**Why Are So Many People Turning to Tantra?**

Jen and Michael \* contacted TantratoLove™ via email, and then called to discuss whether Tantra was right for them. Immersed in their jobs, they felt they had lost much of their intimate connection over the years. The more they read about Tantra, the more it sounded like the ideal way to come back together as a couple.

Once their retreat was finalized, they received a proposed schedule and preparation suggestions to help them prepare and pack. They were excited and nervous. With so many varying types of Tantra on the Internet, it was hard to know what to expect.

Jen a nd Michael read over the many testimonials from reputable therapists, clients and other practitioners on the TantratoLove™ website, noticing how professional it looked and feeling a sense of safety.

The San Louis Valley of Colorado sounded like a

perfect location for a long weekend or vacation*. Feels worthwhile to try something new for our relationship*, they thought.

On the first day of their retreat, they settled into their beautiful room. (No matter where in the world a TantratoLove™ session is held, it is always in a center that supports a Tantric lifestyle.)

In their first Tantra class,  Michael and Jen were guided back into their own bodies with solo practices. Slowly,

John Rene and I modeled for them gentle partner practices that resemble qigong, yoga and the partner poses you see in ancient Hindu art, to bring them into connection with each other. They were given a “home play” assignment to do over the next two nights that required some privacy.

Over the next few days, a Phoenix Rising Yoga therapy session initiated emotional healing; a relaxing massage, which helps awaken kundalini energy, sealed that transformation. Jen and Michael  concluded the formal part of their retreat with follow-up questions and answers, reviewed what they learned in the first class, and began some new practices. Time spent relaxing in the apartment, seeing the sights, dining out and deepening their connection rounded out their stay.

TantratoLove™, one of the leading Tantra schools and private practices in the US  and internationally, hosts a steady flow of couples and solo individuals for private retreats year round. Why are so many people turning to Tantra to solve their relationship and sexual challenges?

-- Tantra-based solo and partner practices promote a deepening of intimacy with oneself and others.

-- Everyone learns simple, useful communication techniques they can practice and use immediately in their daily lives.

-- Sexual abuse survivors and those with other sexual concerns like erectile dysfunction, premature ejaculation or inability to orgasm find Tantra to be healing and an alternative to conventional ways of sharing sexually.

-- We all need a forum to discuss sexual concerns openly without shame, and a place to learn new ways of connecting intimately that is sacred, fun and exciting.

-- Today, with the increased use of technology for communication, both partners holding down full time jobs and the need to coordinate parenting schedules, couples often drift apart. As a way to keep your relationship thriving, a Tantra retreat can help you to connect, ignite new passion and remember why you came together to share your lives.

In addition to our Intro retreat weekends, we also offer ongoing weeklong immersions for couples to practice in Tantra community with others who are choosing a Tantric lifestyle.

It’s important for anyone learning these techniques to practice them right away, so Tantra that becomes your new way of relating — with intention, care and passion. We help our students to be honest about what they enjoy and what they don't in any given moment. The intention behind TantratoLove™ practices is to assist each individual in meeting his or her needs, and to have a good time together. Many who attend Tantra retreats are already seeing a couples’ counselor, a fertility specialist, a personal therapist or other specialists for ongoing support. Learning and practicing Tantra is one of the ways they are bringing action into their therapeutic process.

By the end of their retreat, Michael and Jen were feeling completely free of tension, more aroused and lighter — and profoundly grateful for the focused time they spent on their relationship. They hadn’t felt this connected in a long time, and appreciated having discovered new ways to connect and enhance their self-care; their newfound presence with each other is a gift they look forward to sharing in future retreats with others choosing this lifestyle.

John Rene and I also cherished the closeness Jen and Michael  felt with us, as we helped them with an important and intimate part of their life. With each couple we work with, I feel even more grateful to be able to share this work, this way of being in the world.

*\*Not their real names*