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Urban Tantra Sacred Sex For

Sex educator Carrellas is on a mission to bring Tantra-the ancient practice of sacred sex, in which interpersonal connection and transformative ecstasy are the norm-to the modern world, to reclaim sex from "messed-up, sexually-dysfunctional, judgmental, and ignorant culture," and to shift the urban sex paradigm from recreational activity to a sumptuous, impassioned way of life.

Amazon.com: Urban Tantra, Second Edition: Sacred Sex for ...

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This book, whose subtitle is "Sacred Sex for the Twenty-First Century," is refreshingly queer-friendly, kink-friendly, poly-friendly, and body-positive. I'm skeptical about some of the concepts Carrellas presents, but that didn't really keep me from enjoying the book.

Urban Tantra: Sacred Sex for the Twenty-First Century by

...

Celebrating the 10th anniversary of Urban Tantra, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to discover new frontiers. With a juicy mix of erotic how-to and heart-centered spiritual wisdom, this updated edition includes a brand-new introduction, up-to-date references and resources, a new take on the possibilities and responsibilities of Tantra in today's world, plus new and cutting-edge information to reach ...

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Amazon.com: Urban Tantra, Second Edition: Sacred Sex for ...

Written with wit and humor, Barbara's URBAN TANTRA keeps sex real, and, best of all, the rituals are fun."-Betty Dodson, PhD, author of Sex for One and Orgasms for Two "If you ever thought Tantra wasn't for you-too foreign or gimmicky or New Agey, or not edgy enough for your radical sex explorations-Barbara Carrellas will cure you of all misconceptions and bring you an Urban Tantra to unite your sex, your spirit, your erotic wanderlust, your edge."-Carol Queen, author of Real Live Nude Girl ...

Urban Tantra: Sacred Sex for the Twenty-First Century by ...

Listen Free to Urban Tantra, Second Edition: Sacred Sex for the Twenty-First Century audiobook by Barbara Carrellas with a 30 Day Free Trial! Stream and download audiobooks to your

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Listen Free to Urban Tantra, Second Edition: Sacred Sex

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Urban Tantra® is a radically updated conscious sexuality/sacred sex practice for modern sexual and spiritual explorers. The Urban Tantra® Professional Training Program is designed especially for—but is not limited to—people who work with sex and sexuality.

About - Urban Tantra® Professional Training Program

Urban Tantra: Sacred Sex for the Twenty-first Century (Second Edition) “ Urban Tantra is the most pleasurable, fun, meaningful, and liberating book on sex ever!

Barbara Carrellas/Urban Tantra® - Urban Tantra: Ecstasy is ...

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You can use this tantric sex position to stimulate your cervix as well, says Sundari. This will depend on the size of the penetrator and where the receiving partner is in their menstrual cycle (because the cervix drops lower when you're menstruating), she explains.

7 Tantric Sex Positions for More Intimacy In Your ...

The Urban Tantra ® Professional Training Program is much more than a training program. It is a community, a philosophy, and an inclusive sacred sexuality practice that supports both personal and professional goals.

Urban Tantra® Professional Training Program - Barbara

...

"In tantra, we avoid goals entirely," says tantra expert Barbara Carrellas, a certified sexologist and author of Urban Tantra: Sacred Sex For The Twenty-First Century. Rather, the intention is

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to worship yourself and/or your partner. #blessed Tantra sex can be officially divided into two categories dubbed 'red tantra' and 'white tantra.'

What Is Tantric Sex, and How Do You Do It? | Shape

Urban Tantra® is a radically updated Tantra practice for modern sexual/spiritual explorers that can be used by everyone. Tantra is not only a sexual practice; it is a way of life and a path to spiritual growth. On the Tantric path, pleasure, vision and ecstasy are celebrated and can be found in both everyday life and in peak sexual experiences.

Urban Tantra: The Art of Sacred Pleasure - Sex & ...

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Urban Tantra, Second Edition by Barbara Carrellas ...

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Urban Tantra, Second Edition (Audiobook) by Annie Sprinkle ...

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ancient practice of sacred sex, in which interpersonal connection and transformative ecstasy are the norm-to the modern world, to reclaim sex from "messed-up, sexually-dysfunctional, judgmental, and ignorant culture," and to shift the urban sex paradigm from recreational activity to a sumptuous, impassioned way of life.

Urban Tantra, Second Edition by Carrellas, Barbara (ebook)

Carrellas says that tantra can be a bridge between different sexual practices, and she calls this "neo-tantra." She has specifically developed her brand of sacred sex in order to make tantra accessible to people who "felt left out" of such sexuality, such as transsexual and transgender individuals.

Barbara Carrellas - Wikipedia

Urban Tantra Sacred Sex For The Twenty First Century Barbara

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"Sacred Sex: The Joys of Tantra," from Solimar magazine does a great job describing the essence of what Tantra is. Students of various schools are interviewed on how Tantra changed there sex life and how they bring more intention and sacredness to their love life as a result of it. sourcetantra.net. sourcetantra.net.

"Sacred Sex: The Joys of Tantra," from... - Source School ...

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