



Proudly Presents

## **Private Session and Workshop with Dr Martha Lee**



### Workshop

~ Free Preview – Sex and Spirit ~

~ Awakening to Tantra ~

~ Clean and Clear: Freedom Through ~  
Emotional Releasing

~ Sex and Spirit ~

~ Eros Empowered – Sexual Techniques ~

- 1) Conscious Connecting
- 2) Penis Pleasuring
- 3) Vulva Pleasuring

**15<sup>th</sup> January 2018 – 21<sup>st</sup> January 2018**

### ***Overview***

Surrounded by friends who were sexually inhibited and struck by dire lack of positive conversations around sex and sexuality in Singapore, Dr. Martha Tara Lee decided to take it upon herself to be an advocate for positive sexuality and started Eros Coaching in 2009.

She has worked with thousands of couples (international and local) who have unconsummated marriage; men and women with sexual inhibitions and sexual desire discrepancies; men with erection and ejaculation concerns; as well as with GLBTQQ and kink folks. A born and bred Singaporean Chinese, Martha welcomes individuals as well as

couples of all sexual orientations, and is available via Skype or face-to-face in Singapore. Martha speaks English and Mandarin.

Since 2011, she has been (and still is) the only certified sexuality educator by the American Association of Sexuality Educators, Counsellors and Therapists (AASECT) in Singapore. She takes pride in making sure that all her events are fun, educational, and sex-positive. This comes easily to her because even though she is extremely dedicated and serious about her work, she fundamentally believes that sex is meant to be fun, wonderful, amazing, and sacred. As such, this serious light-heartedness has shone through.

Often cited in the media, Dr. Lee is the appointed sex expert for Men's Health Singapore (since 2009), and Men's Health Malaysia (since 2010). She also contributes regularly towards YourTango and Elephant Journal. She is also the host of weekly radio show Eros Evolution for Sometimes Radio. She was recognised as one of 'Top 50 Inspiring Women under 40' by Her World in July 2010, and one of 'Top 100 Inspiring Women' by CozyCot in March 2011. She is the author of *Love, Sex and Everything In-Between*, *Orgasmic Yoga: Masturbation, Meditation and Everything In-Between*, and *From Queen to Princess: Heartbreaks, Heartgasms and Everything In-Between*.

Often cited in the local media, Dr. Lee is the appointed sex expert for Men's Health Singapore, and Men's Health Malaysia. She was recognised as one of 'Top 50 Inspiring Women Under 40' by Her World in July 2010, and one of 'Top 100 Inspiring Women' by CozyCot in March 2011.



### **WORKSHOPS**

**FREE PREVIEW**

### **Sex and Spirit**

17<sup>th</sup> January 2017, Wednesday  
7.30 p.m. – 9.30 p.m.

Abundance Exchange: By Donation

Come hear what renowned Singaporean Sexologist Dr. Martha Tara Lee has to say about sexuality and spirituality!

- Why is my sexuality important?
- Why is it important to work on your spirituality?
- What is the link between sex and spirit?

Get answers to these and many other questions on love and sex in this interactive session with Clinical Sexologist Dr. Martha Tara Lee. Drawing on her personal and professional experience in this field, she aims to share it all in this no-holds barred session. No topic is taboo and you can seek explanations to personal questions and clear any doubts you may have.



## Awakening to Tantra

18<sup>th</sup> January 2018, Thursday  
7.30 p.m. – 8.30 p.m.  
(Please arrive at 7.15p.m.)

Abundance Exchange: RM180

*"You are here to learn how to drive your vehicle, which is your body. The mind is a part of the body. If the vehicle moves without a driver, it will inevitably drive into a light post, or worse, down a cliff. If the mind doesn't have a driver, it is conducted by unconscious impulses. Driving a vehicle means deciding when and where you want to go. This is a metaphor for the state of mental equanimity generated by presence. This is only possible when you are able to occupy your body."*

- Sri Prem Baba

Tantra is a 6000 year old tradition of unveiling the divine in the profane. This is the practice of ecstatic love, courageous inner freedom, harmonious development, continuous growth and complete and blissful surrender to the divine flow of life.

Awakening to Tantra is designed to offer you an opportunity to explore the sacred path of Tantra, sacred sexuality, conscious lovemaking tools, sexual healing and awakening, and divine consciousness.

Some intended outcomes:

- Learn the true art of living
- Gain awareness of who we truly are
- Say YES to life
- Embrace body, mind, emotions and relationships
- Open up gateways to fulfillment and spiritual growth

In this series, you will learn several techniques designed to empower your body. Using breath, movement, sound and focus, you will learn to relax, energize, center and develop a real sense of well-being. There will be methods taught for activating, clearing and balancing your first, second and third chakras (energy centers) which relate to safety, creativity and power.

We would be exploring awareness, breath, energy, movement and opening to the body's wisdom. We'd be exploring our learned polarities:

- Will vs. Allowing
- Spirituality vs. Sexuality
- Duality vs. Oneness

In bringing all this into alignment, there is no duality, and we embrace it all! You benefit by having some fun, learning something new and transforming your life with little effort – opening to more pleasure!

What you can expect: Each session, we'll work with 1) energy, 2) breath, 3) awareness of self, and 4) connection to others. This series offers something for everyone, from beginners to seasoned Tantrikas. There is no explicit sexuality, no nudity and you do not need to attend with a partner. You do need to wear comfortable clothing, be prepared to sit on the floor and bring bottled water.

**What to do:** 1) Do NOT come with a full stomach. Please eat lightly.; 2) Wear loose comfortable clothes as there will be sitting and movement practices



## **Clean and Clear: Freedom Through Emotional Releasing**

19<sup>th</sup> January 2018, Friday  
7.30 p.m. – 8.30 p.m.  
(Please arrive at 7.15p.m.)

Abundance Exchange: RM98



Do you feel negative and heavy about life? Set off by little things i.e. easily angered?

Do you want to be able to forgive someone in your life but not know how?

Do you wish to have balance restored and room for love to flow back into your heart?

There is no need to be in stuckness, worried and afraid of what tomorrow will bring and if you'd break down. There are many techniques to be a clean and clear emotionally so that love and balance can be restored.

This experiential session will teach you at least **seven** simple and specific emotional releasing practices which you can do by yourself in future.

These powerful practices can restore your heart, mind, and soul.

*You are strongly encouraged to come in comfortable clothes – not skirts, jeans, jewelry or tight clothes. Bring a change of clothes if you need to.*

**What to do:** 1) Do NOT come with a full stomach. Please eat lightly.; 2) Wear loose comfortable clothes as there will be sitting and movement practices taught – *not skirts, jeans, jewelry or tight clothes. Do bring a change of clothes if you need to.* 3) Bring your own water.



## **Sex and Spirit**

20<sup>th</sup> January 2018, Saturday  
9.00 a.m. – 5.00 p.m.  
(Please arrive at 7.15p.m.)

Abundance Exchange: RM700

Sex is only a small part of who we are as *sexual* beings. Our relationship with our sexuality is one which we need to claim, nurture, cultivate, and reclaim through the course of our lives.

In this one-day experience, Clinical Sexologist Dr. Martha Tara Lee will take you through your relationship with your mind, body, heart and spirit when it comes to your sexuality.

Themes we will explore:

- **Eros & Mind** – Our sexual thoughts, attitudes and beliefs influence, affect and continue to shape our behaviours. In giving a voice to what we value, we illuminate what we hold dear, and give space for shifts to begin to take place. Let's explore what's in your head.

- **Eros & Body** – Find your way back to yourself through your body. We will explore the building blocks to experiencing bigger, stronger, longer, more intense sensations and orgasms through interactive practices! They are: your pelvic floor squeezes, breath, sound, touch, fantasy, movement, and intention. Know these tools well and they will support you in your sexual journey for life.
- **Eros & Heart** – We've all experienced disappointment, heartache, pain and suffering. It can all get too much. Did you, at any point in your life, vow to shut down, turn your back on love, and close off your heart? Just how do we return to hope, trust again, and open our hearts fully once again? Loving practices and a receiving meditation will be shared.
- **Eros & Spirit** – There is a global shift in consciousness and more people are recognising the spiritual aspect of sex. Spiritual sex is more than tantra though the quality of spirituality is in tantra. In this session, you will practice bringing sex and spirit into the bedroom.

We've learned everything we know to do in this life – sex is no exception. The people most likely to have great sex are those who took the time to learn how. By developing your relationship with Eros, you will evolve into the person you have always been meant to be. We invite brave modern-day seekers who have already been doing inner work to join us.

#### **More questions?**

*Who are these workshops for?* The curious and the brave of all sexualities and genders

*Will there be pair-work and group work?* Yes.

*I don't have a partner to come with.* You will not be needing a partner though if you come with your partner, you can enjoy learn together!

*Will there be nudity?* No

*What is the level of commitment?* You may sit out of any activity, or participate only to a level that's right for you.

*Ratio of discussion to experiential?* About 50/50 percent.

*What should I bring?* A wrap or sweater in case it gets cool. A water bottle is advisable. Tea, coffee and light snacks will be provided.

*What should I wear?* Please come loose-fitting comfortable clothes. We will be doing practices involving movement and sitting on the floor.



## **Eros Empowered – Sexual Techniques taught in a Safe Space**

Clinical Sexologist Dr. Martha Tara Lee takes pride in being sex-positive, educational and light-hearted in her approach and has received only raving reviews in all her workshops! Release your inhibitions and ask your questions! Learns lots and have fun while learning.

<b>Ticket Price</b>	<b>Amount</b>
1) Conscious Connecting	RM 98
2) Penis Pleasuring	RM 300
3) Vulva Pleasuring	RM 300
4) All-in-one ticket	RM 600

### **1) The Art of Conscious Connecting**

21<sup>st</sup> January 2018, Saturday  
9.00 a.m. – 11.00 a.m.

Abundance Exchange: RM98



Do you have difficulty asking for what you want in bed? Do you have a desire to be a better lover for your partner? How exactly can you connect intimately with your partner?

This clothes-on workshop explores the four different types of touch: *Giving, Receiving, Taking, Allowing* based on the Wheel of Consent by Betty Martin. Understanding and practising these distinctions will change the way you experience touch and shift your personal, and even professional life fundamentally. This workshop is not about sexual touch, but what your touch is saying about you. This is a fantastic workshop will reveal much about who you are as a person, what touch you prefer, as well as help you to improve your communication in and outside of the bedroom.

You are strongly encouraged to attend this workshop with your partner or friend. Singles welcomed, as we will do our best to pair you up with somebody in class (This is not a match-making session and you may not choose or insist on a person of your preferred gender.)

## 2) The Art of Penis Pleasuring

21<sup>st</sup> January 2018, Saturday  
12.00 p.m. – 3.00 p.m.

Abundance Exchange: RM300



Welcome to the enchanting world of penis! Penises come in different sizes, angles, colors, smells and tastes. Let's talk openly about this often misunderstood part of the anatomy and get all your questions answered. Clinical Sexologist Dr. Martha Tara Lee will cover the following topics: penile anatomy; warming up and playing with cock with your hands, penis massage, how to experiment with speed, pressure and rhythm, lubes, safer sex, and more! where the best of her male genital massage techniques are taught.

You will learn:

- Names to the different parts of the male anatomy
- 20 penile massage techniques
- 5 types of lubricants to incorporate into your sex play
- How to experiment with speed, pressure, and rhythm

---

*"Been subtly trying some of the creative sexy techniques you taught. Hubby didn't ask about it but it definitely worked! I had the best sex of my life last night. Thank you!! Highly recommending this course to all my married friends!! (But secretly, of course)." – Anonymous, 21 Dec 2015*

---

---

*"A fun and relaxed class – very insightful on how to improve technique to pleasure my hubby." – Yeow, 15 Dec 2015*

---

## 3) The Art of Vulva Pleasuring (Sun 21 Jan, 3 – 6p.m.)

21<sup>st</sup> January 2018, Saturday  
3.00 p.m. – 6.00 p.m.

Abundance Exchange: RM300



In this workshop, Clinical Sexologist Dr. Martha Tara Lee will help you to get to know the vulva and the vagina better, whatever your gender or sexual inclination. It will help you to feel more comfortable with this part of the body and more in tune with your own needs and that of your partner. It will cover the following topics:

- Female sexual anatomy – including the location of the elusive G spot!
- The role and importance of breathing for orgasmic experiences!
- Erotic massage techniques for the labia, clitoris, vagina, and the G spot!
- How to achieve long-lasting ecstasy!

Session will be held using sex toys, all in a warm and friendly environment that encourages learning and discussion.

---

*“Dr Martha is the live sexopedia who has tons of knowledge about the female anatomy, yoni massage techniques, and she was so passionate that she covered more advanced techniques not listed in the syllabus too. I would recommend anybody to attend this to have transformation live.” – Anonymous Male, May 2017*

---

---

*“This short course allows me to better understand a woman’s body and also help my partner to explore and be in touch with her body.” – Adrian, 26 November 2015*

---

---

*“Very knowledgeable about anatomy, physiology, and sexology. Introduced new ways of understanding female sexuality and pleasure.” – Anonymous Male, 14 Nov 2014*

---

### **Payment Method for Workshops**

#### **Option 1 – Bank Transfer**

Please bank into Lifeworks Venture OCBC 130-101-5412, please email [contact@mylifeworks.com.my](mailto:contact@mylifeworks.com.my) or whatsapp +6016-415 3332 the transaction to confirm the registration and payment.

#### **Option 2 – Pay before the workshop**

Please register to secure your seat

Contact Us for Reservation



### **Lifeworks Malaysia (Penang)**

27, Jalan Brother James,  
10350 Pulau Pinang, Malaysia.

Tel: 04-228 8771

Email: [contact@mylifeworks.com.my](mailto:contact@mylifeworks.com.my)

