

# Exploring Sexuality

## a day for women

### 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

**Date** Saturday 2 June

**Time** 10am - 5pm

**Venue** Vitalelife, 83 Latrobe Terrace, Paddington

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

**Facilitator:**  
**Lilamani**



My passion is assisting men and women to connect deeply with their authentic essence, wisdom and vibrant expression, for a more enriched and fulfilling experience of life. I am an experienced bodywork practitioner with over seven years dedicated to promoting balance and vitality within myself and within my clients. My background is in Tantric Bodywork and KaHuna Bodywork, and I am an accredited facilitator of Zen Thai Shiatsu Bodywork.

I have pursued my own deep transformative journey through Tantra, Sacred Sexuality and bodywork practices. During this time I have expanded my understanding and experiences of relating, sexuality and life, and increased my capacity to hold space for others in their transformation and self exploration.

Through my own journey I have come to understand the beauty, power and vulnerability of the feminine, and this has naturally flowed to having a strong desire to share with other women the ways and gifts of connecting with our feminine essence.

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blossoming**  
bringing the heart back into tantra