TANTRA

The Art of Conscious Connection

Workshop For Couples

BY ZHANNA LEE

Would you like to spend some quality time with your partner while learning how to enhance your intimacy and sex?
Tantric tools for conscious connection can open the doors to exciting discoveries, and long-lasting transformations in your intimate life, no matter if you've been married for a long time, or just started dating.

You do not have to have a prior experience with yoga or Tantra!

I invite you to spend fun, relaxing evening filled with games, reflections, guided meditation, and meaningful connections!Come to meet yourself, and your partner in a totally new way!

What to expect:
- We'll start with the discussion about what Tantra is and what it is not.
- We will have a conversation and demonstration about energy. What does it mean to build, channel, increase, or ground your own, or someone else's energy?

We will explore:
- The difference between masculine and feminine energies, and how can we use it in our sexual and non-sexual experiences.
- The role of healthy boundaries in deepening and enhancing your connection and pleasure.
- The Tantric "tool box" for deeper connection and sexual alchemy: focus, meditation, breathing, sound, visualization, and movement.

You will get a chance to practice basic Tantric tools and techniques with your partner - a fun and effective way to authentically connect with another human being.

****Do not have a partner, but want to participate? Come with a (same or opposite sex) friend you trust and feel comfortable sharing some laughter, thoughts, and non-sexual touch.***

****All activities are clothes on, and always optional!***

Workshop Lead: ***Zhanna Lee***

Duration: ***3 hours***

Maximum Couples: ***15***