

Steve & Lokita Carter from the Institute for Ecstatic Living in Northern California are back this year with their ever-popular Tantra classes - and this will be their 6th Bare Necessities cruise! Their offering is a delightful variety of classes that enrich your loving, open your heart and celebrate being alive and in love.

Timeless Loving – An Introduction to Tantra

This event presents a gentle introduction to Tantra, a spiritual path that celebrates our body as the temple of our spirit. Experience ways to make your loving a more sacred event, every time! Learn simple yet powerful tools to fan your flames of passion and create deeper intimacy and spiritual connection with each other. Learn to create a Sacred Space, improve intimate communication skills and practice The Breath of Tantric Love, a technique to expand and share energy with your partner through breath.

Supercharge your relationship with practices that can be used over and over again in lovemaking, for conflict resolution or just to relax and connect with each other – in and out of the bedroom.

Duration: 2½ hours
Cost: \$80 per couple

Tantra Massage for Lovers

This is not your grandfather's massage class! Tantra, among other things, is about blending spirituality and physical pleasure. Tantra Massage is the perfect vehicle to illustrate this concept. Learn communication, breath and different modes of touch to share a very fulfilling massage experience with your partner in which giving and receiving take on a whole new meaning. Massage lotion provided.

Duration: 2½ hours
Cost: \$80 per couple

Tantra Massage á Trois

ONE CLASS ONLY.

PREREQUISITE: For couples who have attended *Tantra Massage for Lovers*.

Tantra Massage á Trois is an advanced Tantra technique where two individuals give energy and pleasure, through touch, to another for the express purpose of transporting the recipient to a state of heightened bliss. Working within boundaries that are safe and acceptable for all, participants will learn to move sensual energy through the entire body using movement, sound and breath. Teams of three couples each will be formed at the workshop so everyone will experience giving and receiving a "Massage á Trois" from two people of the opposite sex. Massage lotion provided.

Duration: 2½ hours
Cost: \$80 per couple

Tantric Yoga for the Rest of Us

If you would like to improve the quality of your relationship and loving, and share gentle exercise with your partner, this event offers an easy-to-learn passive yoga routine for lovers to increase the flow of sexual energy, become more flexible for love positions, and balance body, mind and spirit. Learn to give gentle, relaxing stretches to your partner to connect and support each other in becoming more toned and flexible. Suitable for all levels of flexibility, fitness and ages!

Duration: 1 hour
Cost: \$30 per couple

Chakra Wisdom: An Active Meditation

Chakra Wisdom, an active meditation, creates personal transformation by quieting the mind and reaching the divine through the body. Music, visualization and movement bring awareness to each of the seven chakras, or energy centers, revealing your innate spiritual wisdom. Ask a question and receive clarity and insight from deep within. The powerful music is composed for the rhythm of each chakra - from dynamic to flowing to stillness - and inspires you to get out of your head and into the moment.

- Learn about the Seven Energy Centers, our Tantric Energy Map
- Tap into your Inner Wisdom
- Discover the Spiritual Power of the Body
- Get Clarity on Issues or Questions in your Life

Duration: 1½ hours

Cost: \$25 per person, no partner needed

The Goddess Gathering – For Women

Every Woman is a Goddess. In ancient Tantra, women were revered as the ones empowered to transmit the tantric secrets. Whether we know it or not, we all embody those secrets within our own unique goddess essence. In this class we reconnect with her, and nurture and celebrate her so that we can live and love more ecstatically every day! This class gives us the opportunity to:

- Communicate in a safe and sacred environment
- Cultivate love for our body, the temple of our spirit
- Examine & celebrate what makes us a special Goddess

Spending time with other women is a wonderful way to nourish ourselves and connect with others. The experience of this class will help us to improve our daily life - with ourselves, and with those we love.

Duration: 2½ hours

Cost: \$40 per Goddess

A Note about Boundaries

By registering for a class with Steve & Lokita Carter you agree to adhere to commonly appropriate personal and sexual boundaries. These include no sexual intercourse, no sexual fondling of the genitalia or other touching that would be deemed sexually inappropriate in public. Anyone violating those boundaries will be excused from the class immediately without a refund, and possibly risk being asked to leave the ship.

How to Register

Registration is handled directly by the Institute for Ecstatic Living. Pre-registration for the classes is required. Register early to ensure your participation! Visa, Mastercard, American Express cards and checks are accepted. Upon receipt of payment, you will receive an e-mail confirmation. The class ticket/s with on-board time and location will be delivered to you by e-mail no later than 7 days before we sail. *Note the Refund Policy: Refunds are given until fourteen days before sailing, and after that only in extenuating circumstances.*

Toll-Free Phone: 1-877-982-6872

Outside Continental USA: +1-707-987-3456

Fax: 501-694-4967

Credit Cards on-line: www.ecstaticliving.com/cruise.htm or send or fax registration form.

Check Payments: Mail the completed registration form with your check to Institute for Ecstatic Living P.O. Box 1356, Middletown, CA 95461.

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Registration Form

Name/s:			
Address:			
City:	State:	Zip:	
Phone:			
E-mail:	Stateroom #:		
Classes:	<input type="checkbox"/> Timeless Loving: An Introduction to Tantra	\$80	TL
	<input type="checkbox"/> Tantra Massage for Lovers	\$80	TM
	<input type="checkbox"/> Tantra Massage á Trois	\$80	MAT
	<input type="checkbox"/> The Goddess Gathering	\$40	GG
	<input type="checkbox"/> Chakra Wisdom: An Active Meditation	\$25	CW
	<input type="checkbox"/> Tantric Yoga for the Rest of Us	\$30	TY
	<input type="checkbox"/> SAVE! Take \$10 off for two or more classes	-\$10	DSCT

	Total payment enclosed	\$
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Payment Method	<input type="checkbox"/> Credit Card #	Exp:	CVV:
	<input type="checkbox"/> A check for \$ is enclosed.		

Disclaimer	<p><i>I/we understand that by registering for the above class/es with Steve & Lokita Carter I/we agree to adhere to commonly appropriate personal and sexual boundaries. These include no sexual intercourse, no sexual fondling of the genitalia or other touching that would be deemed sexually inappropriate in public. Violating those boundaries will result in removal from the class immediately without a refund, and possibly being asked to leave the ship.</i></p> <p>Signed</p>
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Please mail form to: Institute for Ecstatic Living • P.O. Box 1356 • Middletown, CA 95461 or fax to 707-987-3457. Thank you!