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

Best tantra book: Urban Tantra: Sacred Sex for the Twenty-first Century <<https://www.amazon.com/Urban-Tantra-Sacred-Twenty-First-Century/dp/1587612909>>

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

Here is a short demo of her doing it: How To Have a Breath and Energy Orgasm (aka Thinking Off)
<<https://www.youtube.com/watch?v=OEzmv88LfbY>> . We did it for much longer in class with some exercises beforehand, then her guiding us about how to breathe, move energy and what to imagine. I can do this with Sofia..

<<https://www.youtube.com/watch?v=OEzmv88LfbY>>

<<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 her book is a good place to start.

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