

# *Ecstasy of the Heart*

Level 2 Tantra Retreat with Dawn Cartwright  
Friday Supper to Sunday Lunch  
August 13th - 15th, 2010

**When Tantric techniques of meditation and awareness are woven into our experience of lovemaking we open the door to a realm of intimacy, which manifests as spiritual ecstasy.**

**This level of intimacy with our lover is beyond space and time; it is a place where we enter and are simultaneously entered by the true nature of reality. We find that lovemaking is, and always has been, a sacred weaving of spirits.**

**At this weekend retreat for couples and singles, you will learn Tantric practices, partner yoga, loving communication, acupressure for lovers, and more, as you discover the ecstasy of the heart.**

**\$550 CAD per person. meals & lodging included**

Registration:

**[www.chandrabindutantrainstitute.com](http://www.chandrabindutantrainstitute.com)**

**A typical day at Ecstasy of the Heart . . .**

**Early morning: you are awakened by rosy golden hues streaming into your window as the sun rises.**

**7:00 a.m. Morning Meditation: dynamic osho meditations that invite aliveness and freedom - awakening your sexuality**

**8:30 a.m. Breakfast: muesli, fresh fruit, breads & jams**

**10:00 a.m. Morning Session: the breath of ecstasy, the yoga of love, and more**

**1:00 p.m. Lunch: creative ethnic dishes, loving you from the inside out**

**2:00 p.m. Free Time: walk in the open air, enjoy a nap**

**4:00 p.m. Afternoon Session: fire meditation, acupressure for lovers, radical truth**

**7:00 p.m. Dinner: a sensual vegetarian feast, exotic flavours, savory nourishment**

**9:00 p.m. Evening Session: heart meditation, chakra puja, and more, as you discover the ecstasy of the heart**

**Late Night: to bed, to dream Tantric dreams**