



6 DAY BLISS TANTRA RETREAT FOR COUPLES

PROGRAM

DAY 1: ARRIVAL & SETTING INTENTIONS

7:30 PM	DINNER
8:30 PM	OPENING CIRCLE & INTENTION SETTING
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

5:00 PM

WORKSHOP – THE ART OF FOREPLAY AND
AFTERPLAY

7:00 PM

DINNER

DAY 3: DEEPENING EMOTIONAL INTIMACY

8:00 AM

MORNING MEDITATION & YOGA PRACTICE

9:30 AM

BREAKFAST

11:00 AM

WORKSHOP "THE SACRED DANCE OF
FEMININE AND MASCULINE ENERGIES"

1:00 PM

LUNCH & LEISURE TIME

7:30 PM

DINNER

8:00 PM

WORKSHOP TANTRA & SENSUALITY: THE
ART OF LOVEMAKING

10:00 PM

FREE TIME & REST



DAY 4: EXPLORING SENSUALITY & PRESENCE

8:00 AM	PARTNER YOGA PRACTICE - EXPANDING TRUST&INTIMACY
9:30 AM	BREAKFAST
5:00 PM	WORKSHOP "SEXUAL CONTINENCE – THE WAY TO MAKE LOVE FOR HOURS"
7:00 PM	DINNER
8:00 PM	SENSORY AWAKENING WORKSHOP
10:00 PM	FREE TIME & REST

DAY 5: RELEASING BLOCKS & AWAKENING PASSION

8:30 AM	MORNING YOGA PRACTICE
9:30 AM	BREAKFAST
5:00 PM	WORKSHOP THE PATH TO SACRED UNION: ADVANCED TANTRA PRACTICES
7:00 PM	DINNER
8:00 PM	CANDLELIGHT CEREMONY: HONORING YOUR LOVE
10:00 PM	FREE TIME & REST



DAY 6: UNION & CONNECTION

8:00 AM	SUNRISE MEDITATION & GRATITUDE PRACTICE
9:00 AM	BREAKFAST
10:00 AM	DEPARTURE

EXTRA SERVICES (ON REQUEST):
ASTROLOGY COUPLE READING
YONI MASSAGE FOR WOMEN
COUPLE MASSAGE



**ANANDA TANTRA
YOGA SCHOOL**

