



# 28 Days to Ecstasy for Couples: Tantra Step by Step

*Pala Copeland, Al Link*

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Would you like to experience erotic sex like never before? Go beyond pleasure to find true bliss? Connect with your lover to reach new levels of spiritual ecstasy? Enjoy all of this and more as you discover the depths of Tantric sex.

With a daily practice averaging just 20 minutes, *28 Days to Ecstasy* offers the perfect way to fit Tantra into your busy life. Short on time or away from your partner? Try fifty quick exercises designed to keep your passion white-hot.

Clear illustrations and numbered steps show you exactly how to perform each blissful lesson. As you move through each day of the plan, you'll learn many sexy techniques to thrill your lover:

- Extend your lovemaking sessions to several hours by controlling your sexual energy
- Explore new ways to deepen intimacy with Kama Sutra positions
- Create multiple orgasms for you and your partner
- Increase your sexual fitness with pleasure-enhancing toning exercises
- Keep your bedroom hot with sexual role-play and fantasy games
- Bring your lover to peaks of excitement with erotic massage

. . . and enjoy the most intensely pleasurable sex you have ever experienced!

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