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Sex educator Carrellas is on a mission to bring Tantra-the ancient practice of sacred sex, in which interpersonal connection and transformative ecstasy

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are the norm-to the modern world, to reclaim sex from "messed-up, sexually-dysfunctional, judgmental, and ignorant culture," and to shift the urban sex paradigm from recreational activity to a sumptuous, impassioned way of life.

**Amazon.com: Urban
Tantra, Second
Edition: Sacred Sex**

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This book, whose subtitle is "Sacred Sex for the Twenty-First Century," is refreshingly queer-friendly, kink-friendly, poly-friendly, and body-positive. I'm skeptical about some of the concepts Carrellas presents, but that didn't really keep me from enjoying the book.

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**Sacred Sex for the
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Celebrating the 10th anniversary of Urban Tantra, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to discover new frontiers. With a juicy mix of erotic how-to and heart-centered spiritual wisdom, this updated

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Tantra in today's world,
plus new and cutting-
edge information to
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Written with wit and
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humor, Barbara's
URBAN TANTRA keeps
sex real, and, best of
all, the rituals are
fun."-Betty Dodson,
PhD, author of Sex for
One and Orgasms for
Two "If you ever
thought Tantra wasn't
for you-too foreign or
gimmicky or New Agey,
or not edgy enough for
your radical sex
explorations-Barbara
Carrellas will cure you
of all misconceptions
and bring you an Urban

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Tantra to unite your
sex, your spirit, your
erotic wanderlust, your
edge."-Carol Queen,
author of Real Live
Nude Girl ...

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Urban Tantra® is a radically updated conscious sexuality/sacred sex practice for modern sexual and spiritual explorers. The Urban

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Tantra® Professional Training Program is designed especially for—but is not limited to—people who work with sex and sexuality.

About - Urban

Tantra®

Professional

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Urban Tantra: Sacred Sex for the Twenty-first Century (Second Edition) “ Urban Tantra is the most pleasurable, fun,

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meaningful, and
Liberating book on sex
ever!

**Barbara
Carrellas/Urban
Tantra® - Urban
Tantra: Ecstasy is ...**

You can use this tantric
sex position to
stimulate your cervix
as well, says Sundari.
This will depend on the
size of the penetrator
and where the
receiving partner is in
their menstrual cycle

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(because the cervix drops lower when you're menstruating), she explains.

7 Tantric Sex Positions for More Intimacy In Your ...

The Urban Tantra ® Professional Training Program is much more than a training program. It is a community, a philosophy, and an inclusive sacred sexuality practice that

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supports both personal
and professional goals.

Urban Tantra® Professional Training Program - Barbara ...

"In tantra, we avoid goals entirely," says tantra expert Barbara Carrellas, a certified sexologist and author of Urban Tantra: Sacred Sex For The Twenty-First Century. Rather, the intention is to worship yourself

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and/or your partner.

#blessed Tantra sex
can be officially divided
into two categories
dubbed 'red tantra' and
'white tantra.'

What Is Tantric Sex, and How Do You Do It? | Shape

Urban Tantra® is a
radically updated
Tantra practice for
modern sexual/spiritual
explorers that can be
used by everyone.

Tantra is not only a

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sexual practice; it is a way of life and a path to spiritual growth. On the Tantric path, pleasure, vision and ecstasy are celebrated and can be found in both everyday life and in peak sexual experiences.

Urban Tantra: The Art of Sacred Pleasure - Sex &

...

Sex educator Carrellas is on a mission to bring

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Tantra-the ancient practice of sacred sex, in which interpersonal connection and transformative ecstasy are the norm-to the modern world, to reclaim sex from “messed-up, sexually-dysfunctional, judgmental, and ignorant culture,” and to shift the urban sex paradigm from recreational activity to a sumptuous, impassioned way of

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life.

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**Urban Tantra,
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Celebrating the 10th anniversary of Urban Tantra, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to discover new frontiers. With a juicy mix of erotic how-to and heart-

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centered spiritual wisdom, this updated edition includes a brand-new introduction, up-to-date references and resources, a new take on the possibilities and responsibilities of Tantra in today's world, plus new and cutting-edge information to reach ...

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Annie Sprinkle ...

Sex educator Carrellas is on a mission to bring Tantra-the ancient practice of sacred sex, in which interpersonal connection and transformative ecstasy are the norm-to the modern world, to reclaim sex from "messed-up, sexually-dysfunctional, judgmental, and ignorant culture," and to shift the urban sex paradigm from

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recreational activity to a sumptuous, impassioned way of life.

Urban Tantra, Second Edition by Carrellas, Barbara (ebook)

Carrellas says that tantra can be a bridge between different sexual practices, and she calls this "neo-tantra." She has specifically developed her brand of sacred sex

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in order to make tantra accessible to people who "felt left out" of such sexuality, such as transsexual and transgender individuals.

Barbara Carrellas - Wikipedia

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"Sacred Sex: The Joys
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Solimar magazine does a great job describing the essence of what Tantra is. Students of

various schools are interviewed on how Tantra changed their sex life and how they bring more intention and sacredness to their love life as a result of it. sourcetantra.net.
sourcetantra.net.

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