that includes Conscious Living Yoga™, the Yoga To Go™ Series, The Conscious Living Show™, and Conscious Living Sexuality™ Intimacy Coaching. These programs are designed to help couples and singles awaken to their full potential and live an authentic, healthy life, including a fulfilling sexual life.

Dr. Nancy's journey in healthcare began in 1983 with her registered nursing degree. Her early work in obstetrics fueled her passion for women's health and happiness, a focus that continues to drive her work today. As an entrepreneurial woman, she owned and operated an outpatient diabetes education and care center for 13 years, providing specialized care as a Diabetes Nurse Specialist. This experience led her to create the Conscious Living Yoga™ Center, where she worked as a Certified Yoga Therapist with special needs groups, including those with PTSD, pregnancy, ortho-neuro-spine disorders, emotional stress, body dysmorphia, and depression.

In collaboration with her husband, Dr. Mark Pierce, Dr. Nancy also introduced Yoga Date Nights for Couples. These sessions inspire couples to rekindle their romantic spark and master the art of sensual, sexual, and erotic communication, all while remaining fully clothed.

Dr. Nancy's expertise extends beyond the yoga mat. Her weekly radio show and her extensive experience as an educator have honed her skills as an intuitive leader. She seamlessly blends western medical knowledge with eastern philosophies of body, mind, and spirit integration, offering the best of both worlds through her teachings. She emphasizes the importance of taking yoga practices into daily life, promoting the concept of living a "designer life" in all aspects.

In 2010, Dr. Nancy began writing a Sex & Relationship column for an online news magazine, which led to the creation of an Erotic Film Festival in 2012. There, she met her mentor, Dr. Ava Cadell, who encouraged her to pursue a Doctorate in Human Sexuality, which she completed in 2015. Now, with a background as a nurse, educator, healing practitioner, author, sex and relationship coach, and radio talk show host, Dr. Nancy helps people worldwide embrace their unique expression of authentic sexuality.

Explore Dr. Nancy's Conscious Living philosophy through her weekly radio show, "The Conscious Living Show," available on iTunes, and her insightful blogs. Dedicated to helping individuals understand their sexuality without shame or fear, Dr. Nancy provides a safe and supportive environment for sharing and receiving valuable information to enhance the quality of life.

[Dr. Nancy Sutton Pierce](#)



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Education

Doctorate in Human Sexuality (DHS)

Institute for Advanced Study of Human Sexuality (IASHS)
Completing Fall 2015

iRest. Richard Miller, PhD.

2009 – 30 hours completed
Yoga based program for Pain Management & Post Traumatic Stress Disorder Treatment

Structural Yoga Therapy. Mukunda Stiles.

2004 – 2005 – 750 Hours completed
Yoga as an alternative to traditional physical therapy.

Iyengar Institute of San Francisco, Ca

2001-2002
Yoga Teacher Training & Certification Program – 500 Hours completed

New Life Institute Massage School

Spring 1999

250-Hour Massage Therapy Certification – Swedish and Therapeutic Massage

Multiple courses on sensual massage & Yogassage (combining yoga and massage) since 1999.

Shasta Community College

1983
Degree in Nursing – Licensed in California as a Registered Nurse since 1983

Professional Experience – Present

Sexologist – Board Certified Clinical Sexology Private Practice

2015- Present

Counseling clients around the globe regarding their sexuality and relationships. Often in conjunction with an LMFT or Psychologist, Dr. Nancy offers a unique perspective and broad understanding of the array of human behaviors, thoughts, fantasies and desires that can de-pathologize many concerns that have mistakenly been demonized or pathologized.

Most clients are counseled via video conferencing so a more human connection can be made while in the comfort of their own homes. This also makes geography a non-issue for access to sexuality counseling.

Sexologist – International Educator & Speaker

2015- Present

Developed an intensive and ongoing SEXUAL LIBERATION PROGRAM for Women's groups throughout China. Topics included are Intimacy, Sexual Health & Creativity, Communication, Conscious Living Yoga, Couples-Play and Sexual Liberation.

Sensual Yoga Therapist and Sex Educator

2007- Present

Offering retreats at exotic resorts and on cruises for adult singles and couples around the world. Educating through the senses, bringing back the connection to the body through breath, yoga, mindfulness and consciousness. Combining this with honest sex positivity and functional knowledge to empower people to fulfill their birthright to a healthy, happy sexual life.

Exotic Event Creation, Organization & Hosting

2006 – Present

Hedonism II & Desire Resorts

Create event concepts, marketing plan including all social media, develop event itinerary and facilitate program on site. Build and maintain the event website, use my affiliate travel agency to obtain hotel contracts and book reservations, & make personal promotional appearances throughout the year.

Events have included Sensual Yoga & Erotic Massage Weeks (Valentines week since 2006), Cougar & Cub Fantasy Week (2011-2014), Exotic Lifestyle "Fit N' Sexy" Retreat (2015), & Mr. Exotic International Competition (2015), Exotic Lifestyle Retreats (2015-Present)

Travel Teaching & Event Production

February 2006 – Present

Traveling to a variety of Caribbean Resorts offering an introduction to Yoga for the guests and staff. Most of the guests have little or no yoga experience. This requires the ability to create a safe and effective class for a variety of student needs on the fly.

Sex Columnist & Book Author

August 2010 – Present

E-Book; ["A Guide For Men – 10 Keys to Unlock your Woman's Sexual Desire" today!](#)

[A News Café:](#)

[Sex & Relationship Blog](#)

[Other Publications](#)

As You Desire Column: In the summer 2010 I was approached and asked to write a column on sex in our local on-line newsmagazine. It is a difficult topic because the author exposes some of her personal beliefs and is open to judgments. I considered the risk, agreed to write the column, and the response has been overwhelmingly positive.

In health care our achievements occur one person at a time. The following is a comment from my *As You Desire* column titled, "*As You Desire: Taking Pleasure Into Your Own Hands*":

"Not to beat this dog to death, however, I just came across Nancy's article. I wish (as a child) someone had told me to simply "take it to my room." Perhaps I was going through a difficult period after my father died, however, it didn't help that my mother was called to the school nurse because I was "playing with myself" during school films in third grade. I was physically "examined" by the nurse with my mother in attendance and the instructions were to wash me at home with baking soda and water. Nancy's article released much guilt. Really, I think the Internet and our ability to communicate and share is a wonderful thing."

Professional Experience – Past

Nancy Sutton's House of Conscious Living Yoga

2000 – October 2018

Founding Owner/Director

Nancy Sutton's House of Conscious Living Yoga

www.consciouslivingyoga.com

The House of Conscious Living Yoga is a healing center in our community. We focus on meeting each student exactly where they are that day – offering them opportunities to learn, grow, open up and heal what ever they need. Yoga is not about fitness – it's about merging body/mind/spirit in a gentle and loving way that is non threatening and non competitive.

KNCR 1460, Free Fire Radio

Dec 2009 – Dec 2018

Show Creator & Radio Talk Show Host

[The Conscious Living Radio Talk Show.](#)

Starting in Dec 2009 I have hosted my own weekly radio talk show about living consciously. Discussing everything from sex, love, money, communication and fun! I share my beliefs and attitudes and want to hear yours too!

EROTIKOS FILM FESTIVAL

September 12-19, 2012

Creator & Executive Director

Hedonism II generously hosted our 2012 Film Festival.

I brought my vision to life - I created an Erotic film festival geared towards women and the men who adore them. Films from 13 countries were submitted; our first film being the late Zalman King's final film, "*Zalman Kings Pleasure or Pain*". Upon learning of our film festival, and that it was being led by a woman, he contacted us personally to submit is (still being edited) film at the time. The categories were; Full Feature films, documentaries, Short films, & Music Videos.

Shasta Community Health Center

2010 – 2013

iRest Pain Management Program

IRest, Integrative Restoration Yoga Nidra. A weekly program for pain management and healing.

Diabetes Education and Care Center.

1986 – 1999

Owner- Registered Nurse, Diabetes Nurse Specialist

Owned and operated the Diabetes Education and Care Center in Redding, CA for 13 years. Helped those living with Diabetes to integrate healthy habits into their daily lives keeping the diabetes in control.

Family Practice Residency Elective: The family practice residents would spend two weeks with me learning about how to treat, educate and manage diabetes in patients of all ages, including during pregnancy.

Public Speaking: Offering professional & patient-centric seminars throughout the western United States educating both medical and laypersons how to use my commonsense approach to diabetes management. I created the Diabetes Tool Kit for teaching purposes.

Everyday Health Care Urgent Care Clinic

1984 – 1986

Registered Nurse- Director of Nursing

Registered Nurse

Obstetric Nurse in Labor and Delivery at St. Elizabeth's Hospital

TV, Film, Publications & Speaking Engagements

TV

This is Life with Lisa Ling - Season 5, episode 6

Kendra On Top

Intimacy Retreat Episodes teaching Couples Intimacy Building through Partner Yoga (Sexycises)

Film

Interview by Dr. Ava Cadell – “[Sexy Doesn't Have An Expiration Date](#)”

Interview by Dr. Mark Pierce – [How Traumas Become Pearls](#)

[Nearly Naked Yoga Series](#) – Demonstrating the deeper meaning of yoga – to shed the layers that bind us to fear, self-judgment, emotional blockages, withholding and false perceptions that interfere with living our authentic lives in full view fearlessly.

Publications

Sexual Health Magazine

January 2017 <http://www.sexualhealthmagazine.com/digital/2017-01/html5/?page=32>

Cosmopolitan Magazine

August 2016. <https://www.cosmopolitan.com/sex-love/a62607/ways-holding-yourself-back-masturbate/>

The Daily Good Magazine

September 14, 2016 <https://www.good.is/articles/sex-helps-older-women-stay-healthy>

Cosmopolitan Magazine

July 26, 2016 <http://www.cosmopolitan.com/sex-love/tips/a6574/buttplay-for-the-wary/>

Speaking Engagements

Inspiring groups from 20 - 500 on topics such as Intimacy, Sexual Health & Creativity, Communication, Conscious Living Yoga, Couples-Play and Sexual Liberation.

Domestic

December 2018	Atlanta, GA - "Pleasure is Our Birthright", Atlanta Women's Health Conference
October 2018	NY, NY - The V Club - "Your Yoni & You ~ To Thy Yoni Be True"
July 2018	New Orleans, LA - Intimate Design Oasis, Sex Through the Ages, Taboos and Fantasy
April 2018	Redding, Ca - Seminar for Men - 10 Keys to Unlock Your Woman's Sexual Desire.
March 2018	Redding, Ca – RRC/CAMFT Meeting – "What is a Sexologist"
February 2018	Redding, Ca – Conscious Living Sexuality — "Your Yoni & You ~ To Thy Yoni Be True" Women Only Encore Event
January 2018	Redding, Ca – Conscious Living Sexuality — "Your Yoni & You ~ To Thy Yoni Be True" Women Only Event
September 2017	Los Angeles, Ca – Catalyst Con — "Sexy Doesn't Have An Expiration Date"
February 2017	Los Angeles, Ca – SHE (Sexual Health Expo) — "Orgasms after Hysterectomy or Clitorectomy" and "Women's Health Care Concerns"
February 2016	Los Angeles, Ca – Beverly Hills Women's Club— Co-taught with Dr. Ava Cadell on sexual communication; the nonverbal way to get what you desire.
January 2015	Los Angeles, Ca – Dr. Eros Group — 2 Day Seminar for women on sensual movement, erotic massage, breath work

International

June 2022	Negril, Jamaica – Exotic Lifestyle Retreat~ Honoring Women & Those Who Adore Them.
June 2021	Negril, Jamaica - Exotic Lifestyle Retreat~ Honoring Women & Those Who Adore Them.
February 2021	Negril, Jamaica - Valentine's week - Kama Sutra Oasis for Couples
February 2020	Negril, Jamaica - Valentine's week - Kama Sutra Oasis for Couples
January 2020	Negril, Jamaica- Kama Sutra Oasis for Couples
September 2019	Nice to Barcelona - Desire Cruise Seminars - "Sexycises for Lovers", "Making Consent Sexy", The Intimacy Oasis".
February 2019	Negril, Jamaica – Valentines Intimacy Retreat – Negril, Jamaica Hedonism Resort. 7-day retreat for couples to reconnect and reignite their sexual flame.
June 2018	Negril, Jamaica - Exotic Lifestyle Retreat for Women and Those who love them
April 2018	Barcelona to Rome - Desire Cruise Seminars; "Sexy Couple's Yoga", "How to ask for what you Want", "Erotic and Sensual touch".
February 2018	Negril, Jamaica – Valentines Intimacy Retreat – Negril, Jamaica Hedonism Resort. 7-day retreat for couples to reconnect and reignite their sexual flame.
November 2017	Caribbean – Bliss Cruise – Nearly Naked Yoga and Sexy Seminars; "You Can Last Longer", & "Sexy Doesn't Have an Expiration Date".

- October 2017 Mexico – Couples Cruise – Nearly Naked Yoga and Sexy Seminars; “You Can Last Longer”, “Fantasies and Taboos”, & “Oral Skills for Men”.
- June 2017 Negril, Jamaica – Exotic Lifestyle Retreat – Negril, Jamaica Hedonism Resort. 7-day event for women and the men who adore them. Healing body image issues, sexual trauma, loss of self-worth and being empowered to own one’s sexuality without apology.
- February 2017 Negril, Jamaica – Valentines Intimacy Retreat – Hedonism Resort. 7-day event for couples to reconnect and reignite their sexual flame.
- October 2016 Negril, Jamaica – Mr. Exotic World Competition – Hedonism Resort. 7-day event for singles and couples to redefine what is Exotic.
- June 2016 Cancun, Mexico – Exotic Lifestyle Retreats — 7-day Retreat for singles interested in a more open lifestyle.
- October 2015 Beijing, China – Dr. Eros Group — 3 Day Seminar for women
- September 2015 Guangzhou, China – Dr. Eros Group –3-day Seminar Group teaching with Dr. Ava Cadell and Dr. Hernando Chaves
- June 2015 Hainan, China – Dr. Eros Group – 3-day Seminar for women
- April 2015 Negril, Jamaica – Exotic Lifestyle Retreat –Hedonism Resort. 7-day event for women and the men who adore them. Healing body image issues, sexual trauma, loss of self-worth and being empowered to own one’s sexuality without apology.

[Contact Nancy Directly](#)

Website Designer and Manager

Building and maintaining several websites as well as the social media necessary to move traffic allows me to promote any of my projects in a largely global fashion.

Author of “10 Keys for Men” – How to Unlock Your Woman’s Sexual Desire”

E-Book available [HERE](#)

Yoga To Go©

Produced a series of DVD’s, A Downloadable [Yoga To Go©](#)

Affiliations and Disclosures

- [American College Of Sexologists](#)
- Nancy is CEO of Nancy Sutton Pierce, Inc, Conscious Living Yoga, As You Desire & Exotic Lifestyle Club.
- **Yoga Alliance Link~** <https://www.yogaalliance.org/TeacherPublicProfile?tid=31795>
- **LINKED-IN LINK~** <https://www.linkedin.com/in/nancysuttonpierce>
- **IAYT (International Association of Yoga Therapists)~**
<http://www.iayt.org/members/default.asp?user=nancysuttonpierce>

- [Women and Couples Sexual Health](#)

- Nancy answers her own emails and operates all her own social media presence accounts.
- Nancy is available to book speeches and appearances directly through her [Contact Form](#).
- If you have any questions about anything Nancy sells or promotes or any other potential affiliations, please contact Nancy via her [Contact Form](#).

Personal Information

“Learning much from a failed first marriage, I have now been married to the man of my dreams since 1993 – Mark Pierce, MD. We successfully blending our family of three kids and raised them into incredible adults – and now are being delighted by the pure love of our (four so far) grandchildren!” Dr. Nancy Sutton Pierce

Nancy is very committed to doing what it takes to create a life of health, happiness and well-being – both she and her husband practice and teach yoga. They share their passion for life through their work and their play; occasionally blurring those lines because they are both so much fun.

She enjoys what she calls a continuously evolving “designer marriage”. Because of their openness about this, they find themselves counseling struggling couples and singles in the art of loving communication; leaning to ask for what you want, stand in your truth, express your authentic self, all from a place of loving kindness.

They also fully believe sex is fun – and that we don’t always need to take ourselves so seriously.

“I have a very holistic approach to my work. I don’t teach skills,I teach people. This requires meeting them exactly where they are and supporting their journey in the direction they choose to go.” Dr. Nancy Sutton Pierce

Personal and Professional References

Dr. Ava Cadell [Dr. Ava Cadell Loveology Institute](#) [Contact Dr. Ava](#)

Dr. Marilyn Lawrence – DrMarilynLawrence@gmail.com (310) 487-1118

Chinnamasta (Monique) Stiles - [Yoga Therapy Center](#) 415-939-8261

Carl Bott – Friend & Owner KCNR Redding Radio Station (530) 605-4565

Lin Moss – Friend and Business Owner 530-227-4589