

Urban Tantra Sacred Sex For The Twenty First Century Barbara Carrellas

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[Urban Tantra, Second Edition by Annie Sprinkle - foreword ...](#)

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 ...](#)

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

[7 Tantric Sex Positions for More Intimacy In Your ...](#)

Praise for the first edition of Urban Tantra: "Urban Tantra is the most pleasurable, fun, meaningful, and liberating book on sex ever! Thank you, Barbara!" --Christiane Northrup "Urban Tantra gives me hope that the world will become a more sexually satisfied, ecstatic, enlightened, and inclusive place." --Annie Sprinkle: Lccn: 2017-039989

[Urban Tantra: Sacred Sex for the Twenty-First Century ...](#)

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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Team - Urban Tantra® Professional Training Program

A heavenly sacred sex position called the Yab-Yum promotes a mind-body connection between both partners. The Yab-Yum position is where the woman sits in a man's lap while he is cross-legged and she wraps her legs around his waist. Ideally, both partners' arms are also embracing each other. Yab-Yum is the symbol of divine union.

[How to start having Tantric sex \(tips for beginners\) Urban Tantra: What's In It For You? Book Fifteen: Urban Tantra How to start](#)

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Urban Tantra: Sacred Sex for 21st Century - The Open Center

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.

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.

[Urban Tantra: Sacred Sex for the Twenty-First Century by ...](#)

On the Tantric path, pleasure, vision and ecstasy are celebrated rather than repressed, but Tantra is not only a sexual practice; it also is a sensuous way of life and a path to spiritual growth. Urban Tantra: Sacred Sex for 21st Century - The Open Center [Sacred Sexuality: How to Ride that Sacred Wave of Pleasure ...](#)

How to start having Tantric sex (tips for

beginners) Urban Tantra: What's In It For You? ~~Book Fifteen: Urban Tantra How to start practicing TANTRIC SEX - Sacred Sexuality 101 Tantra Workshop Dawn Cartwright Sex Actualization — Bhaktifest (Part 2 / 4)~~

Tantra Practice for Beginners (Create Connection \u0026 Build Intimacy)
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Urban Tantra, Second Edition by Barbara Carrellas ...

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About - Urban Tantra® Professional Training Program

Barbara Carrellas is the founder of the Urban Tantra ® Professional Training Program. She is the author of Urban Tantra: Sacred Sex for the Twenty-First Century, Ecstasy is Necessary: A Practical Guide to Sex, Relationships and Oh So Much More, and Luxurious Loving: Tantric Inspirations for Passion and Pleasure. Barbara's pioneering Urban Tantra ® workshops were named best in New York City ...

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

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.

Barbara Carrellas, ACS, AASECT, is a sex educator whose pioneering Urban Tantra® workshops were named "best in New York City" by TimeOut/New York magazine. She is the author of Urban Tantra: Sacred Sex for the Twenty-First Century; Ecstasy is Necessary; and Luxurious Loving: Tantric Inspirations for Passion and Pleasure.