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together - whether it's  
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not recommend it for those studying tantra either from a practical point of view or an academic point of view.

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“messed-up, sexually-  
dysfunctional,  
judgmental, and  
ignorant culture,” and  
to shift the urban sex  
paradigm from  
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a sumptuous,  
impassioned way of  
life.

**Urban Tantra,  
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Urban Tantra: Sacred Sex for the Twenty-first Century is a book about consciousness cleverly disguised as a sex guide. It's for everyone who would like to have a more sexual and spiritual ecstasy in their lives.

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The Urban Tantra®

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sexuality/sacred sex  
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What is Sex/Life  
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Carrellas? Sex/Life  
Coaching is a process  
in which we work  
together to reveal your  
essential greatness.  
Whatever your sexual  
issue, concern,  
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Tantra is not only a sexual practice, it also is a sensuous way of life and a path to spiritual growth and fulfillment.

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Urban Tantra: Sacred Sex for the Twenty-First Century. 3.3 12 5 1. 304. by Barbara Carrellas, ... Written with wit and humor, Barbara's URBAN TANTRA keeps sex real, and, best of all, the rituals are fun."-Betty Dodson, PhD, author of Sex for One and Orgasms for

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Two "If you ever  
thought Tantra wasn't  
for you-too foreign or  
gimmicky or New Agey

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Barbara Carrellas is the founder of the Urban Tantra ® Professional Training Program. She is the author of Urban Tantra: Sacred Sex for the Twenty-First Century, Ecstasy is Necessary: A Practical

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Guide to Sex,  
Relationships and Oh  
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