



TANTRA FOR COUPLES



Introduction

Tantra considers our world as something divine. That's why any aspect of life contains the imprint and wisdom of the spirit. Our romantic relationships are a reflection of the dual nature of the cosmos, a representation on earth of the cosmic creator principle. Therefore, when we approach our relationships and sex with attention and sacrality, we begin a deep exploration that opens the door to multiple physical, emotional, mental, and spiritual benefits. Thus, Tantra helps us create relationships based on balance and equality, and it is a way to expand our consciousness and to reach the state of unity. Above all, Tantra teaches us to live a healthy, creative sexuality, innocent and full of joy.

Goals

- Bring love and sex to the dimension of meditation and consciousness.
- Develop the concept of personal responsibility as a doorway towards experiencing intimacy.
- Freeing and healing up sexual conditionings.
- Provide conflict resolution skills.
- Understanding the difference between man's and woman's sexual expression, and where they meet and join.
- Understanding the difference between woman's and man's subtle bodies.
- Getting in touch with our sexual nature.
- Getting in touch with our essence as Man or Woman, and understanding our complementary nature.
- Exploring the different dimensions around sexuality, its energies and archetypes: the sacred marriage archetype.
- Learning techniques to develop and connect with our orgasmic potential.
- Learning to bring our sexual energy into a spiritual dimension.
- Learning to use sexual energy to harmonize and balance our subtle bodies.

Aimed at

This workshop is aimed at all those who wish to explore their sexuality and find the tools to create more meaningful and true couple relations; to all those who wish to learn more about their own bodies in order to unlock their pleasure-related energy; to all those who wish to discover a spiritual approach to sexuality.

Methodology

In this workshop we use a wide gamut of techniques. Some of them are tantric dance, visualizations, breathing techniques, Tantric massage and healing. Sessions combine theoretical and practical guidance. However, everything that we explain and practice in class is in preparation for personal practice at home in your own intimacy.



Format

This course is divided in six sessions. Hours are from 10AM to 8PM. The course includes an outdoor activity (approximately from 4PM to 10PM) during the evening previous to class, which helps purify your body and anchor yourself in your OWN SELF.

Content of the course

Origins of Tantra

Tantra's origins date back to Master Shiva approximately 5000 years ago in the sacred texts of the Indus Valley (Modern India). However, because it is mainly an oral tradition, passed from teacher to disciple, we think it dates back to earlier times, during the shamanic traditions or even to the very beginnings of humanity.

Tantra: the Sacred Marriage Archetype

Man and woman are a reflection of the dual nature of the cosmos. They represent the archetype of the cosmic creative principle on earth. That's why through Tantra (that teach us the perfect expression of this archetype) we are able to raise our relationships on the physical, emotional, mental, and spiritual plane.

Tantra, emotions, and conditionings

The Tantric ritual is the invocation of the feminine universal principle in the woman and the masculine one in the man. Because of this, during conscious sex, all kinds of conditionings (that moves us away from our respective ESSENCES) come out as a chance to get rid of them.

Man and woman's sexual natures

Man and woman's natures are essentially opposite and complementary in all their dimensions. That's why their destiny is to balance themselves as the two halves of a universal whole. For this, men and women must begin a journey towards the understanding, acceptance and harmonization of their differences in order to find the meeting point that will allow them to melt in a intimate and authentic union.



The Tantric Temple

Most relationships tend to rise on the unsteady ground of the initial passion. In Tantra, base that provides a strong and stable foundation is meditation. Meditation invites us to pay attention to our own SELF and to see our partner as a mirror of our own soul. Conflicts and dissatisfaction that arise in a relationship are the reflection of our own inner maladjustment.

Conflict resolution and conditionings

The level of intimacy and complicity, as well as lack of conflict in a relationship is determined by the responsibility to deal with our own unresolved issues from our past. Through Tantra, a relationship becomes a constant school for personal growth: it becomes the manifestation of Heaven and Earth archetypes in unending dance and communion.



Similarly, the expression of our sexuality is conditioned by the sexual education we received directly or indirectly during childhood, as well by our society's taboos. Tantra allows us to free ourselves from our own sexual conditionings in order to find a healthy and balanced expression of something so intrinsic and necessary in the human being. It allows us to undertake a conscious exploration of our sexuality and the spiritual potential that lies behind it to flourish in our true essence.