



● TANTRIC GURU

## There's no accounting for sex life

Martina Hughes used to crunch numbers. She now spends her days analysing sex lives.

The accountant turned tantric guru shows couples how to have a fulfilling sex life and be more comfortable in their bodies.

Hughes said tantra was less about complicated positions between the sheets and more about sexual energy and feeling.

"Few people have a healthy sexuality. It's either used as a manipulation or repressed internally," she said.

She believes society has skewed male and female energies, which tantra can balance.

"What I see now is that a lot of women have taken on a masculine approach to the world, being career driven and ambitious. This leaves a woman feeling like something is dying or dead inside of her."

She said many men, on the other hand, are made to take on passive roles.

"I educate men on how to support women to feel safe to be in that feminine energy," she said.

She will speak at Soul Sessions on February 14. For tickets, visit [www.soulsessions.com.au](http://www.soulsessions.com.au).

— VANESSA STUBBS

Martina Hughes will give some advice on sex at her Valentine's Day talk. Picture: CHRIS PAVLICH