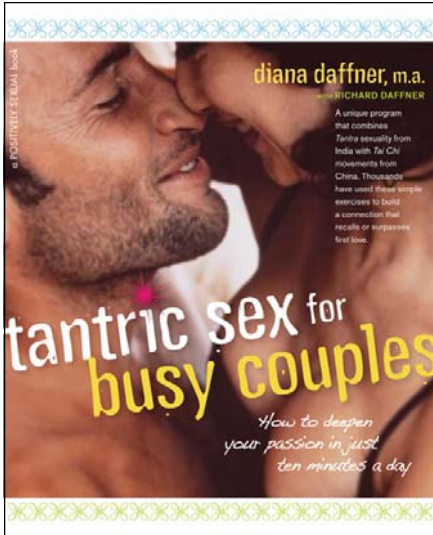


TANTRIC SEX FOR BUSY COUPLES

How to Deepen Your Passion in Just Ten Minutes a Day

Diana Daffner, CS, MA with Richard Daffner



This book reveals

1. How the stress of everyday life keeps us from feeling sexual or wanting intimacy
2. That along with our partner, we can rediscover our true, sexual selves, and improve our lives in the process
3. That making love, and finding our passion is simple, healthy, and a lot of fun

Love, Lust and Passion—Make Love to Your Lover

(Alameda, CA – March 2009) We're extremely busy and our lives are stressful. We're not built like action heroes or lingerie models. We're not supermen or superwomen. Stress puts very real barriers between ourselves and the people we love. It hurts our relationships. It drains our positive energy. It snuffs out our sexual urges and interferes with our passion.

Most of us would agree that no matter how much or how little sex we have, we'd like our sex life to improve. We don't just want more sex, we want *better* sex. And along with better sex, most of us would like to get closer to our lovers. We'd like to communicate better and strengthen trust. We'd like to work together to improve understanding and intimacy.

What if ten minutes a day could help you achieve all that, and more? And what if it wouldn't take a Viagra prescription or several thousand dollars worth of therapy to make it happen? *Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day* teaches you easy exercises to align with your lover, and specific sexual practices that awaken and celebrate a deep level of intimacy. And you don't have to be a "sex god" or "beauty queen" to do it. The book presents ancient principles of Eastern teachings in a modern way. Tai Chi, a Chinese exercise for health, and Tantra, an Indian spiritual path, are creatively joined to form a relationship exercise called Tantra Tai Chi. Although the words may sound foreign, the experiences are fulfilling, mind-blowing and very real. Tantric lovemaking is a sacred ceremony of intimacy and passion. And it doesn't require lengthy training or extensive knowledge to reap the benefits, only the desire to become closer to your lover and enjoy sex more than ever before.

MORE...

And the exercises are simple, yet powerful. For example, a core exercise is the **Connected Pose**. From it comes learning and intimacy, and it is the basis for all other postures. Here it is, in its entirety:

How to do Connected Pose:

- Standing face to face, allow your eyes to open. Gaze at one another, using a soft-focus
- Simultaneously widen your stances: his right foot, her left
- Let your hands drop to your sides, palms facing one another
- Without breaking eye-contact, say "I am here."

— A similar sense of loving connection is maintained as you embrace in the joy of tantric sex.

Tantric Sex For Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day is an illustrated and easy-to-follow guide that can greatly enhance your sex life and bring you and your partner the kind of emotional and physical intimacy that is often the first casualty of our stressful, busy world.

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ABOUT THE AUTHORS: **Diana Daffner, M.A.**, along with husband and co-author, **Richard Daffner**, are the owners of Intimacy Retreats, where for over ten years they have taught tantric sex to literally thousands of couples. In addition to contributing to two books on the subject, Diana has authored numerous articles, made frequent appearances on television and radio, and has lectured at seminars around the country. She and Richard live in Florida, where they practice tantric sex daily.

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