
From: [REDACTED]>
Sent: Friday, December 8, 2017 10:02 PM
To: Jeffrey Epstein
Subject: tantra

Best tant=a book: Urban Tantra: Sacred Sex for the Twenty-irst Century <<https://www.amazon.c=m/Urban-Tantra-Sacred-Twenty-First-Century/dp/1587612909>>

This is the author - Ba=bara Carrellas/Urban Tantra® – Urban Tantra: Ecstasy is Neces=ary <<http://barbaracarrellas.com/>> I took her workshop last weekend. Amazing! 'Thinking off= - the orgasmic breath meditation was the best part. It works!

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Here is a short demo of her doing it: How To Have a Breath and Ener=y Orgasm (aka Thinking Off)

<<https://www.youtube.com/watch?v=OEznv88LfbY>> . We did it for much longer in class w=th some exercises beforehand, then her guiding us about how to breath, mov= energy and what to imagine. I can do this with Sofia..

<<https://www.youtube.com/watch?v=OEznv88Lf=Y>>

<<https://s.yimg.com/nq/storm/asset=/enhancrV2/23/logos/youtube.png>>

How To Have = Breath and Energy Orgasm (aka Thinking Off)

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There are other things I can recommend but =er book is a good place to start.

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