

What is Tantra?

At the centre of Tantra is the knowledge of how to stimulate the inner masculine – Shiva - and the inner feminine – Shakti - to achieve deep sexual fulfilment, as well as perfect balance. This sacred union which results in bringing balance to mind, body and spirit, has been described as the “swiftest and most profound path to enlightenment.

“The Tantra energy orgasms are said to take you into a state of floating, a space of no thought like a true heaven on earth, where you are at one with the universe.”

There are three main ways to experience Tantra, through meditation and breathing exercises, movement (yoga) and touch (massage). Through all of these you also learn how to evolve spiritually while discovering the secrets of the most blissful lovemaking techniques. Guidance from an experienced teacher or master is recommended. Louise has vast experience and teaches her work individually, in couples or in groups.

People are often fully clothed in a relaxed and comfortable atmosphere,

The mysteries, which unfold, are too magical to place into words but are often described as mind-blowing, confidence-boosting, enlightening, out of this world, “the best sex ever” and orgasmic bliss.

To experience Louise's Tantric experience call now - 0906 111 0511