

Tantric Sex: Learn the Ancient Art of Eastern Lovemaking



Tantric Sex explores this ancient Eastern form of lovemaking with a modern eye and provides readers with all the essential information required to enjoy a supreme sex life - to slow down the act of love, to please yourself and your partner, and make sex more spontaneous, varied and exciting. Tantric Sex will also help budding Tantrikas attain spiritual enlightenment. The basic principles of Tantric sex are covered. Meditation, varied sex positions, breathing, ritual and touch all play a strong part in this highly sensual form of lovemaking, and these techniques are described. Tantric sex isn't goal oriented; instead of focusing simply on the Big O, practitioners concentrate on the whole act of love, making foreplay and sex play before and after orgasm far more important - and far more prolonged. The main core of the book will show how to control and maximize your pleasure, with both men and women able to enjoy multiple orgasms.

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