



# EMPOWERING WOMEN'S SEXUALITY THROUGH TANTRA

July 6<sup>th</sup>, 10am to 6pm , Vancouver

This one day experience for women is about rediscovering sensual, receptive energy and its role in accessing expanded sexual responsiveness.

*"Fulfilling sex nourishes love and rejuvenates the body, boosting both mental health and creativity."*

Tantra invites us to awaken the inner lover first, taking responsibility for our own pleasure.

In this level 1 workshop, learn how to generate, contain & transform sexual energy, in a supportive, safe environment.

## IN THIS WORKSHOP YOU WILL:

- Explore male/female polarity
- Learn relaxation as the key to sexual energy
- Develop awareness and sensitivity through Tantric exercises
- Connect more deeply to your sensuality

It is an opportunity to rediscover your sacred feminine essence.

There is no nudity or explicit touch in this workshop.

**FREE INTRODUCTION TO THE WORKSHOP:** June 10, June 18, June 26.

A fun and informative evening - please come join us.  
Please call to RSVP your attendance, and to obtain details of the location.

**ALL ENQUIRIES:** Jovanka Buchanan 604 224 9149

Jovanka Buchanan has been a Bodyworker, Sexual Educator and Intimacy Coach for over 20 years.  
[www.passionandintimacy.com](http://www.passionandintimacy.com)

*"Thank you so much for your wonderful class on Tantric practices. I gained a lot of new insights and understandings about my own sexuality that I know will transfer into how I live as an empowered; woman and how I experience sexual intimacy. I feel totally transformed in my spirit, my heart and my body after yesterday's program. Your ability to be authentic in yourself, around your own sexuality, allowed me to feel comfortable throughout the entire day. Sharing the day with you and learning from you has renewed my own understandings about who I am as a sexual being. Your energy and vitality are inspiring!"*

*Josette Williams, personal trainer, Vancouver.*