



Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual)

Diana Daffner

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In *Tantric Sex for Busy Couples*, Diana Daffner offers readers a modern approach to intimacy based on ancient techniques. Combining age-old tantric teachings, the peaceful exercise program of t'ai chi, and meditation, the book shows couples how to energize their relationship. The basic exercises include "Solo Stillness," which helps readers embrace the inner self; "Connected Pose," a way for couples to simply be together; and the "Tantra T'ai Chi Trilogy," a tri-partite system for moving sexual energy throughout the body. The author's foundational tantra t'ai chi exercises help readers prepare for the sexual practices described in the book, with things like yin and yang ceremonies of sexual massage for both partners and "Peaceful Passion" — a sexual union that requires neither a high sex drive nor a Viagra-inspired erection. Throughout these practices, readers are encouraged to maintain a sacred, respectful, loving, and ceremonial attitude toward their partner and, in the process, transform a relationship into a love affair.

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Fredrick Alfred:

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