



THE FIRST ZEN INSTITUTE OF AMERICA

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Film Series

The Tantric Secrets of Sacred Sex

A Guide to Intimacy and Loving

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Friday, January 13, 2017 7:30 – 9:00 PM

113 East 30th Street New York, NY 10016

The Tantric Secrets of Sacred Sex is a presentation of classical Buddhist/Hindu tantric sex as practiced by half a dozen attractive modern-day monogamous couples. Tantric sex is a slow approach to love-making, and developed in India during an historical time period when people had more time on their hands than they do today. It is sometimes recommended by sex therapists for couples who have problems achieving intimacy. Hire a baby sitter and set aside three hours for love-making. Sanctify the space with flowers, incense and candles. Take it nice and slow and allow sexual excitement to build, employing a variety of techniques, such as sensual massage, synchronous breathing, guided imagery and erotic dancing. Allow openness and trust to build gradually. There is some discussion of postures, with particular emphasis on yab-yum. Holding off on sexual climax is an important part of the process. Love-making becomes almost a meditative experience. *The Tantric Secrets of Sacred Sex* received an “R” rating from the Motion Picture Association of America. It is being licensed through Lightworks, <http://www.lightworksAV.com>.

Admission is free.

