

Deep Union

Tantra for couples

Being close to a partner wakes up many feelings in us, and is therefore an exciting opportunity to grow as an individual as well as in our relationships.

The course Deep Union holds a safe space where you and your partner will have the opportunity to get in touch with needs and longings. When you dare to express this you will deepen the intimate meeting between you.

The body – the temple of the joy and mystery!

By awakening our vitality, our sensitivity and ability to relax, it will be more natural to just be together with our partner, instead of doing so much. In this presence perhaps an unexplored dimension will open, even in lovemaking. The old Tantrics spoke of a “fusion with existence...”

You will be guided and encouraged to relax and to be fully present here and now. To receive and welcome everything that comes up.

To love in a tantric way is healing in itself. It also gives a direction in the relationship and a “sacred place” where we can be together.

This course is experience based, and we will use communication exercises, body awareness, dance, touch and massage and tantric exercises.

“And about sex also people are very, very worried. That very worry and that very effort to do something is the problem. Sex happens. It is not a thing that you have to do.

So you have to learn the eastern attitude towards sex, the Tantra attitude – that you ARE love. There is no need to plan; there is no need to rehearse in the mind. There is no need to do anything in particular, just be loving and available. Go on playing with each others energy. And when you start making love, there is no need to make it great. Otherwise you will pretend and so will the other person. He will pretend that he is a great lover and you will pretend that you are a great lover – and both are unsatisfied!

There is no need to pose anything. It is a very silent prayer. Making love is a meditation. It is sacred, it is holy. So while you are making love go very slowly. With taste, taking in every flavour of it. No need to hurry, enough time is there.”

OSHO, TRANSCRIBED SCRIPTS
THE OPEN SECRET

More...

- The course will be in English / Swedish depending on the participants
- Limited number of participating couples – book your tickets as soon as possible
- For questions about the retreat, contact Smrati Skoog: smratiskog@gmail.com
- For information about food and lodging, contact: booking@angsbacka.se, 0553-10035.