



## TANTRA MASSAGE FOR COUPLES



### **Introduction**

Sexual energy is life force at a certain frequency. At its densest level it is a sensation located on our genitals. At its most subtle level is a state of ecstasy that expands throughout our body and beyond. Tantra teaches us to generate this energy and to refine it in such a way that we can use it to increase the life force of the body and therefore elevate our physical, emotional, mental and spiritual health. Thus, sexual energy is a powerful potential that allows us to release the blockages of our body and expand our consciousness.

To refine the sexual energy it is necessary to enter a deep state of meditation and therefore of relaxation. This state of interiorization is what allows to alchemize Sexual energy and transform it into ecstasy and inner oneness. So, sex and ecstasy are different frequencies of

the same energy. At the internal level we will experience how a simple sensation located on our genitals becomes a deep state of Ecstasy and unity (with ourselves and with our partner).

One of the characteristics of this state is that we will go from being dominated by sexual energy to dominate sexual energy. The craving for orgasm disappears and we will be able to remain in a state of deep joy and silence that lengthened in the time. This domain is what allows us to create more and more ecstatic energy in our Body, to strength our immune system and to expand our consciousness.

## Objetives

- Bring love and sex to the dimension of meditation and consciousness.
- Release and heal sexual conditioning.
- Understanding the difference between female sexual expression and masculine sexual expression.
- Create deeper and more authentic relationships.
- Understand the difference between the masculine and feminine subtle bodies.
- Contact our sexual nature as a man or as a woman.
- Connect with our essence as a man or as a woman and understand the complementarity of the opposites.
- Explore the different dimensions of sexuality, its energies and archetypes.
- Relaxation as a springboard to our orgasmic potential.
- Learn to elevate our sexual energy as a couple.
- Learning to use sexual energy to harmonize and balance our bodies
- Different Tantric massage techniques.



## Methodology

In this workshop it will be used a wide variety of Techniques: Visualizations, dance techniques of Breathing, tantric massage and tantric healing. The meetings are combined between theoretical and practical exhibitions. However all the above and all the practical during the Meeting is a preparation for the exercises that the participants should take in

their intimacy. Each participant will receive a dossier with the contents of the course as well as a guide with illustrations of the massages.

## **Adressed to**

This workshop is addressed to all those people who wish to explore their sexuality and provide tools that allow them to create more authentic and true partner bonds. To People who wish to learn about the nature of their bodies in order to unlock the energy related to pleasure. To those people who wish to discover a spiritual approach to sexuality.

## **Format**

This course is an intensive two-weekend format or four intensive days. The meetings are 4 hours duration from 10 am to 2 pm. During the afternoon the participants will carry out the exercises developed during the session in their intimacy. Participants will also have 5 videos that will accompany them online in order to receive orientation in the practice and in the inner process.

## **Contents**

### *Origins of Tantra*

Its trace goes back to master Shiva between 5000 and 7000 years ago in the sacred texts of the old Indus Valley (present-day India). However, as it is a teaching of oral tradition transmitted from teacher to disciple, we intuit that their Origins are still further back in time, in the shamanic traditions and even in the dawn of humanity.

### *The Tantric Temple*

Most relationships tend to rise from the unsteady ground of initial passion. In Tantra, the base that provides strong and firm foundations for the relationship is the meditation. Why? Because meditation invites us to pay special attention to our own being and to see our partner as the mirror of our own soul. Conflicts and dissatisfactions that arise in the relationship are the reflection of our own inner mismatch.

### *Chakras and polarities*

The nature of man and woman are essentially opposite and complementary in all its dimensions. So your destination is to balance the two Halves of a universal whole. For it Man and woman should embark on a journey towards understanding, acceptance and harmonization of their differences in order to find the meeting point that melts them in an intimate and authentic union.

### *Tantra and emotions*

The tantric ritual is the invocation of the universal feminine principle through women and universal masculine principle through man. That's why during the practice of conscious sexuality all those conditions arise (the conditioning of an individual make up his

personality) that move us away from our respective essences as an opportunity to heal them.

### *Tantra and relaxation*

To be able to connect with our orgasmic potential it is necessary to enter a deep state of relaxation. In this state the person rests on their body and allows their Energy to wake up and refine leading to the state of ecstasy and oneness.

### *Tantra and touch*

According to the Taoists our body is flooded with electromagnetic circuits or meridians where the life force or chi (Prana) circulates. In Sanskrit these channels are Called Nadis. These circuits correspond to our nervous system. The correct flow of life energy is what generates health at the physical, emotional, mental and spiritual. Tantra teaches lovers to touch themselves in such a way that they can unlock their own accumulated energy in certain areas of the body. This is through a conscious and charged touch of loving intention that allows stagnant energy to be liberated and circulated leading to equilibrium and harmony states.

### **Dates**

To agree

### **Place**

Arambol- magic park area

### **Amount**

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