



devotional
BODYWORK

Tantric Massage Guidelines for Women

What is Tantric Massage?

Tantra is a science of life and a beautiful and practical spiritual approach that honours the divine in all aspects of life, including sexuality. In tantra we practice living and connecting with the present moment in a state of awareness and relaxation. Tantric Massage (TM) is a deeply relaxing and nurturing full body massage, which brings your mind, body, and emotions into harmony. Through conscious sensual touch, the TM experience allows you to FEEL and LOVE more, accessing deeper expanded levels of pleasure and passion in your body, relationships, and daily life.

TM is a goalless (not outcome driven) experience focused on deepening pleasure, arousal, and moving sexual energy throughout your body. TM is a shared energetic experience of intimacy and connection through the practice of giving and receiving with presence and sensation. TM is a transmission, or a communication and teaching without words, through conscious and loving touch. Through your presence, openness, and surrender you invite the experience of bliss.

Through TM, aspects of the Self that have been suppressed, shamed, or denied, are welcomed and allowed to surface where they are accepted, nurtured, and nourished. Loving touch encourages the heart to open; and with care, attention, and acceptance, allows the untangling of complex emotions, creating space for your innate pleasure to flow. Through sensing your own body and internal word, you experience spirit from inside out.

TM awakens erotic energy and supports women to cultivate their sexual energy throughout their whole body, by receiving touch in ways that honour the whole body without pressure to perform. This allows you to explore yourself, your heart, and your sensuality, and enjoy the vast range of sexual responses possible when performance and orgasm are irrelevant. Ultimately strengthening your connection between your sex centre and your heart; and feeling nurtured and cared for whilst sensually aroused through intimate touch.

Benefits of Tantric Massage?

- Feel more love and relaxed in daily life
- Access deeper levels of pleasure in your body and daily life
- Learn how to receive
- Build capacity for longer, full bodied orgasms (expanded orgasmic sensation) - becoming fully orgasmic/ aliveness
- Experience multiple orgasms

- A place to express your sexual energy without shame - permission to explore your sensuality and eroticism
- Explore, express, and heal sexual wounds/ trauma
- Overcome numbness and pain, and increase sensitivity to pleasure
- Learn to surrender your Self (letting go of negative emotions such as shame and guilt), and get in touch with your true Self (connecting your heart, sex, and power)
- As space to go deep into yourself and feel yourself from the inside out
Improve self esteem by increasing self acceptance, love, feminine power, vitality, and energy
- Discover the source of your inner strength and power
- Understand and control your sexual energy, be the master of your own energy
- Awaken and open your heart - increase intimacy in relationships
Strengthen your relationships and greater enjoyment of sex

During your session:

Your session time includes a talk before the massage, tantric breathing and heart connection practices, the massage itself, and a debrief afterwards. During the pre- massage discussion we will clarify your intentions, needs, and focus of the session, and you may ask any questions you have before the massage begins. During the massage:

- This is your time to RECEIVE fully and allow all parts of yourself to be welcomed into the experience.
- This is an opportunity for you to relax, surrender, feel yourself and enjoy whatever arises for you.
- This is a space for you to experience whatever you need to experience, and to explore and express yourself in a safe loving space.

We encourage you to allow your body to naturally soften and open in its own time, knowing that all emotions are welcomed and encouraged to be expressed i.e. tears, laughter, passion, pain etc. As you stay present with all that arises throughout the massage, we encourage you to express what you feel and speak your desires in order to bring presence back into your body.

The key to gaining the most benefit from your massage is your active participation through BREATH, SOUND, and MOVEMENT. The more you allow your body to respond by expressing natural impulses and sounds (i.e. sighs, moans, groans, twitching, rocking, shaking etc.), the more benefit you get. This creates space for pleasure to ripple through entire body and experience expanded orgasmic sensation rather than your habitual path of excitement/ tension. Keep following pleasure without going into habit.

Throughout your massage it is important to practice deep conscious breathing, and RELAXING into sensation and arousal (rather than building tension), guiding you to experience multiple pleasure peaks through relaxation.

Expectations:

A \$70 deposit is required to secure your booking. Bookings can be rescheduled or cancelled up to 24 hours prior to booking and deposit transferred to new booking or refunded. No shows and cancellations with less than 24 hours notice will lose deposit.

We kindly request that you arrive on time and not early, as there is no waiting room and it is not always possible for me to receive you before the agreed time. If you are running late please notify us by text message. Session times can not be extended if running late as there may be clients booked in after you.

It is not necessary for you to bring anything for your massage however please arrive clean and showered as there are no shower facilities on site.

Please notify at time of booking if you have any allergies or skin/ scent sensitivities in order to prepare the room according to your needs. We use candles, sage, and incense in the massage room, and either organic coconut oil or a specially mixed massage oil for the massage.

The massage is designed to give you the best opportunity to experience the erotic and sensual potential of your entire body. Therefore the receiver is naked and the massage covers the whole body including breasts and yoni massage. The massage is carried out within your boundaries and can be adapted to honour your needs (i.e. external only), or if there's any part of your body you don't wish to be massaged.

Initial session includes pre-massage consult (which goes for 30-45 min), and post-massage debrief. Longer sessions allow time to honour your body's natural process of unwinding and releasing stress in its own time, allowing you to receive maximum pleasure and relaxation from your session. Honouring your body is not a quick fix, it's about consciously choosing to SLOW DOWN and FEEL.

DISCLAIMER: Please note that even though there are many beneficial and healing effects of a TM, it does not replace a medical treatment. Please consult a doctor for advice with any physical or psychological conditions.

We look forward for seeing you for a wonderful massage in the Devotional Bodywork Temple!