Tammy Bowe LaCroix
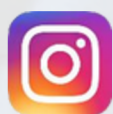# The Marriage Lab LLC
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Candid Talks about Sex for Saints'

Are you ready to transform the way you approach love, intimacy, and faith? Jourdan Bowe, founder of The Marriage Lab LLC, offers dynamic workshops and speaking engagements designed to help individuals and couples break free from misconceptions, deepen their connection, and embrace God's design for intimacy.

Workshops

✅ Unstoppable Intimacy – Reignite passion and break routine in marriage.
✅ Sex & Saints – Overcome religious shame and embrace God's design for intimacy.
✅ Whole Before Marriage – Prepare spiritually and emotionally for a thriving marriage.
✅ Undefiled – Restore and rekindle physical and emotional connection.
✅ Spice It Up – Fun and creative ways to enhance intimacy in marriage.

Signature Speaking Topics (For conferences, churches, and private groups)

🎤 God's Design for Intimacy: Breaking the Silence on Sex
🎤 Faith & Desire: Balancing Spirituality and Sexuality
🎤 Healing from Purity Culture: Embracing Pleasure Without Guilt
🎤 The Power of Pursuit: Keeping Passion Alive After 'I Do'
🎤 Preparing for a Thriving Marriage: What Every Single Needs to Know

Bookings available for:

Keynotes

Seminars

Workshops

Guest Panelist

Corporate Trainings

Biography

Hey, I'm Tammy, the owner of The Marriage Lab LLC where I help women to become whole before marriage through faith-based coaching and I help couples to break routine and stagnation by providing products to enhance their marital bed.

Tammy is a passionate speaker and workshop facilitator who helps individuals and couples break through barriers to intimacy and embrace God's design for love, sex, and connection. Through engaging discussions and faith-based coaching, she creates a safe space to explore topics often left unspoken—equipping her audience with the knowledge, confidence, and biblical wisdom to cultivate thriving relationships without compromising their values.

Send bookings to info@yourmarriagelab.com