



Guardamar
del Segura
Alicante
ESPAÑA



truetantra
by
Anand Rudra

s3xplora 4 men

"the body, the flesh & the sacred energy"
sea **retreat tantra lab**

OCT 12-15
2023

WWW.TRUETANTRA.EU

S3XPLORA

4 men

Introduction

S3XPLORA Has being developed during the last 3 years as a project in which we want to give, teach and to embody the process in which the man can find the compatibility between his sexual & emotional life and his 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 explore an awaken body and the resources that goes within it. A laboratory means that the exploration and the discover will go deeper. The flesh in the men expands the libido; the primitive self on us in combination of the awareness of sexual pulsations will be the frame to discover the potentiality of the smell , texture, muscles, fascia, taste and of course what is the connection with our mind, energy , sexual energy and emotions.

1. The power of the BODY

The primary sensory connection of your body and its subtle system. Experience the ability to generate energy in its different ranges until you recognize yourself within your sexual energy. We will go in to the power of embodiment, the mind and the intentions

2. Energy, Sacredness and Divine

The primary sensory connection of your body and its subtle system. Experience the ability to generate energy in its different ranges until you recognize yourself within your sexual energy. We will go in to the power of embodiment, the mind and the intentions. Energy, Sacredness and Divine In Tantra we acknowledge the power of the intimacy and how this pulse energy on us. We will explore the power of sensual stimulation and how it is starts to unfold sexual energy and how it becomes sacred

**Sacred
Active
Sexuality
only
for
men**



**Ancestrall
Knowledge
for the
modern
men**

3. The FLESH & the 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. 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. Dislocation of Polarity... integrating, gathering & going to higher consciousness

In Tibetan kamasutra the game called dislocation of polarization. Allows to take you to be one in pleasure with the other one and yourself provoking a very ecstatic experience.

6. Sublimation and alchemy – directing energies to a higher purpose.

The sixth 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". 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!!



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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 BODY(ES), SEXUAL ENERGY & SELF SPIRITUAL JOURNEY

- 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.



COSTA BLANCA EXPLORE

Costa Blanca Explore is a Hotel Spa located in Guardamar del Segura. 12 minutes walking to the Rebollo Beach. A paradise located in an amazing micro-climate with Dunes in which they invite you to meditate. With no so many people and naturalistic approach. It has a marvellous swimming pool and Spa instalations. In this beach we can practice total nudity. The hotel has a restaurant service in which we have complete healthy meals. Besides a cafeteria that will make of our weekend a unique experience!

Also we have with wifi, airconditioner, rooms availablae to sea sight and sport instalations as well meditation gardens.

We have over 4 Yoga Shalas to be used by us.



- Guardamar del Segura is a coastal city and municipality in the province of Alicante, in the Valencian Community, Spain. Located on the southern coast of the province, it is part of the Vega Baja del Segura region.
- The Guardamar dunes are an 800-hectare oasis of nature next to the sea. Beaches like El Rebollo are one of the most famous Alicante sands. The Segura River, one of the most important rivers in Spain, flows into its municipal area. It has a nautical port. The town is also known for its pine forest, planted at the beginning of the 20th century to stop the advance of the mobile coastal dunes that until now invaded the surrounding crop fields.
- You can take a bus from Alicante Bus Station (35 minutes)
- You can take a Taxy to Costa Blanca Explore from Alicante Airport.
- If you are in Madrid the train to Alicante takes 2.35 hrs



DETAILS

Thursday

- 16.30General gathering & INtroduction
- 18Break
- 19Understanding the BODY (es)
- 20.15Dinner Outside

Friday

- 7.20 Breath, pranayamas for sexuality
- 7.45-8.45Breakfast
- 9.15 - 10.40 Nude Yoga and sexual energy
- 10.40Break
- 11.00The act of Sexual Pulsation and awareness
- 14 - 15Lunch
- 16.30Lingam and sexual energy
- 18Break
- 19Understanding the power Sacred Orgasmia
- 20.15Dinner Outside

Saturday

- 7.20Breath, pranayamas for sexuality
- 7.45-8.45Breakfast
- 9.15 - 10.40Tantra Sexual YOga
- 10.40Break
- 11.00Auto EStimulation projection and satisfaction
- 14 - 15Lunch
- 16.30Profusion and the advantaje to sexualize emotions
- 18Break
- 19Dislocation of Polarity and Sexual Intimacy
- 20.15Dinner Outside
- 22.00Tantra TEMPLE the power of the FLESH

Sunday

- 7.45-8.45Breakfast
- 9.15 - 10.40Tantra Yoga collecting
& transmuting energy.
- 10.40Break
- 11.00Understandiangconstinious orgasmic state of
being
- 14-15Lunch and closure.





Academic Investment Retreat

Single Room €470

Double room €440

Double room no sea sight €420

Truetantra

Bank ING

BIC: INGBNL2A

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NL11 INGB000 6803790

PAYPAL

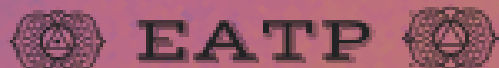
<https://www.paypal.com/paypalme/truetantraeu/>

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.
- Drinks that are out side of the meals planify from the venue to us.



European Association of Tantra Professionals