



NUDE TANTRA RETREAT
FOR MEN

DECEMBER 20-22, 2024
SEVILLE

**MASCULINITY
& SEXUAL ENERGY**



ORGANIZE:
ANAND RUDRA
& TRUETANTRA TEAM
& BANANA GAY HOUSE

Working for more than **20 years in Tantra, Yoga, Sacred Sexuality** and healing therapies with men of different backgrounds had shown to us that there is a need to work with manhood from a different perspective than the one that is being carried on.

Masculinity is often misunderstood or oversimplified in modern society. **This retreat is designed to reconnect men with the deeper aspects of their masculinity, particularly through the exploration of sexual energy as a potent source of personal power, vitality, and transformation.** The focus will be on cultivating awareness, control, and expansion of this energy through practices rooted in Tantra Yoga and breathwork, fostering an understanding of how this energy transcends physical pleasure and connects to mental, emotional, and spiritual dimensions.

Sexual energy, when harnessed properly, is a force for personal empowerment, healing, and self-realization. By exploring this energy in a sacred and conscious manner, men will discover how it influences their creativity, confidence, relationships, and overall wellbeing. This retreat is designed to offer a safe, **open space for participants to explore their sexuality without shame, deepen their connection with their bodies, and understand the power of sexual energy within a masculine framework.**



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In Tantra, **sexual energy is understood as one of the most powerful forces for transformation, healing, and spiritual evolution.** When applied to men who are attracted to men, this perspective offers a unique path to self-discovery and empowerment. Tantra transcends social and cultural norms around sexuality, viewing same-sex attraction as a natural expression of love and connection. In this context, masculinity and sexual energy are not defined by rigid roles or stereotypes, but rather as fluid expressions of strength, vulnerability, and deep emotional and energetic intimacy.

Masculinity in Tantra:

Masculinity in the tantric tradition is not just about physical strength or dominance but also about embodying presence, emotional depth, and spiritual awareness. Within men who like men, masculinity is experienced as a dance of mutual support, where sexual energy is shared in a way that nurtures both partners, honoring both the masculine and feminine energies that reside within each person. Tantra teaches that true masculine energy is grounded in self-awareness, openness, and the ability to channel sexual energy beyond mere pleasure, transforming it into a force for higher consciousness.

Sexual Energy Between Men:

Sexual energy between men is seen as an immense source of life force (**prana**) that, when cultivated mindfully, can lead to greater selfunderstanding, spiritual growth, and a deeper connection to others. Tantra emphasizes the importance of harnessing and refining this energy through breathwork (**pranayama**), yoga, and sacred touch. In this context, eroticism becomes a path toward union, not only with another person but with one's higher self and the universe.

SEXUAL ENERGY IS UNDERSTOOD AS ONE OF THE MOST POWERFUL FORCES FOR TRANSFORMATION, HEALING, AND SPIRITUAL EVOLUTION.

Through practices like **Lingam massage and erotic rituals**, men can learn to **expand their sexual energy**, releasing any emotional blockages or shame they may carry around their sexuality. This allows for a profound experience of intimacy, where sexual encounters become spiritual exchanges, fostering a deep sense of trust, love, and authenticity. The ritualistic aspect of these practices provides a sacred container where men can explore their desires freely and respectfully, dissolving any internalized shame or fear.

Tantric Process for Men Loving Men:

- 1. Awakening Sexual Energy:** Breathwork and body awareness exercises are used to awaken the sexual energy residing in the body, particularly in the sacral and root chakras.
- 2. Creating a Safe Space:** Through mutual respect, boundaries, and consent, participants create an environment where they feel comfortable exploring their desires and emotions.
- 3. Erotic Rituals and Sacred Touch:** Engaging in rituals and exercises such as partner-based Tantric Yoga and Lingam massage to transform erotic energy into a healing force, deepening the connection to oneself and others.
- 4. Integration:** Finally, this energy is directed toward higher states of consciousness, allowing men to feel more aligned with their authentic selves and empowered in their

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PROGRAM OVERVIEW

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This 3-day workshop will combine practices such as **Pranayamas, Nude Tantra Yoga, Erotic Rituals, and Massages (including Lingam Massage)** to guide participants through a journey of personal transformation and awakening. The schedule balances intensive practices with reflection and rest to allow integration of the profound experiences. The evenings include deeper rituals and closing activities to solidify the day's learning.

FRIDAY, DECEMBER 20

16:00h – 17:00h: Welcome & Introduction.

- Opening circle: intentions for the retreat
- Introduction to Masculine Energy & Sexual Power

17:00h – 18:30h: Pranayama: Awakening Masculine Energy

- Breathwork session to activate the body's vital energy centers

18:30h – 20:00h: Nude Tantra Yoga (Introductory Session)

- Gentle, grounding movements to start building comfort and connection

20:00h – 21:30h: Dinner Break

22:00h – 23:00h: Evening Erotic Ritual: Embodying Presence

- Guided meditation and movement ritual focusing on presence and grounding sexual energy



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SATURDAY, DECEMBER 21

07:00h – 08:30h: Sunrise Pranayama & Masculine Energy Flow.

- Breath and movement session focusing on harnessing morning vitality

08:30h – 10:00h: Breakfast Break

10:00h – 13:30h: Nude Tantra Yoga: Expanding Sexual Awareness

- Focused on building comfort in vulnerability and connection to the body
- Group exercises on self-awareness and partner work

13:30h – 15:00h: Lunch Break

15:00h – 20:00h: Erotic and Ritual Exercises: The Power of Intention.

- Exploring erotic energy with intention
- Partner exercises focused on trust, consent, and energy exchange

20:00h – 22:00h: Free Time / Reflection

22:00h – 23:30h: Lingam Massage Workshop

- Theoretical introduction to Lingam massage and its benefits for male sexual energy
- Practical session in a guided, safe environment



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SUNDAY, DECEMBER 22

08:30h – 10:00h: Breakfast Break

10:00h – 13:30h: Sacred Masculine: Erotic Yoga and Rituals

- Deepening practices of Tantra Yoga, exploring conscious touch and embodiment

13:30h – 15:00h: Lunch Break

15:00h – 17:00h: Closing Ritual: Integration and Empowerment

- Group closing ritual to integrate experiences
- Sharing circle and final reflections

18:00h – 20:00h: Seville City Tour with guide.



Key Activities

- **Pranayama:** Breathwork sessions will help participants activate their energy centers, particularly the sacral chakra.
- **Nude Tantra Yoga:** Gentle and profound yoga sessions will help you to connect to the bodies, let go of shame, and cultivate a sacred relationship.
- **Erotic and Ritual Exercises:** explore erotic energy consciously, experiencing its connection to creativity, power, and transformation.
- **Lingam Massage:** to expand sexual awareness, and connect deeper with the power of the masculine sexual force..

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ANAND RUDRA & TRUETANTRA TEAM

Anand was raised in a Shamanic and Mexican esoteric culture by a father (Mexican Spiritist and Shaman) and by the grandmother (Yaqui Mexican Medical Woman) Since he was young, he was attracted to the esoteric world. He has studied tarot, psycho-magia, symbology, ritualism, tantra, sacred geometry, & shamanism.

He studied International Relations. Holds an M.A. in Studies of the United States; another M.Sc on Law & Economics of the UE and Ph.D. A.S.D on Security of UE.

If you want to know who is Anand:
<https://about.me/anand.rudra>



BANANA GAY HOUSE

Imagine a place only for men that like men. A friendly, safe space, far from the coldness of hotels. A house with 3 floors and 8 rooms with a quiet, but not boring, atmosphere, where you can share your personal space to the extent you want.

Meet other guests and feel at home. And in this new only men accommodation, we also offer you recommendations for eating or partying, as if you were just another Sevillian! Comfortable beds, tastefully decorated rooms and friendly staff.

Relax even without clothes, as nudism is allowed throughout this gay accommodation in Seville. And with how hot it is, this is very much appreciated.

Banana Gay House is located right in the center of the city, on Rosario Street number 9. A perfect location for sightseeing and enjoying the gay night in Seville.

More info: <https://bananagayhouse.com>

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The retreat includes the workshops and full-pension accommodation. Starting Friday at 16 hrs and finishing at Sunday after the lunch.

PRICES:
450€ / PERSON OR
750€ / COUPLE

INSCRIPTIONS & PAYMENT ON:
<https://bananagayhouse.com>

TECHNICAL CONTACT:

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