



Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day

By Diana Daffner, Richard Daffner

Hunter House Inc.,U.S. Paperback. Book Condition: new. BRAND NEW, Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day, Diana Daffner, Richard Daffner, In "Tantric Sex for Busy Couples, " Diana Daffner offers readers a modern approach to intimacy based on ancient techniques. Combining age-old tantric teachings, the peaceful exercise program of t'ai chi, and meditation, the book shows couples how to energize their relationship. The basic exercises include "Solo Stillness," which helps readers embrace the inner self; "Connected Pose," a way for couples to simply be together; and the "Tantra T'ai Chi Trilogy," a tri-partite system for moving sexual energy throughout the body. The author's foundational tantra t'ai chi exercises help readers prepare for the sexual practices described in the book, with things like yin and yang ceremonies of sexual massage for both partners and "Peaceful Passion" -- a sexual union that requires neither a high sex drive nor a Viagra-inspired erection. Throughout these practices, readers are encouraged to maintain a sacred, respectful, loving, and ceremonial attitude toward their partner and, in the process, transform a relationship into a love affair.



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Reviews

I actually started looking over this publication. It really is rally interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dana Hintz**

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- **Elisa Reinger**