

From: [REDACTED]

To: "jeffrey E." <jeevacation@gmail.com>

Subject: Re: Re:

Date: Sun, 03 Jun 2018 20:40:44 +0000

Of course.

Barbara Carrellas workshops are a good place to start..

[Orgasms with Spirit – Barbara Carrellas/Urban Tantra®](#)

**Orgasms with Spirit – Barbara Carrellas/Urban
Tantra®**

Also, this guy is respected in the community - [Charles Muir, CEO](#). I've taken classes from people he trained but not him. I'm debating going to his workshop in Santa Cruz next weekend:

[Beginners Weekend Seminars](#)

Beginners Weekend Seminars

The oldest and most trusted Tantra Yoga school in the world,
established in 1978 by Charles Muir. We teach week...

And I would highly recommend sound meditation, holotropic breath work or other modalities that may take you to an altered state of consciousness (even though they are not exactly tantric). My favorite is the sound/breath meditation at Woom Center on Friday nights. I've had some powerful experiences there.. (that's where I was going to take [REDACTED] [Yoga Meditation Sound Therapy, Kundalini - Woom Center NYC Experiences](#)

**Yoga Meditation Sound Therapy, Kundalini - Woom
Center NYC Experiences**

Experience Woom Center yoga studio in sound therapy
meditation, kundalini, restorative & sing yoga, Katonah flow...

On Saturday, June 2, 2018, 5:43:15 PM EDT, jeffrey E. <jeevacation@gmail.com> wrote:

Is there s tantric teacher for [REDACTED]

On Sat, Jun 2, 2018 at 4:05 PM [REDACTED] wrote:

Not sure what you mean... can I get a full sentence?

On Saturday, June 2, 2018, 2:29:40 PM EDT, jeffrey E. <jeevacation@gmail.com> wrote:

TNtric for Karyn's?

On Sat, Jun 2, 2018 at 1:18 PM [REDACTED] wrote:

She cancelled...said she was sick after drinking in the Hamptons. Wants to go next week..

Sound meditation was very cool.

Sent from my iPhone

On Jun 2, 2018, at 9:56 AM, jeffrey E. <jeevacation@gmail.com> wrote:

Tomorrow 630. How was [REDACTED]

--