

# Self-love: Part 1

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Self-Love: Part 1- Nov 2nd Tantra as a solo practice of sexual energy is not often talked about in the West. The rewards offered to this deep practice include intuition, body mapping, emotional release, exploring self pleasure, further orgasmic bliss and cultivation of sexual energy. This is a two part class, but it is not required to attend either/or to attend. Each class just adds more tools and awareness to further your understanding of self love.

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