



# LUKE WARM SEX

ONE MAN'S AWKWARD JOURNEY TO GET BETTER AT SEX

6 X ½ HOUR DOCU-COMEDY SERIES

STARTS ON WEDNESDAY, MARCH 16 AT 9PM





# TABLE OF CONTENTS

**SERIES SYNOPSIS.....3**

**EPISODE SUMMARIES.....4**

**EPISODE ONE.....6-7**

**EPISODE TWO.....8-9**

**EPISODE THREE.....10-11**

**EPISODE FOUR.....12-13**

**EPISODE FIVE.....14-15**

**EPISODE SIX.....16-17**

**WHY LUKE AGREED TO DO THIS SERIES.....18**

**THE SEXPERTS.....20-25**

**PRODUCTION TEAM.....28**

**LUKE MCGREGOR BIOGRAPHY.....29**

**EXECUTIVE PRODUCER’S STATEMENT...30**

**DIRECTOR’S STATEMENT.....31**

**PRODUCER’S STATEMENT.....33**

**ABOUT NORTHERN PICTURES.....35**

**CREDITS.....36**



## SERIES SYNOPSIS

What could be more awkward (or more entertaining) than Luke McGregor talking about sex? Oh wait... Luke McGregor trying to get better at sex. Yep definitely way more awkward and seriously funnier.

Luke’s not got the greatest sexual past, but he’s a successful comedian and actor now, practically a celebrity! It can only be a matter of hours before the girls start throwing themselves at him, so he’d better turn things around.

In this six-part series, Luke McGregor is going to get better at sex with a little help from sexperts, therapists, scientists, tantric practitioners and sexual empowerment coaches; with the aim of transforming him from lukewarm to red hot. But it’s not just about “doing it”. This journey is also about understanding sexual confidence, sexual identity, pleasure, intimacy and creativity. Best of all, there are plenty of tips and take home info for viewers.

Essentially a crash course in great sex, each week Luke takes on a new challenge to show us if someone as anxious as Luke can get better at sex, then anyone can!





## EPISODE SUMMARIES

### EPISODE 1 WEDNESDAY MARCH 16 9PM

#### Fear of Being Nude

Luke has anxiety issues about getting naked in front of others. So how can he build his confidence to being nude with a partner? Luke meets with sex therapist Cyndi Darnell, who suggests some exercises to help him overcome his fears. Then he enrolls in a masculinity class with men's coach, Jared Osborne, who encourages Luke to see his genitals as just another body part. By the end of the episode, Luke goes from someone who wears bathers in the sauna, to someone who can play tennis. Nude Tennis!

### EPISODE 4 WEDNESDAY APRIL 6 9PM

#### It's a Pleasure to Meet You

In an episode about giving and receiving pleasure, Luke learns the art of sensually handling your member, or someone else's. He takes a workshop in oral sex – boring! Then he takes the most confronting class he's faced so far when he learns an orgasmic way to stimulate the clitoris – and he's learning on a friend.

### EPISODE 2 WEDNESDAY MARCH 23 9PM

#### Comfortable with Contact

Touching other people makes Luke really uncomfortable. He doesn't like it, he tries to avoid it, and yet... apparently sex involves a lot of touching. Attending a cuddle party, taking a class with a kissing coach and experiencing a Tibetan tantric ritual called 'Pulse of the Dragon', Luke is pushed well out of his comfort zone.

### EPISODE 5 WEDNESDAY APRIL 13 9PM

#### Getting Intimate with Intimacy

On a date with "Steve" one of Sydney's top male escorts, Luke learns great sex isn't about intercourse – it's about creating intimacy and connection. Yet most of what he knows about sex is from watching porn. Cyndi Gallop (founder of MakeLoveNotPorn) talks to Luke about her crusade to change the way we talk about and engage in 'real world sex'. Finally, Luke dives into his own fantasies by writing and performing an erotic story on stage.

### EPISODE 3 WEDNESDAY MARCH 30 9PM

#### How do I Prepare my Body for Sex?

Having overcome many of his psychological fears and phobias around sex, Luke now focuses on how he can prime his body for sex. He learns about sex super foods and how to maintain his sexual energy through kegel exercises. But first – a stellar comedy cast of Luke's mates dress up as the most common STI's and all move in together.

### EPISODE 6 WEDNESDAY APRIL 20 9PM

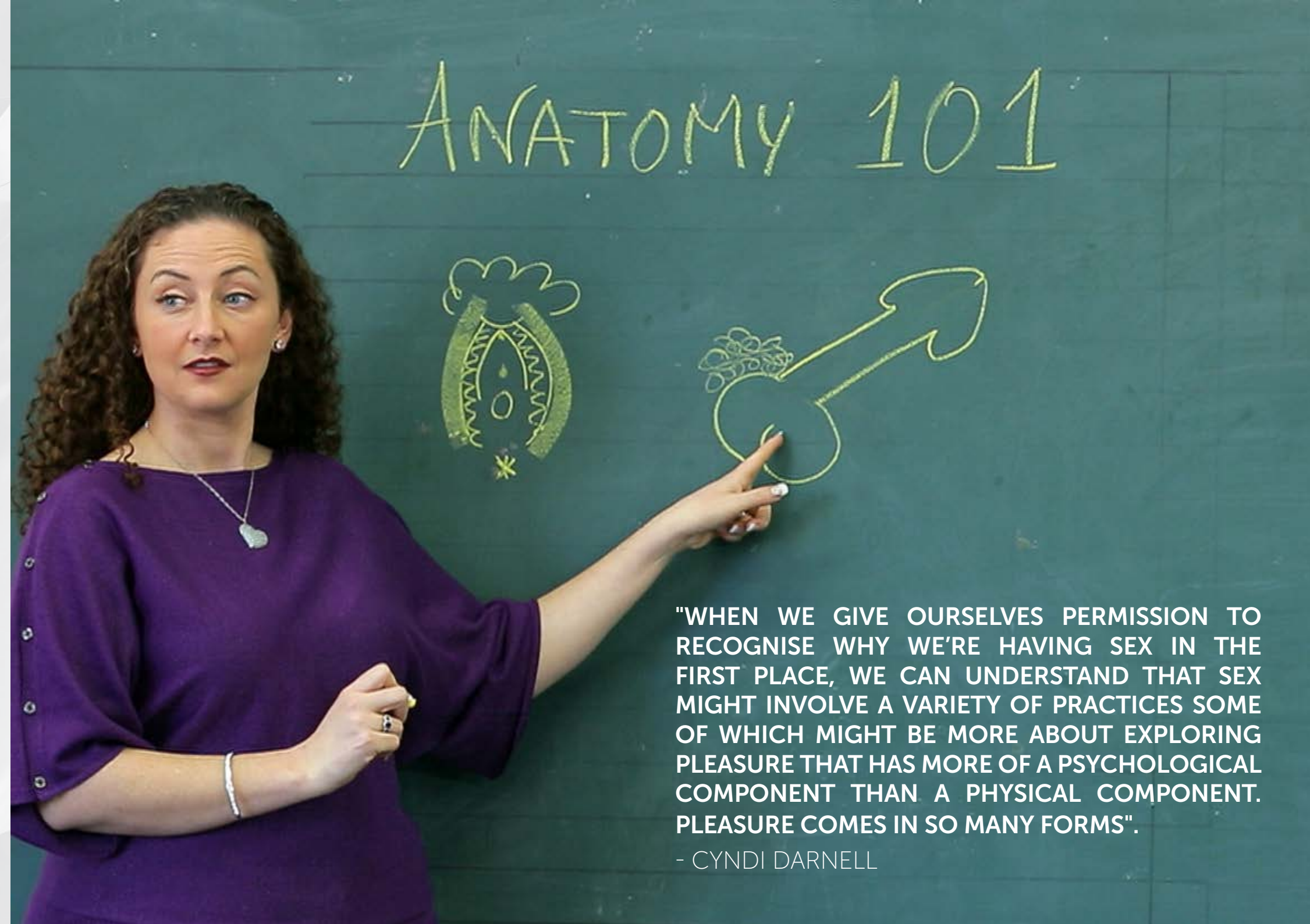
#### Spicing up our Sex Lives

Over the past five weeks Luke has been learning how to get better at sex. Now it's time to take one step beyond and expand his repertoire with kinky. From role playing and dressing up, to bondage and submission, Luke explores creative sexual practises.

**PRODUCTION CREDITS:** Writer and Presenter, Luke McGregor. Series Director, Hayden Guppy. Series Producer, Anna Bateman. Executive Producer, Karina Holden. ABC TV Head of Entertainment: Jon Casimir. ABC TV Executive Producer, Richard Huddleston. A Northern Pictures Production. Produced with the assistance of Film Victoria.

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"WHEN WE GIVE OURSELVES PERMISSION TO RECOGNISE WHY WE'RE HAVING SEX IN THE FIRST PLACE, WE CAN UNDERSTAND THAT SEX MIGHT INVOLVE A VARIETY OF PRACTICES SOME OF WHICH MIGHT BE MORE ABOUT EXPLORING PLEASURE THAT HAS MORE OF A PSYCHOLOGICAL COMPONENT THAN A PHYSICAL COMPONENT. PLEASURE COMES IN SO MANY FORMS".

- CYNDI DARNELL



## EPISODE 1 SYNOPSIS // FEAR OF BEING NUDE

The key to having great sex is feeling completely at ease with your body. But Luke has anxiety issues about getting naked. So how can he build his confidence around being nude with a partner? Stripping off with strangers, of course.

By the end of this first episode, Luke wants to go from someone who wears bathers in the sauna, to someone who can play tennis. Nude tennis!

Luke has always been too nervous to consider seeing someone about his sex life. But Cyndi Darnell is one of Australia's most established sex & relationship therapists and if there's anyone who can help him get started - it's Cyndi.

After an intense session confessing his anxieties to Cyndi, Luke goes home to do some exercises she has suggested to help him overcome his fear of being nude. These include looking at his nearly naked body in the mirror and doing housework in just his socks and jocks.

Luke finds these exercises quite confronting. He questions why he has these hang-ups about his body and why sex has always been such an awkward issue for him. He decides to go home to Tasmania and chat to his Mum and Dad about how he first learnt about sex and why it's so hard to talk about... Let alone do.



Back in Melbourne, Luke decides to break the cycle of awkwardness and enrol in his first class. He decides that a good place to start is with someone who can help make him feel more comfortable with his masculinity. Jared Osborne is a relationship coach who assists men to feel grounded, present and more in touch with their sexuality. He also encourages Luke to see his genitals as just another body part; something he should be comfortable and confident with.

Finally Luke faces his first big challenge. He travels to Nelson Bay in NSW to spend the weekend with some naturists (nudists). Faced with the friendly smiles and heavily tanned bodies of his naked hosts, Luke is unsure of himself and clings to his glass of white wine whilst Twiggy and Stuart play nude snooker. Luke eventually gets the courage up to join in and strip off his clothes, showing off his impressive moon tan.

The experience proves liberating. By the next morning, Luke's anxieties have been laid bare. He bounds on to the court for a game of nude tennis with his new found friends and it all seems au naturel. By facing his fears, Luke has a new sense of confidence. Learning to accept his body is the first positive step Luke takes towards better sex.



**"NUDISTS DON'T JUDGE YOU FOR WHAT BODY SHAPE YOU ARE.  
THEY JUDGE YOU FOR WHO YOU ARE."**



## EPISODE 2 SYNOPSIS // COMFORTABLE WITH CONTACT

This episode is all about touch, something that doesn't come easily for Luke. In fact, it makes him really uncomfortable. He doesn't like it, he tries to avoid it, and yet... sex involves a lot of touching. Time to push Luke out of his comfort zone.

Shaney Marie regularly coaches people like Luke to feel more confident giving and receiving touch. She's studied tantric techniques and refers to herself as a sexual empowerment guide. Luke meets with Shaney for a one-on-one lesson on how to focus on the sensation of giving and receiving touch.

Staring deeply into Shaney's beautiful blue eyes, Luke explains how he wants to become a better kisser.

Shaney is more than willing to help. Using a slice of tomato, she takes Luke's kissing technique to a whole new level.

Now Luke has been intimate with inanimate objects, next up it is time to get close to real people. He's decided to attend a Cuddle Party in the outer suburbs of Melbourne.

Cuddle Parties started popping up in New York about ten years ago. They involve a bunch of random men and women cuddling and caressing each other. Thankfully, it's not an orgy, as everyone has clothes on and there's no sexual touching. Instead, they partake in affectionate cuddling, which is known to release oxytocins - a chemical that can reduce stress and anxiety. Something Luke is starting to feel acutely at the sight of two-dozen strangers on a pile of pillows, inviting him to join their writhing throng.

There are cuddle congas on the floor, group hugs and even hair stroking circles. Slowly and awkwardly, Luke makes his way further into the group. By the end of the night he is spooning and stroking with the rest of them.



**"FEEL CENTRED IN YOUR BODY, SO THAT YOU CAN HOLD ANOTHER PERSON THROUGH THE KISSING EXPERIENCE"**

Having conquered extreme cuddling, Luke wants to take things a step further and learn how to hold onto this relaxed feeling in a more intimate setting. Dr Michelle Mars is a sexologist who has developed exercises to help people stay present and have more fun with their partner. This practice is called Contact Improvisation and resembles a kind of sexual play fight. Luke meets Dr Mars in a Sydney Park so she can put him through his paces.

With Luke overcoming his issues with personal space, it's time to see how far out of his comfort zone he is prepared to go. His final challenge is to experience an ancient Tibetan ritual called Pulse of The Dragon, which involves intense pelvis-to-pelvis contact. As his teacher Barbara explains, it is a practise designed to unleash sexual energy. Luke isn't sure what 'sexual energy' is but he is sure that he wants some!

The exercise involves Luke lying on the floor as Barbara kneels above him, her pelvic area above his in a series of co-ordinated movements, thrusting, twisting and bouncing for thirty minutes. After an intense session of pulsing and trying hard not to hyperventilate, Luke has experienced both an epiphany and internal organ damage. But has his sexual energy been unleashed?



**"SEXUAL ENERGY IS LIFE ENERGY. IT'S YOUR MOST NATURAL ENERGY"**



## EPISODE 3 SYNOPSIS // HOW DO I PREPARE MY BODY FOR SEX?

If Luke was an elite athlete there are certain things he could do to prepare for the big game. But what about sex? What's the best way to prepare?

Firstly, the healthcheck. S... T... I's... sexually transmitted infections. They're not a very fun topic but they are an important topic. To give us a snapshot of the most common ones, Luke got together with a bunch of his friends (\*who just happen to be some of Australia's best comic talent) to create a sitcom all about living with venereal disease.

Having covered the scary stuff in a seriously funny way, Luke meets up with Amanda Lambros – a forensic sexologist and relationships expert. Amanda knows all about how to have safe, baby-free, sex.

Now that he knows the difference between a dental dam and a diaphragm, Luke meets with Michelle Temminghoff - a sex positive educator. Michelle is a lube evangelist and says that most people's sexual issues would be fixed if they just embraced lube into their sex lives. She's going to show Luke the key differences between the three lube bases – oil, water and silicone – with the help of a very long slip'n'slide and a hill.

After a long shower, Luke catches up again with Amanda at Melbourne's Victoria Markets for an aphrodisiac inspired shopping expedition. He learns which fruits and vegetables can affect libido and stamina, and together with Amanda, he creates a super shake to boost sexual performance.



**"LET ME INTRODUCE YOU TO  
THE LUBE SLIP'N'SLIDE"**

Stamina boosting techniques are also learnt from Jared Osborne - the men's relationship coach from Episode 1. Jared teaches Luke some important exercises to help maintain erection. Standing in a paddock, with a full bladder and the cows watching on, Luke and Jared practise peeing in a control and release method, stopping the flow of urine mid-stream before letting go again. Strengthening the pelvic muscles, this is a technique Qi Gong Masters in China have practised for centuries.

Jared has given Luke tips for delaying orgasm but he is curious to learn more about controlling the moment of climax. He has the opportunity to meet with Cath Carter, a Body Awakening Therapist, who has mastered the ability to have whole body orgasms through breathing alone.

Sitting in a local café, Cath teaches Luke the circular breathing techniques before demonstrating it to full effect. As Luke rather awkwardly sips on his cappuccino, Cath brings herself to a full-bodied orgasm. It's a 'Harry meet Sally' moment, but Cath's not faking.

Can Luke also have a full-bodied orgasm solely through breathing? Luke's not sure – but he's going to give it a red-hot go!

\*Cameos by Hamish Blake, Nazeem Hussain, Dave Hughes, Ryan Shelton, Michala Banas, Tommy Little, Anne Edmonds and Dave Lawson.



**"NEVER, EVER, EVER EAT ASPARAGUS IF YOU'RE EXPECTING A BLOW JOB"**



## EPISODE 4 SYNOPSIS // IT'S A PLEASURE TO MEET YOU

Luke wants to learn not just how to have sex... but how to have GOOD sex. The kind of sex that will have the other person say, "Thank yooooou". So this episode is all about learning to give and receive pleasure.

Luke visits straight-shooting sex therapist Cyndi Darnell to get to grips with something that has always remained a mystery to him – the vulva. Cyndi has an over-sized puppet designed specifically for just this kind of learning. She gives him a lesson on erotic anatomy.

Feeling more confident about his next vulva interaction, Luke now wonders if there is a better way he could be handling his own genitals. Everyone, Luke included, starts their healthy sexual experiences with themselves. But most people grew up being told that masturbation was bad for you at best and would, at worst, send you blind, so it carries a reasonable amount of shame for people.

Shame is far from the agenda with erotic masseur and artist Adam Seymour. From his studio-cum-parlour, he encourages Luke to see masturbation as a normal part of sex as he takes him through his "Wank Bank" Masterclass. Using a firm zucchini, he gives Luke a sequence of moves that will deliver the wank of his life. To practise later at home, of course.

Overcoming his shyness about sex and self-love, the next stop for Luke is a Tupperware party – except instead of Tupperware the products are all sex toys. Luke has never owned one before, but tonight may well be the night!



**DON'T BE STICKING YOUR FINGERS INTO  
SOMEONE'S VAGINA WITHOUT WARMING IT UP.  
IT'S JUST GOOD MANNERS!**

The pleasure is getting dialled up at Luke's next workshop, hosted by Madison Young – an American pornographic actress, director and author. Madison travels the world giving classes in fellatio and cunnilingus. Feeling rather self-conscious, Luke joins a group to learn the basic grammar of oral sex, practising on fruit. Bananas and apples (not to mention zucchinis) may never look the same again...

Finally, Luke takes the most confronting class he's faced thus far. The Orgasmic or "Om" Orgasm was pioneered in San Francisco and has been likened to the sexual equivalent of the slow cooking movement. Luke is about to learn an orgasmic way to stimulate the clitoris and this time he's doing it on a real person. Rosa McGill, a certified practitioner of the 'Om' method, has asked Luke to bring a friend, a female friend, specifically a female friend that he feels very comfortable with.

Fortunately Luke's friend Chrissy has been curious to try 'Om' for a while. What unfolds between them has to be seen to be believed.



**"I DON'T REALLY KNOW WHY I WAS EMBARRASSED; I THINK IT  
WAS BECAUSE APPLE OR NO APPLE, I'VE NEVER BEEN IN THIS  
POSITION WITH SOMEONE ELSE BEFORE"**



## EPISODE 5 SYNOPSIS // GETTING INTIMATE WITH INTIMACY

This episode is all about intimacy and a little about porn. Luke gets a chance to meet with someone who is intimate with people for a living. “Steve” works as a male escort and normally charges \$500 per hour. He became an escort because he was worried about how good he was in bed.

The two meet up in Sydney for a dinner date, which begins with Steve’s vespa breaking down. Over grilled salmon and sauvignon blanc, Steve reminds Luke that sex isn’t just about intercourse. Luke realises that most of his focus up until this point had been on the physical act of sex so he decides to explore other ways of building deeper connections.

Roger Butler is a Melbourne based sex educator and has trained in psychology. He believes that feedback and communication are the key to great sex. Roger runs sessions for couples called The Awakening Ritual. This involves trying to awaken the senses with smell, touch and taste – leading the couple to heightened sensual awareness. Luke is single, but his friend Honor agrees to accompany him and be his stand in partner for the experience. It’s a surprising and moving afternoon.

The ritual reminds Luke that there are many different ways to build intimacy. He thinks that part of his problem is that almost everything he’s learnt about sex prior to filming this series came from watching porn. In the digital age, watching pornography online is the way many young people are now first exposed to sex – how is this skewing their view of sexual experiences?



**“I JUST DON’T HAVE A LOT OF EXPERIENCE BEING INTIMATE WITH SOMEONE. ALMOST EVERYTHING I LEARNED ABOUT SEX PRIOR TO FILMING THIS SERIES CAME FROM WATCHING PORN”**

Luke seeks out a chat with Cindy Gallop, an ad-world legend and the founder of MakeLoveNotPorn – a website that encourages couples to share what Cyndi calls ‘real world sex’. Over a fire-side chat, Cyndi talks about how porn is acting as default sex education, which isn’t such a great thing. Kids are growing up with some pretty weird ideas about how sex should be “acted-out”. She wants the world to be able to have a healthy honest conversation around real consensual sex: expressing ourselves freely and embracing our erotic potential.

Meeting Cindy encourages Luke to think about having more open conversations around sex in his own life. He meets with John Purcell, one of Australia’s most successful erotic novelists who has sold over 50,000 books originally under the pseudonym Natasha Walker. Here’s a man (moonlighting as a woman) who knows how to script incredible, intimate sex.

John encourages Luke to try penning some erotic fiction. They start writing together. With each draft, Luke becomes bolder and more daring with language. We hear snippets of the story and we see them laughing as Luke tries to write something sexy. John encourages Luke to keep writing and perhaps share his story in public.

Velvet Tongue is an intimate performance space in Melbourne, set up for people to read their own erotic fiction in front of strangers. It’s Friday night and Luke has turned up and slipped into the back row. Writing erotica has given him confidence, but he’s also terrified about going on stage. What if everyone laughs? Even though he’s a comedian, that isn’t what he wants tonight. The stage is set...



**“IT WAS GREAT EXPLORING ALL THE DIFFERENT SENSATIONS WITH HONOR BUT SHE REMINDED ME THAT SOMETIMES THE SIMPLEST FORMS OF AFFECTION ARE THE BEST.”**



## EPISODE 6 SYNOPSIS // SPICING UP OUR SEX LIVES

Over the past five weeks, Luke has been learning how to get better at sex. He's overcome his fear of being nude, learnt how to prepare his body for sex, how to give pleasure to himself and others, whilst becoming more confident and self-assured. This episode is all about taking one step beyond - what are those practices that can spice up our sex lives?

Shaney Marie, Luke's kissing coach from Episode 2 meets Luke in the gardens of a grand manor house. Straight from the Karma Sutra and the Joy of Sex, Shaney has created a living museum for Luke. She's positioned volunteers, in lycra suits, into some of the most well known, and lesser-known sexual positions. As she tours Luke around her exhibition she gives him the low down on why different positions are good for different people, why the missionary position is underrated and which is the best position for morning sex. Luke is inspired to try something new for his next encounter.

Next on Luke's agenda is a meeting with Paul and Betty in a Sydney op shop. Ten years ago this couple discovered what dressing up could do for their sex lives. It also gives Luke the opportunity to explore a fantasy. For the first time in his life he isn't just feeling more confident about sex, he is actually excited about how much more playfulness he can bring to his intimate relationships.



**"SEX IS FUN. WE NEED TO LAUGH AT OURSELVES MORE"**



He pays a final visit to sex and relationship therapist Cyndi Darnell, who has been guiding him on his journey of sexual discovery. He wants to dig a little deeper into why he has been embarrassed to embrace the more creative sexual practices out there. Cyndi encourages him to explore his own fantasies and expand his sexual repertoire... which to date, has been extremely limited.

Filming this series has expanded Luke's comfort zone dramatically and now he wants to eliminate all the remaining sexual squeamishness for good. With this in mind, he sets up a date with Alex, a professional dominatrix who is going to take him to his first BDSM party.

Luke heads out to get an outfit for the night from a store specialising in bondage attire. Now dressed in a leather harness on Melbourne's Hoddle Street, he waits for his ride to the dungeon with naughty nurse Alex.

After such immersive and challenging experiences across the series Luke realises that when it comes to sex you have to be yourself, be safe, explore the possibilities and communicate. After all, if we are all more open talking about sex, we're all going to get better at sex.

Now there's only one thing left for Luke to do.

Find someone to have sex with.





## WHY I AGREED TO DO THIS SERIES...

The main reason I chose to do this series was because...I wanted to get better at sex. I thought I was terrible at it, I really didn't like talking about it, and the act itself always terrified me. It's an area of my life I've never been satisfied with, but I've never taken any positive steps to rectify that. *Luke Warm Sex* provided an opportunity to try and overcome my fears of all things sexual - and hopefully help others to overcome their fears as well.

The most confronting part of it I think was getting nude on camera. I'd never really been comfortable being naked with someone I'm sleeping with unless the lights were off and it was very VERY dark - so playing tennis and drinking wine completely naked with a bunch of strangers - on camera - really shook me up. It felt amazing to face that fear and come out the other side having gone through with it (despite getting sunburnt on areas of my body that have never seen the sun).

Having finished working on this series, I now feel completely different about sex. It's no longer something that makes me anxious, it makes me feel excited/happy/joyful etc. It's something I look forward to, not dread. I thought I'd walk away with a bunch of 'techniques', but everyone I met that had a very satisfying sex life had one thing in common - they all communicated openly and honestly about sex. If you're not sure if something is working or not - ask.

- Luke McGregor



"I WANT EVERYONE IN AUSTRALIA TO BE BRILLIANT AT SEX – IT'LL MAKE US ALL HAPPIER, AND INCREASE TOURISM. SO I'M DETERMINED TO SEEK OUT ANY CLASS, UNDERTAKE ANY ACTIVITY, NO MATTER HOW OBSCURE, THAT CAN GIVE US ALL THE KNOWLEDGE AND TOOLS WE NEED TO LEAD A VERY HEALTHY, SATISFYING SEX LIFE."





## CYNDI DARNELL

Sex & relationship Therapist  
Carlton, VIC

Luke visits Cyndi three times across the series (Episodes 1, 4 & 6) to explore his psycho-sexual issues.

*"We can have a mental image of what our bodies look like which is sometimes quite different to what we see when we look in the mirror".*

*"People who explore alternative sexuality are actually much more open minded, much more in touch with their feelings".*

In her own words: "My role is to help you have the best sex you can have. In sex therapy we'll talk about what you're experiencing, feeling and thinking about sex. Together we'll identify what's working for you and what's not. We'll look at how you want your sex and relationships to be and develop ways to make those changes. We'll help you work out the best approach to working through these issues with a combination of 'talk- therapy' and (depending upon you) some solutions or practical activities / homework or exciting Tantra practices to get you more connected to your body and your sexuality."



## JARED OSBORNE

Men's Relationship Coach  
Carlton, VIC

Luke visits Jared twice in the series (Episodes 1 & 3). First, he joins a men's class where he learns non-sexual genital massage and then in Episode 3 – to learn how strengthening the pelvic floor muscles by learning a control and release method whilst peeing, which leads to better erectile function

"How comfortable you are with your sexual organs has a profound impact on sex".

"Doing this sort of stuff for a couple of minutes a day can make a massive difference to your sexual energy within a week or two, and effect how long you can keep an erection and how hard it is." (on non sexual genital massage)

In his own words: "I help men to be the best man they can be. One on one I specialize in helping men with Relationship and Sex issues. I focus on getting men into their body as it's the quickest and most powerful way to get the man they are showing up in the world".



## STUART WHELAN (LUCIA, TWIGGY & JIM)

Naturists  
Nelson Bay, NSW

Luke visits the Naturists at the end of Episode 1 to overcome his fear of being nude around strangers.

*"People get confused because they think sex is all about your body and it's not. It's more about acceptance of your body and sharing that with somebody who is intimately close".*

Stuart Whelan owns and runs Le Chateau Naturiste, a B&B designed exclusively for Naturists. NB: Naturists much prefer this term to NUDISTS. Stuart came to Naturism from a corporate career by simply going to a nudist beach one day out of curiosity and feeling "transformed" by the experience and deciding he wanted more.



## SHANEY MARIE

Kissing Coach & Sexual Empowerment Guide  
Byron Bay, NSW

Luke visits Shaney at the beginning of Episode 2 for a kissing workshop and again in Episode 6 for the Museum of Sexual Positions.

Shaney has studied Tantra but doesn't have formal qualifications. After what she calls her 'erotic dance adventures' she began to explore the world of sacred sexuality, learning from many renowned elders of the work. Shaney went on to become a practitioner working specifically with men for several years before moving onto working with couples, women and groups.

In her own words: "My programs are for men who are ready to confront who they are. Men who are willing to turn their gaze inwards and see into the parts that seemed easier to ignore. Does something deep inside you tell you there is more to your experiences of love, sensuality, women and relating?"



## DR MICHELLE MARS

Sexologist  
Sydney, NSW

Luke goes to see Michelle in Episode 2 where he learns an exercise called "Contact Improvisation", which is essentially a physical exercise that looks like play fighting and is a way for couples to feel comfortable being physical with each other.

*"We're scared to use force, but when you have really good sex you often you might end up in a corner and it's like wow how did I get there?"*

In her own words: "Like meditation, good sex is healing, uplifting, calming and health protective. Learning to tune into and control our sexual energy and pleasure is something we can learn. Sexual desire is natural but most of us at some time in our lives will feel guilt, pain and unhappiness."



## BARBARA MA-EL

Pulse of the Dragon  
Kalorama, VIC

Luke visit's Barbara at the end of Episode 2 to experience the ancient Tibetan practice of called "Pulse of the Dragon".

*"The pelvic bowl in both men and women this is like our engine for that life force energy".*

*"It's common for people to feel things they've never felt before. Some people go into bliss, some people it can be quite uncomfortable. It's going to awaken and move any blocks that you have mentally, emotionally and physically. My job is helping your body feel everything that's there for you to feel".*

Designed to 'release your sexual energy', Pulse of the Dragon is a workshop to help people 'heal their sex'. It's an intimate exercise but it is done fully clothed. It might look sexual but it isn't. Barbara and her partner use it when they reach a communication impasse.

In her own words: "I'm devoted to providing Women and Men every opportunity to experience its infinite Love, Power and Wisdom, for themselves. I do all that I humanly can, to hold an impeccable space for Revelation and Healing within these kinds of experiences. Your Sexual Energy is the strongest medicine you have available to you."





## AMANDA LAMBROS

Forensic Sexologist, Therapist & Lecturer  
Curtin Uni, WA

Luke meets Amanda in Episodes 3 and 6 to learn how to have safe, baby free sex; what our body does when we are sexually attracted to someone. Later she takes Luke to Victoria Markets to find out what you can eat to help you perform and taste – better! In Episode 6 Amanda explains the difference between a fetish and a preference.

*“All the things that you pick up from the moment you’re born until present day, different partners you’re with, different things you start to enjoy. You create this love map and that’s where your sexual preferences come from”.*

Amanda has worked extensively with schools in Western Australia and interstate since 2004, developing Cyber-Safety and Counselling workshops for teachers, school staff, students and parents. Amanda has a passion for counselling, teaching, and getting the message across as well as creating safe environments in schools for students and staff alike. In clinical practice, Amanda works with individuals, couples and groups in both long and short term counselling. She follows an eclectic approach, drawing from diverse theories including cognitive behavioural, solution focused, client centered, and psychodynamic approaches. Happily married with two boys, Amanda was born and raised in Canada but has been living in Australia since 2002.



## MICHELLE TEMMINGHOFF

Runs Passionfruit Sensuality Shop  
Richmond, VIC

Luke visits Michelle in Episode 3. Michelle is passionate about lubricant. In this episode she has created a “Lube ‘n’ Slide” to show Luke how different lubricants feel. Michelle believes that if we were a lube-positive society then more people would be having more sex.

*“Using Lubricants has been kind of medicalised and it’s associated with vaginal dryness which is going to put most girls off. They’re not going to use something that will make them think they’re not good at sex”.*

*“The fact is that when you do use it makes everything so much better”.*

In her own words: “I opened Passionfruit because of the need for female friendly service, advice and products. The Adult Industry was, in those days, entirely set up for men and yet the products were mostly for women. The industry has evolved exponentially since then and I now concentrate on social media, my website, blog and public speaking.”



## CATH CARTER

Psychotherapist & Counsellor  
Melbourne, VIC

Luke visits Cath at the end of Episode 3 – to see if she can teach him how to achieve an orgasm solely through breathing.

*“There’s all sorts of different orgasms you can have through your breath. You can have a giggle-gasm, cry-gasm a bliss-gasm”.*

Cath Carter practices as a Psychotherapist and Counsellor, in private practice and Workshop and Group Facilitation. She runs courses on the sacred art of conscious touch and sensual harmony, which involve in-depth Psychotherapy, counselling, family of origin behavioural patterns and experiential techniques, including Eastern Taoist and Tantra techniques. There is no nudity or sexual touch in Cath’s classes.



## ALEX VICIA

Dominatrix  
Melbourne, VIC

Luke meets Alex in Episode 6 – when he decides to get dressed up and experience a BDSM Party.

*“If people didn’t want to be watched, they wouldn’t be here”.*

Alex was born in NZ and was always the black sheep of her family. Although she did always admire uniforms, she never dreamed of doing anything in the sex trade industry. Alex had her first taste of being a dominatrix when she was 27 and her boyfriend asked her to go to the toilet on him in a nightclub. When they got home he asked her to beat him up – and she did. This was her first time she knew about power exchange and she loved it.



## ADAM SEYMOUR

Arists & Founder “Wank Bank Masterclass”  
Melbourne, VIC

Luke visits Adam in Episode 4 to get a “Wank Bank Masterclass”. Adam perfected this workshop when he was living and studying in New York.

*“I think it’s just as important to know how to please yourself as to please your partner”.*

*“If you know there’s certain moves you like; make sure you tell the partner that you’re with to give them a go”.*

Adam Seymour (aka Rural Ranga) completed his Diploma of Visual arts at CAE Melbourne in 2012, specializing in drawing, painting and printmaking. Since then has been in various group shows, and exhibited independently since 2013. He was Co-curator at the Roof Top Art Space in 2011, and has worked closely with the Arts for the last 10 years. In 2014 he worked at the Museum of Modern Art in NYC where he exhibited work in a group show, and published two books for the New York Art Book Fair at MoMA PS1. In his spare time he works freelance in illustration, painting and printmaking. Growing up in country Victoria, he describes himself as a “Homo Rural Ranga”. After completing high school, he moved to Melbourne where he now lives and works. Over the years he has also lived and practice art in Poland, Ireland and the USA.



## EMILY IRWIN

Sex toy party host  
Richmond, VIC

Luke meets Emily Irwin in Episode 4 when he joins a sex toy tupperware party at Michelle Temminghoff’s Shop, Passionfruit.

*“Sex toys are not regulated. They can be made out of anything. And considering they’re going inside you, that’s something really important to remember”.*

*“They are just toys. They’re not trying to stand in for anybody, and they’re nothing to be scared of”.*

Emily recently completed her Bachelor of Psychological Science at La Trobe University and is currently studying her Graduate Diploma of Psychology at Deakin University. She also conducts workshops on sexual wellbeing for women undergoing or recovering from cancer. Her guests include Breast Cancer Network Australia (BCNA) support groups.





## MADISON YOUNG

Author, feminist pornographer & sex educator  
Berkley, California, USA

Luke attends one of Madison one day workshops to learn fellatio & cunnilingus in Episode 4.

*"I'm a sex positive Tasmanian devil. I travel all around the world. Helping people to have better, hotter, wetter, more pleasurable connected sex".*

Madison Young has presented on the topics of pornography, feminism, and sexuality internationally, including at Yale University, Northwestern University, and the University of Toronto. Young's writings have been published in books such as "Best Sex Writing of 2013", "Subversive Motherhood", "Daddy: A Memoir", and her forthcoming books "DIY Porn Handbook: Documenting Our Own Sexual Revolution" and "The Ultimate Guide to Sex during Pregnancy and Motherhood". Young has been featured for her expertise in sex-positive culture on such media outlets as BravoTV's Extreme Guide to Parenting, The New York Times, and HBO.



## ROSA MCGILL

Orgasmic Meditation  
Sydney, NSW

Luke meets with Rosa to learn orgasmic meditation technique in Episode 4.

*"Put your attention on her pussy and you are simply going to describe what you see. It's quite beautiful actually".*

Orgasmic Meditation (OM) is a consciousness practice that is designed for singles and couples to experience more connection, vitality, pleasure, and meaning in every aspect of their lives. A partner strokes a woman's clitoris for 15 minutes with no goal other than to feel, connect, and be present. With practice, you develop a larger state of consciousness, have better intimacy, and stronger connections.

In her own words: "My journey began studying politics and public relations at university in Melbourne, Australia. While I enjoyed some aspects of what I was learning, I had a deep desire to find my purpose, or the thing that would really light me up!"



## "STEVE"

Male escort  
Sydney, NSW

Luke has a 'date' with Steve in Episode 5.

*"I've done it thousands of times and like, "Yeah, just do that, you'll be fine". It's not that easy. You have to practice and be ready to make mistakes."*

*"Sex is not just intercourse. Even having dinner with a woman – that's part of having sex...."*

In his own words: "I am half Italian - and we adore women. We also look after what we look like. Some people ask me if I am gay because I am well groomed, but in Europe this is commonplace and women like it. Guys should put in some effort rather than wearing super cheap clothes and thongs".



## ROGER BUTLER

Sensory Awakening Ritual  
Melbourne, VIC

Luke visits Roger in Episode 5 with his friend Honor to take part in a Sensory Awakening Ritual – an exercise designed to stimulate the senses and encourage intimacy.

*"It's as much about fun and creativity and the joy of being able to give".*

Roger was brought up as a white, middle-class heterosexual male. He now identifies as kinky, tantric, poly-amorous, queer, and very, very curious. His training is in psychology and the facilitation of groups, coupled with an extensive education in sexuality.



## CINDY GALLOP

Advertising Legend & Founder of MakeLoveNotPorn  
New York, USA

Luke meets Cindy in Episode 5 to talk to her about porn.

*"Porn is acting as default sex education. But the issue isn't porn. The issue is the total absence in our society of an open healthy honest conversation around sex in the real world".*

*"Porn does men a huge disservice. Because porn tells men that sex is dick-centric; that it is all about how big it is, how hard it is, how long it is. Newsflash! Me having an orgasm doesn't need to have anything to do with your dick being inside me. In fact your dick need not actually be involved at all".*

Cindy began her early career in the UK as a theatre publicist before moving into advertising. In 1998, she moved to New York and became chairman of advertising agency giant Bartle Bogle Hegarty. She continues to work in branding and advertising as a consultant. She launched MAKELOVENOTPORN at TEDx in 2009 in an attempt to squash the myths of hardcore pornography and to begin a dialogue around how real people have sex.



## JOHN PURCELL (AKA NATASHA WALKER)

Author  
Lidcombe, NSW

Luke visits John in Episode 5 to learn how to write erotic fiction.

*"A lot of it is actually listening to women. I've always felt more interested in their sexual life than my own".*

John Purcell one of Australia's most successful erotic novelists, has sold over 50,000 books, originally under the pseudonym Natasha Walker. He "came out" in the media in 2014. He got into writing erotica because a woman he fancied showed him a story that a love-rival had written for her. His competitive nature took over and he wanted to write a better story. His first attempts at sex scenes read more like Ikea instructions. John believes reading good realistic sex scenes can reduce a persons anxiety about their own performance as well as giving them the language needed to communicate to their partner.



**ON AVERAGE, PEOPLE IN REGULAR RELATIONSHIPS HAVE SEX ABOUT 1.4 TIMES A WEEK. YOUNGER PEOPLE HAD SEX MORE OFTEN, BUT EVEN THOSE IN THEIR 60'S HAD SEX ABOUT ONCE A WEEK.**

**- AUSTRALIAN STUDY OF HEALTH AND RELATIONSHIPS**



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# PRODUCTION TEAM

## HAYDEN GUPPY – DIRECTOR

At just 31 years of age, Hayden has just one accolade to his name: 'Participation award - Lego Building - 7 years olds'. From that moment on he knew he was destined for greatness. Then he discovered television and greatness had to wait. He has produced and directed programs all over the world and collaborated with some of Australia's best comedians including Hamish & Andy (GAP YEAR), Wil Anderson (Wiluminati), Dave Hughes (POINTLESS) Rove (ROVE LA, ROVE) and of course – Luke McGregor. As a writer, director, camera person and editor, Hayden's diverse background and experience has made him very available for work should you require his services for your next wedding or Bar Mitzvah.

## NICK SIMPSON - ANIMATOR

Nick Simpson is an animator, illustrator and director, living and working in Melbourne, Victoria. He received his Diploma of Visual Arts in 2008, and graduated with Distinction from RMIT's Bachelor of Animation in 2014. His graduate film, *EYE YOU*, has screened at a number of international film festivals, as well as being selected for opening night at the 2015 Melbourne International Animation Festival. He has worked for the Australian Conservation Foundation, the SyFy Channel, Yarra Ranges Council, Remote Control Records and Nuclear Blast Records.

## ANNA BATEMAN - PRODUCER

Anna Bateman is award-winning Producer with over 30 years experience in Australia and the UK. She has worked across a range of genres: from news, entertainment, comedy, to lifestyle and documentary. Anna has a passion for program ideas which push the boundaries but play to target audiences, and often combine the high and low. She has produced and directed over 200 hours of television for ABC TV, including most recently *Judith Lucy Is All Woman*, nominated in the 2015 AACTA awards for Best Light Entertainment and Best Direction. Anna grew in the 1970's when naked hippies talked endlessly about sex and insisted she say 'vagina' a lot. Luckily *Luke Warm Sex* has alleviated these past neurosis and now she knows that 'vulva' is the correct term. Phew!

## KARINA HOLDEN – EXECUTIVE PRODUCER

Head of Factual at Northern Pictures, Karina has been a determined creator of original content, bending genres and finding the most unlikely way into subject matter. She won the CINE Golden Eagle for her film adaptation of *Romeo and Juliet*, as portrayed by a troop of monkeys in Thailand (to feature as a centerpiece at this years Shakespeare's 400th anniversary at Stratford Upon Avon). She co-created the Emmy Award winning *Go Back To Where You Came From* for SBS. She conceived and directed the reverse anthropological journey of Maasai warriors to America in *The Warrior Roadtrip* for Nat Geo. And she took us inside the psychiatric ward in two series of *Changing Minds* for ABC TV. Sometimes serious, but preferring to find the funny (even it is dark), the creative spark of original program creation has burned bright in Karina's television career for the last twenty years.

# LUKE MCGREGOR

## BIOGRAPHY

Luke McGregor started his stand up comedy career in Tasmania in 2007 when he entered the raw comedy competition after one of the contestants didn't show up. In 2008 he was selected as a Raw Comedy national finalist.

Luke was a regular performer and writer for three seasons on Channel 31's Studio A. He has written on various TV projects including *It's A Date 2*, *Legally Brown* and *Our Watch – Christmas Campaign*.

In 2013 Luke's first solo Melbourne International Comedy Festival Show 'My Soul Mate Is Out Of My League' played to sold out rooms and won the prestigious Best Newcomer Award. He then went on to perform a hugely successful season at London's Soho Theatre.

Luke co-starred in the feature film *Border Protection Squad* with Peter Helliar, Ryan Shelton, Dave Hughes and Lachy Hulme and on television, Luke has appeared in *The Time of Our Lives* series 1 & 2 (ABC), Josh Thomas' *Please Like Me* (ABC/Pivot), *Legally Brown* series 2 (SBS), and the telemovie *Scumbus*. His 'ginger wonderland' date with Sibylla Budd in *It's A Date* series 1 (ABC) stole the show, and he garnered cult figure status amongst the celebrities lucky enough to be interviewed by him on *Dirty Laundry* (ABC2). Luke has also appeared on *The Project* as a correspondent, *Utopia* series 1 & 2 (ABC), *Spicks & Specks* (ABC), *This Week Live*, and series 2 & 3 of the web series *Noirhouse*. In 2015 Luke appeared in the feature film *Now Add Honey*.

Luke performed his solo show '*I Worry That I Worry Too Much*' at the 2014 Melbourne International Comedy Festival. Luke had no need for undue 'worry' as he was moved to a bigger venue. Two thumbs up Mr McGregor!

Immediately after the MICE, Luke took the show to the Sydney Comedy Festival and was awarded Best Newcomer 2014, another outstanding festival season. He then went on to perform his debut season at the Edinburgh Festival and a return season at the Soho Theatre in London. In 2015 he performed a return season of three sold out shows at the Comedy Theatre in Melbourne.

Later this year, Luke teams up with Celia Pacquola for *Rosehaven*, a new ABC comedy series filmed in Tasmania, which they have written and will star in..



# EXECUTIVE PRODUCER'S STATEMENT

Sex is always on television, yet never really discussed. When was the last time you saw erectile dysfunction or male sexual identity seriously tackled head on? It hasn't. And yet modern sexual manners have changed dramatically, especially in this Age of the Internet. Every month the word 'sex' is googled at least 24 million times. For young people in particular, there's a whole new set of rules and a whole lot of misinformation.

*Luke Warm Sex* takes this awkward and fraught subject and deals with it in a fresh and unexpected way.

In creating this series, I was inspired by the personae Luke McGregor presented on stage at his stand-up gigs: a young man in his early thirties, who personifies the high-anxieties and hang-ups many of us have about our sex lives, our bodies and desirability. The only person who gets embarrassed around Luke is Luke himself, and by watching his awkwardness we appear to shed our own.

That's why he's the perfect person to educate a wide audience on the subject you previously couldn't have watched in the same room as your teenagers (and vice versa). By using comedy of the embarrassment, sticky subjects are opened up for discussion.

Knowing Luke was brave enough to share his own dating experiences through stand-up, I approached him with the idea of hosting a documentary series exploring sex, proposing we follow his journey to get better at it. It was a rather awkward conversation at first, but talking about sex usually is.

As I had the perfect title for the series, *Luke Warm Sex*, he could hardly say no. In fact, Luke was so very bad at saying no we ended up with a list of activities to film that would have broken the broadcast code of conduct.

We went through an intensive development period where we explored the outer limits of what Luke would do in the series. We were sensitive to maintain his innocence so the subject matter wouldn't compromise him; making sure scenes were useful – not gratuitous. And we tried to find as much 'new' and 'unseen' in the subject material so we could ramp up curiosity. Who's ever heard of Pulse of the Dragon or the Wank Bank Masterclass before? And who knew there were sexual empowerment coaches teaching this stuff in Australian suburbs? Luke embraced all this with good humour and an open mind. Once he was on-board the project and we had a map of the journey, the ABC and Film Victoria came on as partners to finance the series. And then the fun began.

I believe the series delivers on everything it set out to achieve. You'd watch it with your teenagers as a conversation starter. You'd watch it with your partner to point out some ideas. You'd watch it by yourself... because admit it: you do want to get better at sex too.

"Sex positive" is a term I learnt during the making of this series. It's a concept that regards all consensual sexual activities as fundamentally healthy and pleasurable, and encourages freedom of expression. It might just be the first step towards making the world a better place.

**KARINA HOLDEN - EXECUTIVE PRODUCER AND SERIES CREATOR**

# DIRECTOR'S STATEMENT

*Luke Warm Sex* is a journey of discovery into what is a very complex and social dilemma. In essence, through this 6 part series, host Luke McGregor (a very sheltered yet highly intelligent individual) simply wants to be better at sex.

But where do you start with a 30-year-old quasi virgin? At the beginning!

Calling upon experts, therapists, cuddle groups and sexual empowerment guides, Luke finds the courage and confidence he so desperately seeks. His quizzical nature and thirst for knowledge, paired with his very unique approach makes this show a truly original, educational and entertaining program.

My motivation has been to create an eye-opening experience for audiences, presented in a very unique style. I want to remove people's blinders and celebrate a very underrepresented narrative. The series hopes to shed light on household issues that go un-discussed whilst fully engaging our viewer's sensibilities. We do this by creating an intimacy that at times will be confronting, but also you can't look away.

The series follows the arc of a central character on a journey of discovery, immersing himself in a subject through learning/seeing and doing experiences. But *Luke Warm Sex* also turns the camera on itself and has a beautiful honesty about it that I believe makes it truly unique.

Over the past 3 years I have worked closely with Luke McGregor and we have built a creative relationship of trust. Writing, producing and directing for him, I have been able to help contribute to his very unique style and tone. I have a deep understanding of Luke's work ethic and approach to comedy. As a rising star, the opportunity to craft a series specifically to Luke, is a great honour.

Whilst my background in writing, directing and producing programs with Australia's best comedians (Rove, Hamish and Andy, Wil Anderson, Dave Hughes) I have also tackled factual programming, current affair and short form documentaries. I've covered conflict on the front line in Afghanistan, fought Japanese whalers in Antarctic waters aboard the Sea Shepherd, and exposed poachers in the South African jungle.

Working alongside Executive Producer Karina Holden and Supervising Producer Anna Bateman, who are funny, intelligent and experienced producers, we have collaborated and work closely together with a clear vision of what the program is. Having the input of both male and female voices in the creative team has been an important part of producing the series.

Overall I feel this program is about an honest want for change, and a greater understand of gender issues. But also how deeply funny life can be in its most earnest moments

**HAYDEN GUPPY - SERIES DIRECTOR**





“WHERE DO YOU START WITH A 30-YEAR-OLD QUASI VIRGIN?”



## PRODUCER'S STATEMENT

The aim of the series is to promote positive change in the way we think about sex, practice sex and importantly - talk about sex. To achieve this *Luke Warm Sex* mixes immersive documentary scenes with sketches and animation giving the series a fresh and unexpected approach. But the distinctiveness of the series, and its true heart, lie in the casting of Luke.

As a regular judge for the Melbourne International Comedy Festival (Raw 2006/7/8) Golden Gibbo (2009/10/14/15) I have an inside track on the thriving Melbourne Comedy World. I have watched Luke's career closely and I think he is one of our rare talents that will ultimately reach not only a broad audience in Australia but also the World.

Over the last 30 years in TV, I have collaborated with many comedians to explore and flesh out factual topics. Whilst often riddled with their own doubts and insecurities, comedians are often the smartest people in the room and can find an engaging way of tackling subjects that are confronting and controversial.

My last project the ABC/Film Vic production *Judith Lucy Is All Woman* was a series that sought to explore modern feminism. Like Luke, Judith's honesty, intelligence and comedic talent made this often impenetrable subject of accessible, informative and crucially, damn funny!

*Luke Warm Sex* hits all of these marks and is also surprisingly moving; due in no small part to Luke's honest, intelligent approach. It's been an honour to work with him & indeed the whole team. We all felt passionately about making a program that ultimately pays homage to the musical genius of Salt & Pepa and their agenda setting classic - 'Let's Talk About Sex Baby'. Amen to that!

ANNA J. BATEMAN – SERIES PRODUCER





## ABOUT NORTHERN PICTURES

As a champion of original content, Northern Pictures is a factual production company known for innovation, priding itself on documentary series underpinned by journalistic values, unique access and cinematic sensibilities. As a small company, we look to create impact by focusing on original content with teams of quality people often drawn from different genres. Our aim is to be industry leaders in creative and innovating programming.

Only 5 years old, the company has already produced some of Australia's most awarded and recognized documentary content. This includes unique social issues series including *Changing Minds*, *Once Upon a Time in Cabramatta*, *Once Upon a Time in Punchbowl* and *Ice Wars*.

The production company has also become a leader in the field of natural history, delivering international series including *Kakadu*, *Great White Matrix*, *Secret Life of Pearls*, *Saltwater Heroes*, and *Life on the Reef*. Our slate of factual content delivers to broadcasters including ABC TV, SBS, Arte, TLC, PBS, National Geographic, Discovery Channel, Channel 9.



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