

# 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** Sunday 1 April

**Time** 10am-5pm

**Venue** 2/25 Manor Grove, Caulfield

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

**Facilitator:**

**Martina Hughes**



My passion and life's work is creating spaces where men and women can experience deeper and meaningful connections with their unique essence and also with their intimate partner, friends, family and community. I do this through facilitating sessions, workshops, retreats and trainings based on Tantra and Sacred Sexuality as this has been my own greatest catalyst for transformation.

I feel inspired to support people in knowing who they are, being able to live in alignment with their inner being and to restore the masculine and feminine polarity in our world.

Tantra has been and continues to be my greatest teacher – for me, tantra is about all of life – the way I eat, the way I treat my body, the way I meditate, the way I relate to friends and family, the way I connect with my intimate partner as well as how I experience my sexual energy.

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bringing the heart back into tantra