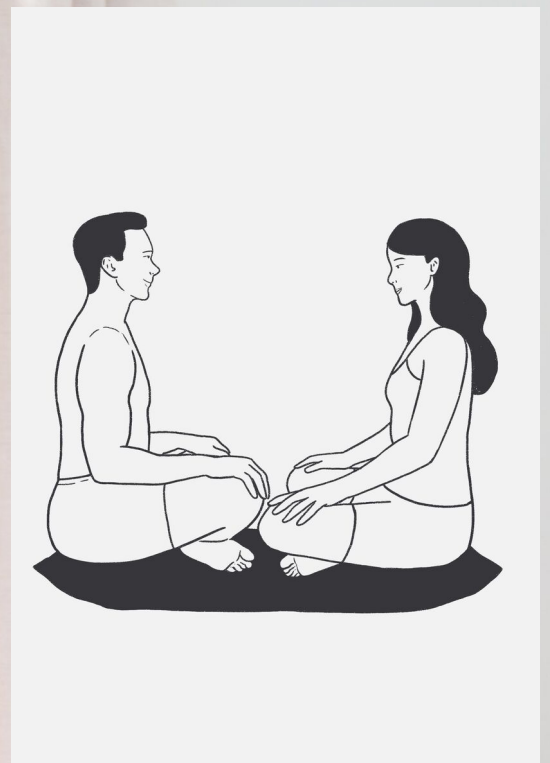


# TANTRA YOGA

## 1

### Easy Pose and Appreciation

- Get into the easy pose position with you and your partner facing each other.
- Rest your hands on your knees or lap, palms facing up or down.
- Try to relax. Use a pillow or blanket to sit on if you're uncomfortable.
- Close your eyes and take a few deep breaths for about 1-2 minutes.
- Open your eyes and make eye contact with your partner.
- Take turns revealing five things you appreciate about each other. This can be as simple or as elaborate as you want.
- Maintain eye contact. Take turns in speaking and listening.
- Be honest when you're sharing and be attentive when you're listening.



**DID YOU LEARN SOMETHING NEW ABOUT EACH OTHER?**

**HOW DID IT FEEL TO COMMUNICATE IN THIS WAY?**

# TANTRA YOGA

## 2

### Yab Yum

- Start with the easy pose position facing one another.
- Close your eyes and take 7 to 10 deep breaths. Feel the sensations of inhaling and exhaling within your body. Release tension.
- Imagine a sphere of energy and light radiating up and down within you.
- Open your eyes and begin to have eye contact with a soft and receptive gaze. Continue circling the energy as before.
- Next, the woman (or the smaller partner) can move across the space and sit with her legs wrap around the man's (or the larger partner's) waist while sitting on his lap. Embrace.
- Maintain eye contact and try to synchronize your breathing together. Now imagine the sphere of energy circulating between the two of you.
- Continue breathing together for 4 to 5 min.



**WHAT THOUGHTS OR FEELINGS CAME UP DURING THIS POSE?**

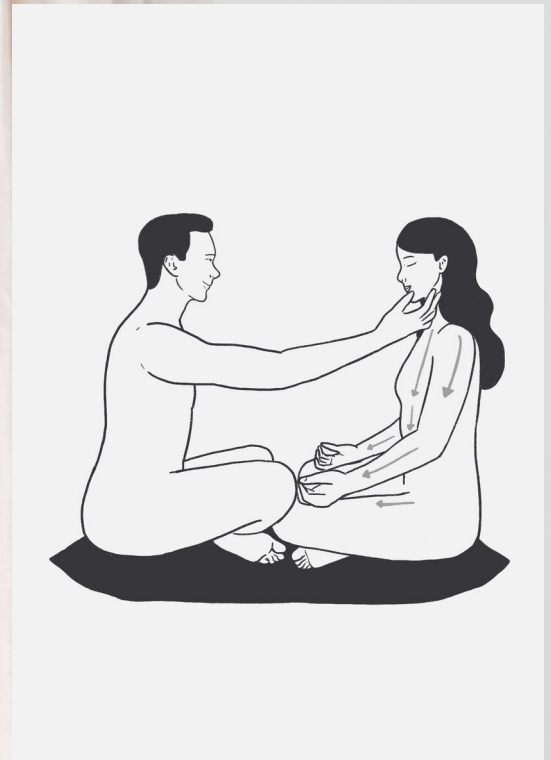


# TANTRA YOGA

## 3

### Giving and Receiving

- Sit in easy pose across from one another and with your knees touching.
- One partner assumes the role of the receiver and the other as the giver.
- As the receiver, close your eyes and rest your hands on the top of the knees, palms up. Relax and be fully receptive of your partner's touch.
- As the giver, gently touch your partner by stroking from the top of their heads down to their arms.
- Continue the last step and then alternate with touching from the top of the head and down on the front of the body. Move slow.
- Use your finger tips and tap or glide along the way to give a very soft and feathery touch.
- Ask your partner what they want. Maybe they prefer a faster, slower, harder or softer touch.
- Remember to go slow and to breathe mindfully. Repeat 7 to 10 times.
- Switch roles.



HOW DID IT FEEL TO GIVE AND RECEIVE? DID YOU LIKE ONE ROLE MORE THAN THE OTHER?

HOW CAN YOU BRING MORE BALANCE INTO THE RELATIONSHIP?