



# Heartfelt Tantra

*for couples*

*Heartfelt Tantra for couples* is an opportunity to experience heartfelt intimacy, together with powerful sexual energy.

On this weekend retreat you have an opportunity to learn how to cultivate deeper union, increased passion and greater bliss in your everyday interactions with each other. Transforming your everyday interactions with each other can be simple, but when you are both reacting out of your old patterns it can be more than challenging.

We will share with you how to bring about this transformation with simple steps... You will learn how to recreate and feel the joy of a lingering loving glance across the kitchen table, the power of a caress on the back as you pass in the hallway and the expansive nature of deeply felt lovemaking which creates sensations and pleasure which lasts way beyond the physical experience.

At Tantric Blossoming, we understand that you want to be able to reconnect without long hours of rituals and ceremonies. The main focus is:

**How do we support each other to open up, to feel, to be connected, to be available sexually – and where do we find the time for all that?**

**And how do we recapture the initial spark whilst maintaining the integrity and depth that comes with knowing each other for a longer period of time?**

We offer you guidance for connecting both in and out of the bedroom, to increase the feelings of love and connection all day, everyday. .



## About the retreat

Forgotten Valley Retreat at Wiseman's Ferry is just one hour north of Sydney. The retreat is totally private and surrounded by glorious gardens, providing a peaceful and tranquil environment. This is the perfect location for relaxing, leaving behind the pressures of everyday life and exploring a new and deeper connection with your beloved.

## Food

Organic vegetarian food will be provided. Dinner will be provided on Friday night, breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday.

**What we cover on the retreat »**

# At these weekend retreats you will experience tantric practices which support you to:

- ▶ cultivate authenticity in communication
- ▶ embrace the polarity exchange between man and woman
- ▶ engage in heart opening foreplay
- ▶ bring tantra into everyday moments
- ▶ improve your relationship in and out of the bedroom
- ▶ develop a quieter mind
- ▶ feel more connected to your body sensations
- ▶ experience a deeper union
- ▶ create lovemaking that opens you to much deeper feelings and sensations
- ▶ remember how to have fun, play and flirt with each other.

Tantric Blossoming delights in bringing you opportunities to reconnect in simple ways – inspiring you to overcome the daily challenges and explore the ways in which you can inspire realness, authenticity, lovingness, connectedness, sexual desire and fun in each other.

**This is an exclusive retreat for six couples only** and is an ideal opportunity to recharge your relationship. Whether you have been together for a short time or a long time, regardless of your age or circumstances, we will bring you practices for reigniting the fire and remembering why you enjoyed each other so much in the beginning.



## Next dates

15-17 April 2011

(Friday 7pm to Sunday 4pm)

\$1990 percouple

early bird by 1 April \$1920

## Bookings

As places on the retreat are limited to 6 couples we request that you express your interest by emailing us with a paragraph explaining why you would benefit from the transformational experiences being offered on this weekend.

Martina or one of her assistants will be in touch with you to discuss your application further, so please include your phone number.

[inspiration@tantricblossoming.com](mailto:inspiration@tantricblossoming.com)

Tel: 02 9664 1110

Mob: 0438 271637

[www.tantricblossoming.com](http://www.tantricblossoming.com)

## Co-facilitators



**Martina Hughes**

*One of my greatest joys is supporting men and women to lead empowered lives. Over the last 10 years of working intimately with people, I have seen people transform all areas of their lives including sexuality, relationships, personal expression, health, vitality and wellbeing. In working with people I share the gifts I have used for my own transformation– tantra, sacred sexuality, energetic healing, rebirthing breathwork, bodywork, flower essences, yoga, meditation, wholefood healing and more. I love to create feminine spaces of lovingness, compassion and receptivity for men and women to reclaim and realign with their own true, unique and loving essence.*



**Ben Dorrat**

*I am passionate about supporting men and women to reconnect with the innate wisdom which exists within us all. I have worked as a chiropractor for the last 8 years, supporting people to naturally restore the vitality of their physical body and at the same time sharing wisdom and practices which will support their emotional, mental and spiritual wellbeing. On my own journey I have explored myself deeply– through personal development, spirituality, self-expression, leadership, communication, intimacy and relationships – to reclaim a life of balance and inner peace. My intention for this retreat is to help you reconnect with and live from the beauty, power and grace which lies dormant within you.*