



Villa Aikia  
Zipolite  
MEXICO



truetantra  
by  
Anand Rudra

# s3xplora SP 4 men

retreat / training  
MA on Supra Sacred  
Sexuality 4 Men

March 2 - 5  
2023

# S3XPLORA

## 4 men

### Introduction

The objective of this retreat is to contemplate the process in which the man can find the compatibility between sexual pleasure and spiritual path.

Being able to generate sacred conscious act of a sexual activity allows you to generate a deeper connection with yourself and the other one, a self knowledge, an expansion of your energy, apply awareness to what we desire and what we have done and the benefits of this connection. Emotion means energy in movement, our emotional body is one of the most powerful resources that men have.

In this retreat we will do several senso-emotional rituals that will awake on you a different perspective of Love, Emotions and sexual profusion.

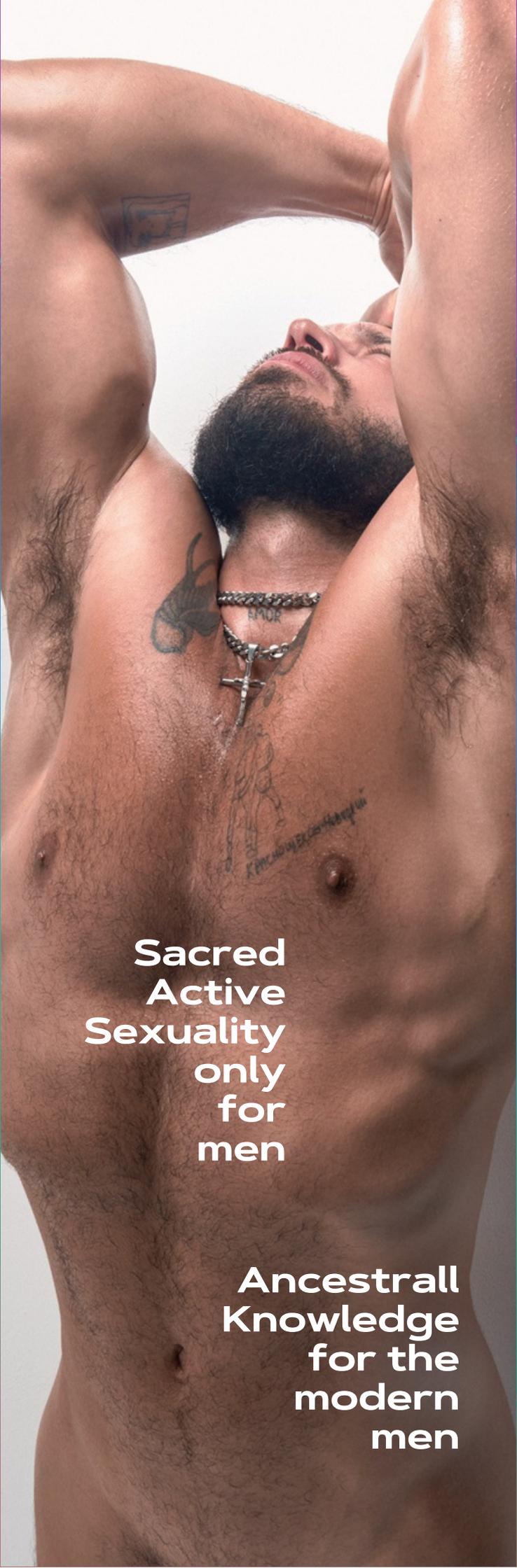
We will identify the way intimacy can create tantric awareness:

#### **1. Consecration - offering it all to the Divine**

For a tantric, the step that marks the beginning of the intimate, sacred union with the beloved. While offering the act of making love to the Divine, you can also direct the dedication to Love itself. In this way, you combine your personal love with the boundless Universal Love which is the source of all experiences of love. This is a way to get support from the universe.

#### **2. Transfiguration - seeing the sublime in each other**

The second stage in Tantric love-making is the action of transfiguration. At this point, open your eyes and look at your beloved. Direct your soul to admire and exalt the beloved.



**Sacred  
Active  
Sexuality  
only  
for  
men**

**Ancestral  
Knowledge  
for the  
modern  
men**

### **3. Foreplay – embodiment & ecstatic process**

The third step of tantric love-making is the famous but often ignored foreplay. It is now that you begin to caress each other. Tantra emphasizes on the importance of the embodiment foreplay. One of the most powerful sacred tools of tantric love making.

### **4. The erotic play... expansion and cocreation of energy**

The fourth step, is the generation of the sacred sexual momentum to feel the interchange of sexual energy. The direct stimulation to the genitalia and the sexual awareness of it is the door to start to do Maithuna.

Deep multi-orgasms can only be experienced during extremely long love-making sessions.

In case you both have tantric skills and your bodies are strong and vital, you have the ability to make love for many hours. Switch from making love to meditation and back to make love again. In this way you'll develop a deep connection that is beyond words, which also reaches deeply into the soul, a connection that will allow you to spiritually grow together.

### **5. Afterplay – the art of the one within.**

Afterplay – end in a delicate, nourishing way

The fifth stage takes place after love-making. When the love-making is over, remain together for some time. You are now full of tremendous energy contained in your serenity and love. You remain embraced for a while, caressing with affection. At this stage, you feel at home, as if after a long journey. The bodies and the subtle system became one with the other. We need to know to start to become one with ourselves and to go and

### **6. Polarity... integrating, gathering**

After love-making, the tantric couple goes their own way. Here begins the sixth phase of the tantric love-making game called polarization, or the polar phase. You should be far away from each other in the first few hours after the tantric love-making. You must maintain this space, several miles apart, in order to allow your accumulated energy to grow.

### **7. Sublimation – directing energies to a higher purpose.**

The seventh and final phase is called sublimation. It's the transformation phase in which Tantric magic appears in full glory. If there is no sublimation of the sexual energy, the love-making is like any other love-making, which has no "spiritual gain". to two hours after love-making. When the energy has accumulated in the high centers, it is highly recommended to meditate (even if only for a few minutes) to stabilize the energy at these high levels!!



## **EROTICAL TOUCH**

**understanding the power of the consciousness on the touch using Vajra techniques is one of the most powerful tools that a man can learn!!**



Being able to generate sacred conscious act of a sexual activity allows you to generate a deeper connection with yourself and the other one, a self knowledge, an expansion of your energy, apply awareness to what we desire and what we have done and the benefits of this connection.

Emotion means energy in movement, our emotional body is one of the most powerful resources that men have.

Most of the times, when there is a profusion process ( interconnection of love & lust ) we experience a blissful existence. To be in love is one of the biggest states of consciousness that we can experience.

This retreat will give you tools in order to take advantage of our emotions and how we can move this energies to our benefit.

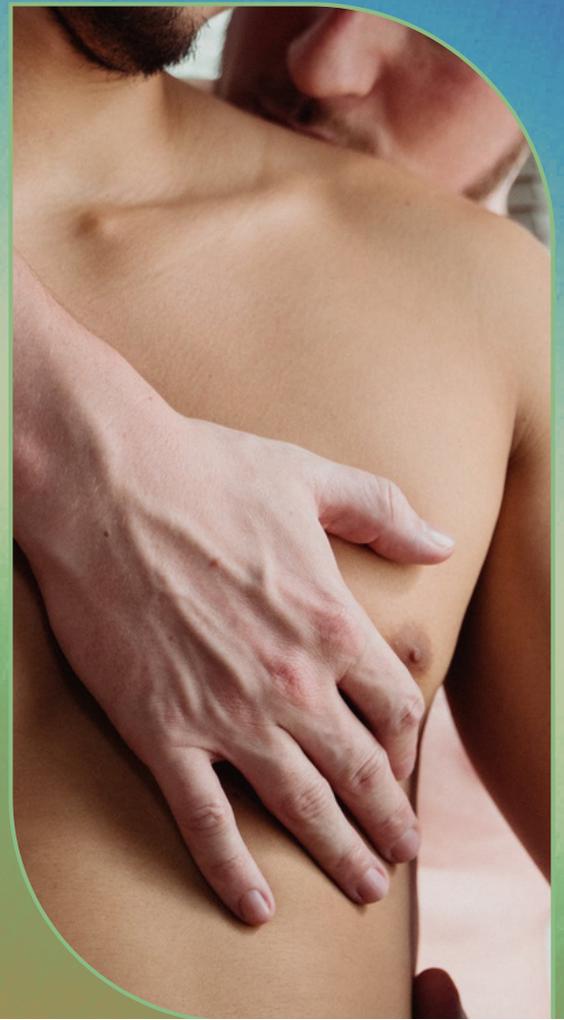
some of the things that you will learn :

- **Control & Modulation of the sexual energy on yourself & the other**
- **Inducing multiorgasmic state on you & the other one**
- **Edging technique to take the energy to supra-consciousness**
- **Handle the desire as an energy in disposition**
- **Understand the potentiality of sexual energy on the body**
- **Use the energy of the lingam and prana as a vehicle to go the profusion state**
- **Your Intimate borders and limits in order to empower the one and yourself.**
- **Rose & Lingam massage to be done in a normal setting.**



## THE POWER TO CONNECT WITH THE EMOTIONAL BODY & YOUR SEXUAL ENERGY

- Anahata, heart and energy in movement the power behind profusion.
- Emotional & Sexual Vibration and how to unblock old patterns
- Why to combine love & passion on a normal set
- The power of surrender & asertivity , reversing the sexual estrustructure on mind & sexual energy
- A sacred ritual & the power of the idea of the divine in an intimacy encounter.
- The power of sexual consious touch and how to deliver pleasure and how to develop the joy .
- The idea of the unification of the bodies and the power to deveelop profussion out of the encounter.



# VILLA AIKIA

Villa Aikia is a Hotel Boutique & Healing Center, on the seashore of Oaxaca, in a unique and magical beach, a mystical & scared place, Zipolite.

Hidden at the bahía Camarón near to Zipolite, with the best views, in which you can expect to encounter with beautiful art, the best sea view, in which the main point will be "Roca Blanca" which you wil enjoy the panoramic picture that can bring to you, full of colors and sun downs in this amazing paradise.

It has a marvellous swimming pool and a becah that is semi private. In which we can practice total nudity that is only official beach in all Mexico where you can enjoy this. We have restaurant service that can offer to the guest a unique Mexican flavor. Wonderful and exotic beverages along with a nice breakfast or luch that will make of our weekend a unique experience!

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- ZIPOLITE
  - Zipolite is a low-key beach resort on Mexico's Pacific coast in the state of Oaxaca. Stretching between rocky headlands, the long beach is known for its strong sur. The U.S. State Department spared Oaxaca from its travel warnings about Mexico. The official nudist beach all over Mexico.
  - Zipolite in particular seems lost in time, a place where visitors think nothing of leaving their belongings unattended on the beach and backpackers sleep in hammocks strung along the coast. To fligh the best way to arrive...
  - Either Huatulco o Puerto Escondido, we are one hour away from this airports, from there you can take a taxi that has the cost of \$800 pesos aprox.



IG: @villaaikia  
reservas@villaaikia.com  
Tel. +52 55-2663-3110  
[www.villaaikia.com](http://www.villaaikia.com)

## DETAILS

### Thursday

- 7.20 ..... Breath, pranayamas for sexuality
- 7.45-8.45 .....Breakfast
- 9.15 – 10.40 .....Our body & the energies in disposition
- 10.40 .....Break
- 11.00 .....Sexual Impulses and Eyaculation
- 14 – 15 .....Lunch
- 16.30 .....Control & Enjoy,
- 18 .....Break
- 19 .....EOrgasmia & Emotions
- 20.15 .....Dinner Outside

### Friday

- 7.20 ..... Breath, pranayamas for sexuality
- 7.45-8.45 .....Breakfast
- 9.15 – 10.40 ..... Sexual Energy and Our body
- 10.40 .....Break
- 11.00 .....Attraction, Fantasy & Senses
- 14 – 15 .....Lunch
- 16.30 .....Visit to Playa del Amor
- 18 .....Break
- 19 .....Recapitulation emotions
- 20.15 .....Dinner Outside

### Saturday

- 7.20 .....Breath, pranayamas for sexuality
- 7.45-8.45 .....Breakfast
- 9.15 – 10.40 .....Tantra Sexual YOga for Home
- 10.40 .....Break
- 11.00 .....Auto EStimulation & Emotions in a Sexual Connection
- 14 – 15 .....Lunch
- 16.30 .....Sexaul Attachments Vs LOVE
- 18 .....Break
- 19 .....EWho is in command
- 20.15 .....Dinner Outside
- 22.00 .....Tantra TEMPLE

### Sunday

- 7.45-8.45 .....Breakfast
- 9.15 – 10.40 .....Tantra Yoga collecting & transmuting energy.
- 10.40 .....Break
- 11.00 .....Exercises especific to the retreat
- 14-15 .....Lunch and closure.





### **Academic Investment Retreat**

**Single ROOM      \$14,500 mx**  
**Double ROOM    \$26,500 mx pp**

**BBVA**  
**Operadora ALCASO SRL de CV**  
**cta 011644114**  
**Clabe para transferencias**  
**012180001116441143**

#### **PRICE INCLUDE:**

- Price per person and night in a single room.
- Price per person in a room occupied by two people on a accommodation in a double room with private bathroom .
- Workshop  
(breakfast, lunch and one dinner
- Bed linen and daily cleaning of the rooms.

#### **PRICE DOES NOT INCLUDE:**

- Articles that the teacher will ask you for the retreat.
- The Dinners that are held outside
- Drinks that are out side of the meals planify from the venue to us.



European Association of Tantra Professionals



## *who is sharing*



### **ANAND**

Of Mexican Origin, living in Europe for the last 12 years. He is an International Relations Lawyer; holds three masters degreee on North American Studies; Relations Mexico-USA; Law & Economics of European Union. And a PHD in Security Studies of European Union. Entrepreneur; involved in Public Policy and advisor for International Public Policy and Diplomacy. Being raised in a Shamanic culture by father (Mexican spirita and shaman) and by the grandmother (Yaqui Mexican Medical Woman) Since he was young, he was atracted to the esoterical world. As a hobby he has being studing tarot, psicomagia, symbology, ritualism, tantra, sacred geometry and shamanism. Certified Yoga Alliance Teacher and Arhanta Yoga School System.

**truetantra.eu**

**tantriko@live.com**

**+34 645 195 604**