



7 DAY BLISS TANTRA RETREAT FOR COUPLES

8-14TH OF JANUARY 2025

PROGRAM

DAY 1: ARRIVAL & SETTING INTENTIONS

5:00 PM	CHECK-IN AND WELCOME CEREMONY
6:00 PM	OPENING CIRCLE & INTENTION SETTING
7:00 PM	DINNER
9:00 PM	PARTNER YOGA & CONNECTION RITUAL
10:00 PM	FREE TIME & REST

DAY 2: AWAKENING THE BODY & ENERGY

8:00 AM	CHAKRA AWAKENING YOGA
9:30 AM	BREAKFAST
11:00 AM	TANTRA PHILOSOPHY: INTRODUCTION TO ENERGY EXCHANGE BETWEEN PARTNERS
1:00 PM	LUNCH & LEISURE TIME

5:30 PM	PARTNER ENERGY ALIGNMENT & MASSAGE
7:00 PM	DINNER
8:00 PM	WORKSHOP – THE ART OF FOREPLAY AND AFTERPLAY (TANTRIC MESSAGES)
10:00 PM	FREE TIME & REST

DAY 3: DEEPENING EMOTIONAL INTIMACY

8:00 AM	MORNING MEDITATION & YOGA PRACTICE BREAKFAST
9:30 AM	
11:00 AM	WORKSHOP "SEXUAL CONTINENCE – THE WAY TO MAKE LOVE FOR HOURS" – PART 1
1:00 PM	LUNCH & LEISURE TIME
6:00 PM	WORKSHOP "SEXUAL CONTINENCE – THE WAY TO MAKE LOVE FOR HOURS" – PART 2
7:30 PM	DINNER
8:30 PM	SACRED RITUALS OF INTIMACY. THE ART OF KAMASUTRA
10:00 PM	FREE TIME & REST

DAY 4: EXPLORING SENSUALITY & PRESENCE

8:00 AM	MORNING & YOGA PRACTICE
9:30 AM	BREAKFAST
11:00 AM	THE SACRED DANCE OF MASCULINE & FEMININE ENERGIES
1:00 PM	LUNCH & LEISURE TIME
6:00 PM	PARTNER MEDITATION & MINDFUL TOUCH
7:00 PM	DINNER
8:00 PM	TANTRA & SENSUALITY: THE ART OF LOVEMAKING
10:00 PM	FREE TIME & REST

DAY 5: RELEASING BLOCKS & AWAKENING PASSION

8:00 AM	SUNRISE MEDITATION & YOGA FLOW
9:30 AM	BREAKFAST
11:00 AM	RELEASING EMOTIONAL & PHYSICAL BLOCKS WORKSHOP
1:00 PM	LUNCH & EXCURSION ON THE ISLAND
7:00 PM	DINNER
8:00 PM	SENSORY AWAKENING WORKSHOP
10:00 PM	FREE TIME & REST

DAY 6: UNION & CONNECTION

8:30 AM	PARTNER YOGA: EXPANDING TRUST & INTIMACY
9:30 AM	BREAKFAST
11:00 AM	THE PATH TO SACRED UNION: ADVANCED TANTRA PRACTICES
1:00 PM	LUNCH & LEISURE TIME
5:30 PM	TANTRA & SENSUALITY: THE ART OF LOVEMAKING
7:00 PM	DINNER
8:00 PM	CANDLELIGHT CEREMONY: HONORING YOUR LOVE
10:00 PM	FREE TIME & REST

DAY 7: INTEGRATION & MOVING FORWARD

8:00 AM	SUNRISE MEDITATION & YOGA FLOW
9:30 AM	BREAKFAST
11:00 AM	DEPARTURE

EXTRA SERVICES (ON REQUEST):

- ASTROLOGY COUPLE READING
- YONI MASSAGE FOR WOMEN
- COUPLE MASSAGE

