

CONNECTION

Awakening Sacred Eros

Sexual Alchemy

Cycle of initiation and training for
couples

Anahata

Barcelona, Spain

7th- 9th of July

Guided by:

Ishtrihan and Constanza Alvarez



Across three days, we will undergo an initiation process for couples based on the knowledge of sexual alchemy.

The process will give us the foundation, knowledge and practices that will allow us to experiment and deepen the cultivation of our sexual energy, pleasure and connection to deepen and empower the intimate bond with our sexual partners



Connection Retreat

07th of July 2023 - 09th of July 2023

Anahata

Barcelone, Spain



Love; the great adventure.

Freedom in unity.

Intimacy, the true encounter of being and divine ecstasy.

Sacred sexuality, the dance of instinct.

Eroticism, sensuality and the sacred eros.

The dance of the masculine and the sacred feminine.

Sexuality as a path of healing.

Meditations as a couple to awaken the elemental sexual energy.

Exercises for the control of ejaculation and the absorption of orgasmic energy in men and women.

Massages to release blockages and increase pleasure and opening.

Ceremony

On the second night, we will carry out the initiation ceremony to awaken the sacred eros through an experience that will combine the intake of microdoses of psilocybe mushrooms (optional) with the practice of meditations. This experience will provide each couple with the opportunity to awaken and connect through sexual energy, massage, shamanic singing, music, the power of the rite, and the guidance of the earth.



Program for modules

Friday 7th of July. 18:00 - 22:00 pm.

Self-care and Sexuality:

Nutrition and sexual energy.

Breathing, movement and meditation; fountains of eternal youth.

Massages for couples; the touch that awakens and heals.

The sexual act as a source of vitality, love and unity.

Saturday 8th July 10:00 - 14:00.

Relationship, Communication and Sexuality:

Communication, complicity and eroticism.

Care and service inside a couple.

Engagement as a delivery portal.

Humour, enjoyment and ecstasy.

Freedom, authenticity and trust.

Saturday 8th July. 20:00 pm - Sunday 9th of July 06:00 am.

Ceremony: The Cultivation of Pleasure and Sexual Energy.

Breathing, conscious touch and presence.

Delivery and reciprocity.

Fluid management and orgasmic energy.

The awakening of the micro orbit and managing the orgasm as a source of unlimited pleasure.

The breath of life and the alchemy of the immortals.

Sunday 9th of July. 15:00 pm - 18:00 pm.

Integration:

A space to focus on self reflection, sharing of experiences and integrating our journey in order to continue our practice through the connections within our life journey.



Facilitators



Ishtriahan

Shaman, Healer and Artist
Creator of the methods:
Physioenergetic Alchemy, The
Theater of Infinity and Dance
of Unity.

Director of Horus School of
Life.

Therapist in Traditional
Chinese Medicine



Constanza Alvarez

Gestalt Therapist, Body and
Integrative Sexuality.

Accompanies processes of
self-knowledge and personal
development.

Actress. Dancer. Musician.

Organize

Anahata

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Bookings

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Ishtrihan

www.ishtrihan.com

Constanza Alvarez

www.constanzaalvarez.com

Valor

Early bird: 270 € per person till the
23th of June.

Normal Price: 330€ per person.