



The Ultimate Guide to Tantric Sex: 19 Lessons to Achieving Ecstasy

Guillermo Ferrara

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Tantra is a vital path toward full interior development through sex, love, and meditation. Its origin dates back to ancestral India, and from there has enlightened many generations of lovers who have penetrated the secret that leads to ultimate happiness.

The practice of Tantra heightens the energy and creativity levels, in addition to reinforcing the partners' connection. It is an integral method that permits the growth of the participants in all aspects of their personality: sexuality, intuition, spirituality, and more.

Through the words of Guillermo Ferrara, whose teachings on Tantra are known worldwide, the step-by-step exercises and photographs come to life. *The Ultimate Guide to Tantric Sex* contains, amongst other themes:

- Introduction to Tantra and the energies of love
- Seduction and sensuality
- Yoga for lovers
- Sensitive touch and sensual massages
- Secret erotic points
- Sexual magic, rituals, symbols, and dances
- Advanced sexual poses
- Tantric exercises for couples
- How to achieve a multiple orgasm
- Prolonging pleasure
- Eighteen lessons of tantric sex

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Spent a free a chance to be fun activity to try and do! A lot of people spent their leisure time with their family, or their particular friends. Usually they doing activity like watching television, likely to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your current free time/ holiday? Might be reading a book can be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the book untitled The Ultimate Guide to Tantric Sex: 19 Lessons to Achieving Ecstasy can be good book to read. May be it could be best activity to you.

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