

November
26 -27

embody sacred energy
develop the joy of
ecstatic pleasure



MILAN

TANTRIC FULL
EXPERIENCE

ITALY

Organized by
TantraManLifestyle
by Max Swami
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Venue **Min donation**
Sala Tango-Loft
Via Lorenteggio,
157 Milano
€200



Tantra

A true work of inner transformation and personal growth through Tantra. It takes time to open up to trust and deeper levels of personal introspection. Tantra works with sexual energy, a powerful energy that requires care, attention and time to be explored.

The weekend will be a complete immersion in the world of Tantra, an opportunity to get a real taste of the Tantralifestyle @ method and its benefits and above all to get to know a great Master / Guide Anand Rudra who finally returns to Italy to bring all his knowledge of over 20 years of experience.



The Pulse of the Being

We will practice the tools of Tantra to recognize and activate your Vital Energy and your Sexual Energy, in addition to understanding how you can use them in different areas of your life.



The Sacred Joy

We will train the importance of enjoyment and pleasure as a sacred ability, linked to Orgasm, Multi-orgasmy and the cultivation of Sexual Energy.



Conscious Ecstasy and Fullness of Being

We will explore the theoretical and practical ways of accessing Conscious Ecstasy in order to lead us to the concept of full life and Santosha.

- Saturday at 9:30 am to start at 10am
- 13hrs (lunch break 1 hr)
- From 14hrs (break) to 19hrs
- Sunday at 9 am to 13 hrs (lunch break 1 hr)
- From 14hrs (break) to 18hrs

We are waiting for you for a unique experience / what can your body do for you?
It will be possible to experience how you can generate energy in your body and how you can let it flow so that it has all kinds of benefits for you and your mental and physical health.
A weekend for a strong recharge of energy and vitality
to try to return to live your life to the fullest with all your true being.