

TANTRA FOR COUPLES

Closeness to a partner awakens many feelings and energies in us, and is therefore a powerful tool for transformation.

In this group you and your partner will be in a safe space where you can explore how to communicate honestly and how to be intimate together .

The more we live in contact with our body, our feelings and our being the easier it is to meet in humbleness and respect.

Through awakening our sensitivity, our vitality and our capacity to relax you will naturally enjoy BEing together more than DOing so much. In this "just being together" a new, maybe unexplored ,dimension can open up. The old "tantrikas" talked about a merging with existence.....

You will be encouraged to stay fully present here and now.To receive and welcome all that is coming up.

To make love in this way is healing in itself.It gives a direction in the relationship,a space to be in and to grow.

Having courage to enjoy fully and at the same time find a relaxation and a meditative togetherness.

What we long for.

To rest in love.

In this course we will use bodyawareness and dance , touch and tantric massage, communication and tantric exercises.

You and your partner will also have "homework" every day in your private room to practise more intimate exercises.

The course will be lead by Smrati Skog. She is a wonderful teacher who has lived and worked as a therapist and groupleader in Osho Resort ,India during 18 years. She is now having her base in Gotheburg, Sweden where she has her practise.

Smrati is leading courses and trainings in many countries in Tantra, Rebalancingmassage, Pulsation and Aquafloating.

for more info see www.tantraforum.se

or write to her on anandsmrati@yahoo.se