

# Definition of Tantrism

How do you define respect and boundaries in a shared space is how we define Tantrism  
Depending on your expertise, here you get the level of Tantrism you need. Simply put, we will guide you to  
be the best version of yourself with or without a partner



What is your level of experience with Tantra, yoga, or other mindful practices?

- Ārambhaka (Beginner): I am curious and ready to learn.
- Madhyama (Intermediate): I practice meditation, yoga, or some aspects of Tantra regularly.
- Adhyātma Vidya (Advanced): I have significant experience with Tantric rituals or similar spiritual disciplines that I can practice tantrism as a meditative sexual practice that involves
  - Breathing
  - Sounds

and

Movements to achieve a spiritual or energetic connection with your partner... or yourself.

# What does Tantra Souls Alike means?

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*All movements, created spontaneously emerging from a clear consciousness is pure love, sacred and can be demonstrated via one mudra. The mudra of the hearth.*

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e have siblings

