



mindvalley academy  
masterclass

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**WORKBOOK**

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Tantra: The Art Of Sacred Sexuality

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*with Psalm Isadora*

# Tantra: The Art Of Sacred Sexuality

## YOUR OFFICIAL MASTERCLASS GUIDEBOOK

### 4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

### Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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The next part is for you to take notes while you listen to the masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. Which of the following topics most interest you:

- tantra and sacred sexuality
- developing greater intimacy with your partner
- how to drive your partner wild and/or have mind blowing sex
- attracting the right partner
- comfortable in your body
- healing past sexual traumas

2. Let go of ....., let go of the .....

3. Reconnect the ....., ..... and .....  
Get back into your .....

4. No ..... is going to last if you don't  
change on a ..... level.

5. Your ..... came to this ..... to  
make and experience .....

6. Live ..... as we are in love with .....  
all the time.

7. Heart exercise - follow Psalm's instructions.

8. Live life in .....

9. Put your hand on your heart, take a deep breath, inhale - receive love,  
exhale - give love.

10. Tantra Breath exercise - follow Psalm's instructions

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11. Take a deep inhale, place your hands on your body where you feel pain or discomfort after the exercise and identify your block(s).

## 7 DEVELOPMENTAL CENTERS & KEYS TO LIVING AN EMPOWERED LIFE



12. Feather light touch - heal and unblock. Follow Psalm's instructions
13. Bliss breath: long deep inhale; long deep exhale with whispering sound at the back of your throat

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14. Take a moment, scan your physical body, your psychological body, your energy body. How do you feel?

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Use this space for any additional notes you have:

# Tantra: The Art Of Sacred Sexuality

## SUCCESS STORIES

**“Psalm taught me breathwork that helps me perform better as an NFL athlete”**



Psalm taught me breathwork that helps me perform better as an NFL athlete. I really use it before a game, when I am more nervous because it calms me down and helps me stay grounded. When I am about to walk into a situation like that in front of 90,000 people and being filmed for tv, my nerves get on edge because there are so many things that can happen that I can't control. It helps me to be less emotional and not react from fear or anxiety, but to react with calm focus and perform better and make better choices. And I just breathe better in general. Psalm taught me how to breath more deeply and find pockets to expand my energy in my body so that when I run I can last longer without getting tired.

~ Chris Carter, NFL linebacker

**“I was deeply impressed with how compassionate, insightful, and innovative she is.”**

When I saw Psalm lecture at a recent workshop I was deeply impressed with how compassionate, insightful, and innovative she is, integrating yoga, tantric massage, and sex therapy; clearly, Psalm is a new role model for sexually empowered women.

~ Barry Komisaruk, Ph.D. Behavioral Neuroscientist; Distinguished Professor of Psychology at Rutgers University, senior author of “The Science of Orgasm”;



**“She has such an amazing insight from the woman’s perspective.”**

Psalm Isadora, there's not enough paper or time to describe this woman, she has such an amazing insight from the woman's perspective. She is definitely a pioneer with getting people to start having real dialogue about the taboos of sex, intimacy and relationships.

~ Keith Mitchell, NFL linebacker, Pro Bowl

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## SUCCESS STORIES



### **“My partner and I found strength in intimacy”**

Simply being in Psalm’s presence begins the Tantric wheel turning. Melting the ego into the breath, Psalm’s gentle guidance allows the body to respond to natural cues in the most sensual and profound way. In trusting Psalm with the delicacy of our relationship, my partner and I found strength in intimacy; a breakthrough of unimaginable pleasure!

~ Gabrielle Anwar, actress, Burn Notice, Scent of a Woman

### **“She does some deep, beautiful, soulful work”**

Psalm Isadora exudes sensuality in a palpable way. Her story is the fuel to her fire, it's inspiring beyond words. She does some deep, beautiful, soulful work. This is a REALLY powerful program. The topics covered and the vulnerability and openness just blow me away. It was deep, inspiring and really helpful to move me in the direction of my greatest self. Transformation at its best. Thanks for sharing this!

~ Steffani Fort LeFevour, Happiness Coach at My Happy Life



### **“After the first day of [...] practice with Psalm I was able to have my first orgasm”**

Before I committed to the women’s sensuality practice with Psalm, I didn’t feel complete in my femininity or sensuality.

At 29, I had never been able to have an orgasm...After the first day of doing the practice with Psalm I was able to have my first orgasm.

~ Shradha Ferry, Hairdresser, Los Angeles, CA

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## SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

*How would my life look like if I fearlessly activated and connected with my full shakti energy? How will my relationships transform?*

*How would it feel to break the pleasure barriers in my mind and unleash more passion and drive easily and effortlessly?*

*What can I do today to start mastering my Sexuality, Experience Full-Body Orgasms And Reach The Highest Levels Of Pleasure?*



To sign up for *Tantra Touch*, Psalm's new course on Mindvalley Academy, please visit [bit.ly/tantra-touch](https://bit.ly/tantra-touch) for more information. Near the end of the masterclass, her new course will be offered at a special price as a thank-you gift for class attendees.