

It is important to acknowledge that practice of Tantra involves a lot of physical contact and personal connection. Those elements are part of a particular process within the framework of my offerings, be they private classes or workshops. A simple set of rules, therefore, has to be imposed to ensure that your boundaries are respected and you find yourself in a safe space at all times during our interactions.

Sacred Space

MenSensual strives to provide a space outside of regular time and space. That involves an effort on the part of the teacher, but also on your part: going with the flow while respecting the space might just open your mind to the unusual, the unexpected, the different. This space is where you come to feel, to confront, to be held, accepted, to feel, to listen, to transform. Respect for the healing, transformational and sacred nature of the space are integral parts of the experience of any of our classes or workshops.

Respect

The overriding understanding of any class, be it a private class or a workshop, is one of mutual respect. Being able to assume that YOUR wishes will be respected gives you ultimate security and the ability to say “no” with the assumption that it will be respected. There is no need to explain any “no” you experience to anyone. It’s what it is: a “no”.

Safety

Classes will be conducted under safe conditions. That includes finding out if any of the participants have any issues, physical or mental, that need to be taken into account for any activity or exercise we embark upon.

If at any time you feel uncomfortable, you are encouraged to state this to your partner or the teacher, and we will make sure to make adjustments to accommodate you.

Any instructions the teacher may give are suggestions: there is no obligation to do things that feel uncomfortable to you. If you experience pain because a position is not working for you, please go ahead and change position. If an exercise is too taxing physically, take some time out to recover. Feel free to stop an exercise for whichever reason!

Arousal

Dealing with sexual energy is part and parcel of Tantra, and working with kundalini energy often brings about physical reactions. It is no surprise, then, that we react to that energy on occasion. In fact, that is the whole point, isn't it? There is no shame in getting aroused, it can happen to anyone and you have no reason to worry about it, really.

Arousal can come from different places, though: while there is the kind that comes from working with kundalini energies, there is also the kind of arousal that stems from being in a room with other men you might feel attracted to. Again, that is to be expected.

However, please don't confuse 'being sexually charged' with 'feeling sexual'! MenSensual classes are a space for growth and learning through teaching and exercise, not sexual contact. Sexuality is wonderful when expressed in an appropriate way and at the right time. If you have a genuine desire to explore with another in this way, then do it outside of this sacred space.

Important notice

You MUST respect this and anyone who does not will be asked to leave immediately.