

Chapter 11

9 WAYS TO START PRACTISING TANTRA

1. Abdominal breathing

2. Connect with your core

3. Squeeze your pelvic floor muscles

4. Self-pleasure is Queen

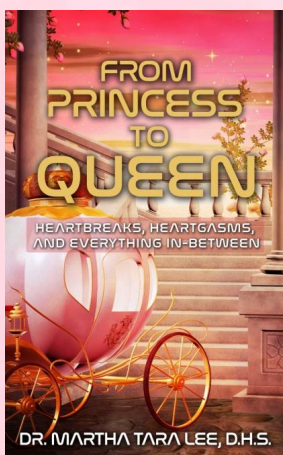
5. Vary your touch

6. Experiment with moisture

7. Tilt and tuck

8. Move

9. Make sounds



While transformation can shift within seconds, sustainable change requires effort, support, and accountability. Could you benefit from coaching whether face-to-face or via skype? I would love to work with you! To honor you for coming so far, if you use the code word “queenie”, I’d offer you a discount! Email me at

drmarthalee@eroscoaching.com

**From Princess To Queen:
Heartbreaks, Heartgasms And Everything In-between
By Dr. Martha Tara Lee**