



*Urban Tantra: Sacred Sex for the 21st Century
with Barbara Carrellas*

Module Descriptions

Module 1 - Ecstatic Breathwork

March 10

Breath is your greatest source of energy and aliveness. It can produce so much pleasure, it will amaze you. In this workshop we will learn and practice a variety of simple breath techniques that you can put together to create unlimited erotic and spiritual possibilities. Then we'll use them to explore the vast range of orgasms which lie beyond those achieved by genital stimulation, such as emotion-gasms, inspiration-gasms, spirit-gasms, or creation-gasms. Finally, we'll do a guided meditation where you can practice energy orgasm techniques that you'll be able to incorporate into whatever kind of sex, play or meditation you enjoy.

Module 2: Creating Tantric Connections

March 31

In this workshop you'll learn Tantric techniques for building and sharing sexual energy with a partner. Simple techniques such as breath, laughter, language, presence, movement and conscious touch can expand our concept of gender roles, help us transcend fears of intimacy, keep relationships vibrant and loving and change the patterns that lead us into dysfunctional relationships. We can also use many of these techniques for intimate, in-person relationships to strengthen connections of all kinds—romantic or social—even when we must remain physically distant.

Once you've learned a few basic concepts and techniques, you can put them together to create unlimited intimate and/or erotic possibilities.

We'll practice key components of sacred sex, such as: the Resilient Edge of Resistance, giving and receiving, consent, boundaries, witnessing, creative communication, the Microcosmic Orbit, chakra connections, energy weaving and ecstatic breathwork.

Supplies for this session: Please bring a mirror to class. It can be a hand mirror, or any mirror you can look into while participating in the class.

Module 3: Sex Magic

April 21

Sex magic is the art of transforming real but invisible sexual energy into real and visible results. We practice sex magic when we consciously use our sexual energy to fuel our hopes, dreams and desires. You can dedicate your erotic energy for the benefit of yourself, your community and your world.

In this workshop you'll practice techniques that will enable you to unite your sexual power with your spiritual power and the power of your desires.

We'll use breathwork, metaphysics, chakra meditation and Tantric techniques to create sex magic for healing (yourself and others), to alleviate pain and fear, to soothe emotional wounds, to practice forgiveness, to increase business, to empower social causes and even to come to terms with death.

The workshop will include a sex magic meditation that will allow you to practice sex magic for a personal desire or cause.

Module 4: Taking Erotic Risks

May 12

Peak experiences—both sexual and spiritual—are the result of just the right combination of safety and risk. In this workshop you'll learn how to build or expand your capacity to take an erotic risk—safely.

Erotic courage—and courage in general—is simply the willingness to expand and grow stronger. It's the readiness and the enthusiasm to step further into your totality of possibilities—and one step closer to the “something more” you've been longing for. You don't have to muster the courage to do something huge, outrageous or uncharacteristically bold. You need just enough courage to embrace your own authenticity—however meek or wild that might be.

Whether you'd like to bring fresh inspiration and energy into an existing relationship, bring your authentic erotic self into a new relationship, or strengthen any of your courage muscles (erotic or otherwise) you'll learn how to think outside the box, break old habits, find creative possibilities and let go and embrace your new ecstatic future.