



breaths into our diaphragms and drawing the senses inwards. Being aware of the sensations and movements of energy in our own bodies facilitates a deeper level of relaxation for the other.

Transforming sex is about being with our lovers, rather than attempting to please them or perform for them. Being with the other becomes possible when we let go of the mind's story about what sex should be and create space for a deeper level of feeling in the body so that sex arises naturally and spontaneously.

During the sexual experience, we can use the breath to draw our energy and attention down into the body which will intensify the sensations particularly in the genitals and the heart and create a stronger level of connection with own inner world and orgasmic potential, leading to a deeper level of connection with our lover.

Lovemaking from a place of relaxation creates an orgasmic, fulfilling and nourishing experience which energises and magnetises the physical and energetic bodies of lovers. This interaction can engage the deeper parts of ourselves opening the way for new insights and perceptions of ourselves, our lovers and the way we live.

Martina Hughes of Tantric Blossoming has been actively exploring sacred sexuality, tantra, breathwork, energetic healing and shiatsu for over 8 years.



Martina's vision and passion is to inspire men and women of all ages to feel their own natural energy, joy, vitality and bliss. She facilitates a space of greater awareness, openness and receptivity for people to experience the essence and freedom of their inner being.

Martina offers mixed workshops, courses for women as well as Tantric consultations to women, men and couples to expand their knowledge and energy. For more information, visit www.tantricrossoming.com or phone 02 9298 2804.

MAKING DEEPER LOVE THROUGH RELAXATION

■ The true keys to deep and fulfilling lovemaking are relaxation and increased awareness of the body. When the body is relaxed and the breathing is full, sexual energy is able to move freely resulting in a spontaneous, connected experience of sex which increases sensitivity, enhances intimacy and brings an overall sense of wellbeing.

Often we focus on achieving orgasm which results in a sexual experience which is goal-oriented and relies on a build up of tension and friction between the two bodies. This interaction often leaves us feeling depleted afterwards.

When touching our lover's bodies, we can increase sensitivity and the depth of feeling through taking full

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