

# Exploring Sexuality

## a day for women

**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.

### **Embrace your orgasmic bliss for greater intimacy**

Experience a new quality of sexual energy which will quieten your mind and open your whole body to new heights of sexual pleasure. Increase your orgasmic capacity for healing the body, transforming your relating and opening to greater consciousness.

In this 1 day workshop you will learn how to:

- Activate sexual energy in your entire body
- Experience deeper sensitivity in your breasts
- Quieten your mind and open your body
- Balance the feminine and masculine aspects in your life
- Bring realness, depth and intimacy to relating with other women
- How to ask for what you want with your lover
- Feel new heights of pleasure, passion & intimacy in your lovemaking

The day will be a combination of dance/movement activities, breathing exercises, massage/touch, discussion and more. Choose your own level of comfort and participation at the workshop. There is no sex, nudity or compulsory exercises.

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

**Time** 10am to 5pm

**Book online** [www.tantricblossoming.com](http://www.tantricblossoming.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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