

# Dana Shergill

## Kinky Wellness Educator

Meet Dana Shergill, the driving force behind Kinky Wellness and a passionate Kinky Wellness Educator. From a young age, Dana thrived on rough play, but as she grew older, societal norms made it clear that what was acceptable in childhood was no longer acceptable or appropriate for a “nice young lady.”

During her adolescence, Dana discovered alternative lifestyles and realized that sex is more than just mechanical movements. She learned that the real power lies in the mental and emotional aspects constantly overlooked in traditional sex education. This insight fuels her passion for advocating the truths and benefits of Kinky Wellness.

Dana believes that Kinky Wellness provides essential outlets for Aggression, Imagination, and Attention (#AIA), asserting that without proper outlets for each, self-development is not possible.

Her mission is to inspire the wellness community to embrace Kinky Wellness as a vibrant, holistic approach to self-exploration and healing, redefining what sexual experiences can be.

Recognizing that everyone falls somewhere on the Kinky Wellness spectrum, Dana is dedicated to fostering a community that values consent, exploration, openness, and personal growth.

For inquiries and guest appearances, feel free to reach out at [thepartition@outlook.com](mailto:thepartition@outlook.com). Dana looks forward to connecting!



## Questions on Kinky Wellness

- What is Kinky Wellness?
- How is Kinky Wellness a healthy outlet for Aggression, Imagination and Attention?
- What are common challenges people face within Kinky Wellness?
- What are the most prevalent misconceptions about Kinky Wellness?
- What does BDSM stand for?
- What is the side of consent that is rarely talked about?
- What are the three basics of Kinky Wellness?
- Why is it so important to teach the mental, emotional, and spiritual sides of sex, and not just the mechanical?



*Let's Connect!*

- [WWW.KINKYWELLNESS.CA](http://WWW.KINKYWELLNESS.CA)
- [KINKY\\_WELLNESS](https://www.instagram.com/KINKY_WELLNESS)
- [@THEPARTITION\\_LIFE](https://www.youtube.com/@THEPARTITION_LIFE)
- Podcast: The Partition: Home of Kinky Wellness

## Kinky Wellness

The Evolution of Sexual Health

