

FOR MEN & WOMEN

# Deepening the Dynamic

Course facilitator:  
**Martina Hughes**



Martina has been exploring the great traditions of ecstatic sexuality, energy, breathwork, shiatsu, healing and personal transformation for 8 years.

Martina's vision and passion is to inspire men and women of all ages to feel their own natural energy, joy, vitality and bliss. She facilitates a space of greater awareness, openness and receptivity for people to experience the essence and freedom of their inner being.

Martina offers mixed workshops, courses for women, as well as Tantric consultations to women, men and couples to expand their knowledge and energy. More information about these offerings is available on her website.

## Surrender to your ecstasy and pleasure in lovemaking

Enrich your relating with the opposite sex in this experiential workshop. Feel more connected to your body and your lover using these incredibly simple and powerful techniques. Singles and couples welcome. There is no sex or compulsory exercises - choose your own level of participation.

During this day long workshop you will learn how to:

- Be in your body and in the moment with each other every day
- Support your lover to surrender to pleasure
- Use the energetics of masculine / feminine polarity for a deeper connection
- Improve your communication inside and outside the bedroom
- Activate a deeper level of sexual energy to nourish your spirit
- Play with energies of passion and surrender in lovemaking
- Experiment with foreplay and afterplay that opens your lover

**Investment** \$195 booked online or \$225 at the door – includes organic vegetarian lunch

**Time** 10am to 5pm

**Book online** [www.tantricrossoming.com](http://www.tantricrossoming.com) follow the link to Calendar

For details of date, time and location of the next workshop in your area, visit the website or contact Martina.



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