



21 Day
Delicious Tantric Challenge
Simple Pleasures

by Surya

sunshinetantra.co.uk

21 Day Delicious Tantric Challenge Simple Pleasures

One tip a day to spice up your life



Are you ready?

- Do you crave for more fun and yumminess in your life?
- Are you often too busy, to find time for yourself?
- Do you feel down, stressed, or lost your spark and want it back?
- Would you like some ideas and inspiration, to bring more pleasure and joy in every day?

"I believe the nicest and sweetest days are not those on which anything very splendid or wonderful or exciting happens but just those that bring simple little pleasures, following one another softly, like pearls slipping off a string."

— Lucy Maud Montgomery



From the moment you wake up, and until you fall asleep, you deserve to feel pleasure at every moment. So here is a challenge to inspire you, to relax into amazing aroma of opportunities, that your body can offer you...

What Are Simple Pleasures?

We all different, but what we have in common, is that we all cherish memories of those beautiful experiences, when we felt positive, expanded beyond our limits, and out of the proliferations of our minds. Furthermore, they are usually of little to no cost.

Give yourself a break from worrying about how you look or are perceived by others and try to focus on how you feel. For example, instead of thinking how the top you are wearing looks on you, can you think how does it feel on your skin?

In other words, get back to your body and your senses. This is your home. Because **a home is not a place, but a feeling**, of complete safety, love and pleasurable relaxation. You may remember how good it feels to let the wind kiss your cheek or to allow a meal to become a feast.

When we feel good, we are more kind, loving, giving, and for each other's sake, we all should feel good, no matter who we are or what we are doing.

And as you become more conscious of yourself, your senses and the world around you, you begin to notice beauty, joy and pleasure hidden in the simplest of things.





Your challenge author: Surya

Surya is a Tantra Teacher, a Pleasure and Intimacy Coach and **founder of the Sunshine Tantra**. She helps people to deeply connect to their inner power and unlimited resources within, through rediscovering potential of our body, mind and heart.

She is intuitive, experienced, passionate and a certified Life Coach, Reiki Master, NLP, TRE and Breathwork practitioner. Her deeply transformational coaching and training approach draws on Eastern Spirituality and Western Psychology.

Surya is passionate about intimacy, healing and growing through pleasure and connecting from the heart.

In the end, everyone is different

Experiment and find what works the best for you. Give it a chance.

Remember, if you are able to focus on the simple pleasures you already have in your life, you will be able to remain positive, even in the face of adversity. Furthermore, you will also be able to bring more joy and happiness to others. As when you have more pleasure in your life you can but spread it around.

So, if you want to add a little more pleasure to your life and others, then try this.

Give it a go... Perhaps this challenge can open to you the possibilities you never realised are there for you.

“When we slow down and shift our focus, from the mind to our 5 senses, pure magic happens – our world becomes richer, yummier and more vibrant.”

- Surya



How does it work?

Just read 1 challenge every day and if it resonates with you, do it. And if it does not resonate with you, notice where the resistance is coming from and where else it shows up in your life.

Stay true to self and remember, it's only an invitation...

Before you start...

The first thing you can do is, set up an intention: e.g. for the next 21 days to be open to the simple pleasures, allow yourself to try, experiment and learn something about yourself.

Remember, everything is an invitation, check what works for you and you may surprise yourself.

Intentions are truly magical, so let's start the journey.



Welcome
to the day 1

Day 1.

Today we are starting an amazing journey back to your body and your senses. This is your home. Because home is not a place, but a feeling of complete safety, love and pleasurable relaxation.

From the moment you wake up, and until the moment you fall asleep, you deserve to feel pleasure at every moment. So, let's start this challenge to inspire you, to relax into an amazing aroma of opportunities that your body can offer you...

Day one tip: Slow down and notice

It feels very simple, but the truth is, we miss most of the best things in our life.

Try today 3-4 times (or more) to just give your full attention to anything you enjoy. If you hear a song you like, just stop and listen; if you drinking a cup of coffee or tea, drink it really slowly, focusing on flavours and aromas; allow yourself to forget about anything else for a minute or two. Or maybe you enjoy a fruit, a book, or a walk, whatever it is, just slow down, notice how it makes you feel, and allow to slowly savour this experience, really enjoying the smell, taste, touch, view, sound...

I am so curious how will it go for you. Is it hard or easy? What do you notice? Do share in the group, as shared experience is always more reach and enjoyable:

<https://www.facebook.com/groups/3109124212678111>

Extra challenge (for those who like to stretch themselves):

Have a Tantric meal. Eat one meal super slowly, enjoying every bite, smelling the food, listening for any sounds, licking, feeling its texture and not thinking about anything but your sensations. Enjoy....

If you are in a couple:



Blindfold each other (one at a time) and feed your partner playfully some foods you enjoy together, fruits are usually wonderful. Play with it, tease each other, make out. Decide who goes first as a giver (the teaser) and the other one will be a receiver (receiving the gift) and then swap roles. Have fun. The secret is focusing on sensations, being present with the experience. Receiver, additional tip for you, please relax as much as you can and see whether you can allow yourself to surrender to it fully!

Good luck, enjoy...



If you feel you need additional support or want to bring even more pleasure in your life, please check our events at <https://sunshinetantra.co.uk/events> or book a FREE DISCOVERY SESSION now to learn more about what we can do for you to transform, enrich and inspire your life at <https://sunshinetantra.co.uk/events/discovery-sessions>



Day 2

Welcome to the second day of our journey, through simple pleasures to more love, joy, empowerment and aliveness in your life. Hope this challenge can open to you the possibilities you never realised are there for you.

Day two tip: Kindful face massage

It sounds simple, but it is possibly one of the most pleasant things you can experience. Close your eyes, and start stroking your face gently, lovingly and focusing on only the feeling of your skin. You may like to start from the centre of your forehead and stroke towards your ears and neck, stroke under your eyes, your cheeks, maybe even mess up with your hair. The key is being as slow as possible and letting go of the thoughts, noticing only what you feel.

Through the day, touch your face and remember how your skin felt during the massage. Allow yourself to really feel the power of simple pleasures you have in you.

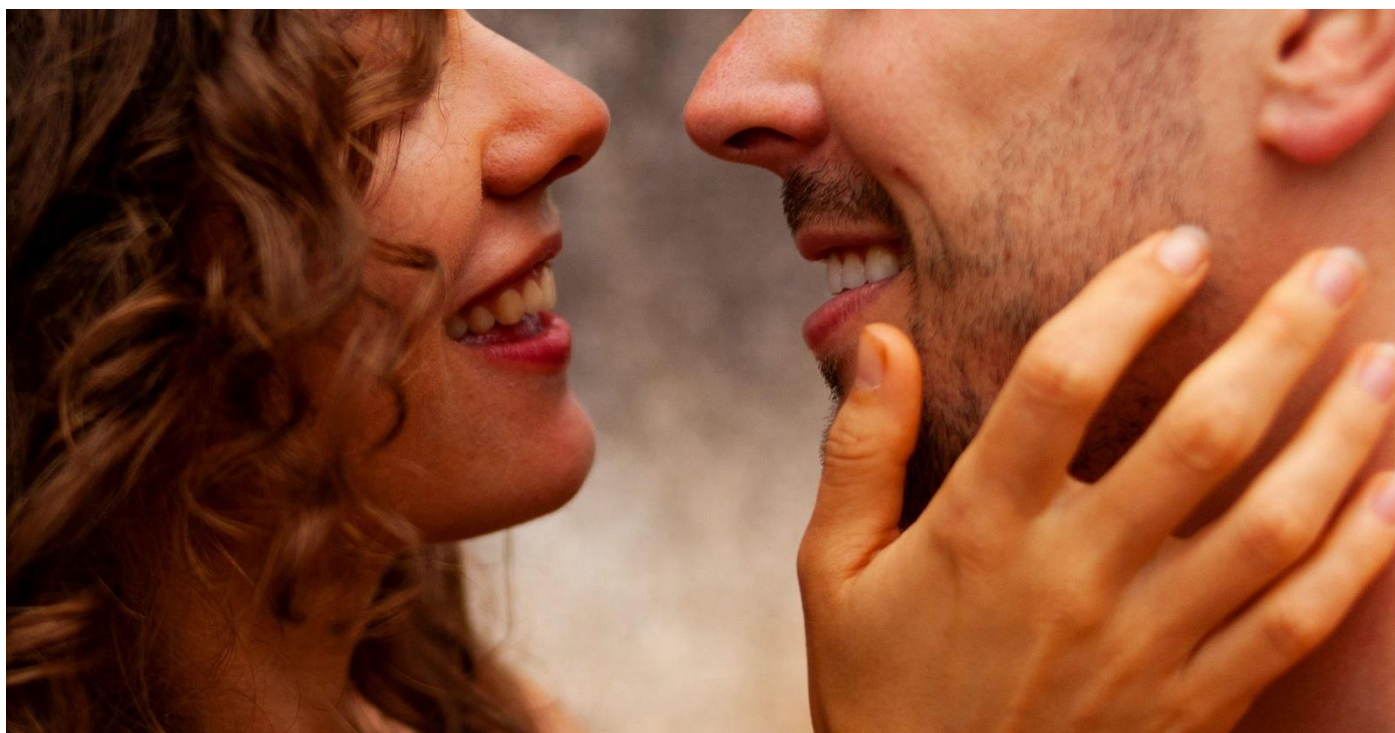
I am so curious how will it go for you. Is it hard or easy? What do you notice? Do share in the group, as shared experience is always more reach and enjoyable:

<https://www.facebook.com/groups/3109124212678111>

Extra challenge (for those who like to stretch themselves):

Put some beautiful music (like the one I have added below) or simply add an affirmation, choose anything that make you feel good, e.g. I am beautiful, I am powerful or, I celebrate who I am.

If you are in a couple:



Again, decide who goes first as a giver and the other one will be a receiver and then swap roles. The instructions are the same, stroking your partner's face gently. You may like to start from the centre of their forehead and stroke towards their ears and' neck, stroke under the eyes, cheeks, may be even mess up with their hair gently, like shampooing. The key is being as slow as possible and feeling love towards them. Receiver, additional tip for you, please allow yourself to relax as much as you can.

Good luck, enjoy...



If you feel you need additional support or want to bring even more pleasure in your life, please check our events at <https://sunshinetantra.co.uk/events> or book a **FREE DISCOVERY SESSION** now to learn more about what we can do for you to transform, enrich and inspire your life at <https://sunshinetantra.co.uk/events/discovery-sessions>



Day 3

Welcome to the third day of our journey, through simple pleasures to more love, joy, empowerment and aliveness in your life. Remember, when we feel pleasure, we are kind, loving and giving, and for each other sake, we all should feel good no matter who we are or what we are doing. So, let's bring more pleasure to heal self and through that everyone around.

Day 3 tip: Listen to sexy music.

Put on the best, sexiest tune you know (or use the ones I add below) and allow your yumminess to spread in your body. Maybe you want to stroke yourself or your hips want to move seductively... For a few minutes, drop all thoughts and feel the sexiness, the juiciness of your body.

And don't stop there. You have the whole day. Do it as many times as you like, while you doing something or walking or just for a break.

Extra challenge (for those who like to stretch themselves):

Imagine yourself on a stage, maybe in a burlesque... and the audience is you. And the dancer is also you. Can you perform for yourself the most seductive routine...?

PS watch the song from the film Burlesque for inspiration:

https://www.youtube.com/watch?v=Dw11gk_HetE

If you are in a couple:



Again, the same instruction with a bonus of doing it together. Put on the best, sexiest tune you know (or use the ones I add below), and allow your yumminess to spread in your body. Maybe you want to stroke your partner or dance together seductively... For a few minutes, drop all thoughts and feel the sexiness, the juiciness of your bodies.

Here are few sexy songs to try...

My most feeling sexy song ever by 50 Cent - Candy Shop:

<https://www.youtube.com/watch?v=SRcnnld15BA>

My most favourite sensual song by Brigitte Bardot & Serge Gainsbourg - Je

T'aime: <https://www.youtube.com/watch?v=j9Zw4LeSt2w>

And the yummiest spiritual song I love best is The Maha Mantra (Reggae Style):

<https://www.youtube.com/watch?v=hFi1JV3Gxjg>

What is your favourite sexy song? Do share in our closed group:

<https://www.facebook.com/groups/3109124212678111>

Enjoy...



Day 4

Welcome to the 4th day of our journey through simple pleasures to more love, joy, empowerment and aliveness in your life. Are you ready?

Do you know that hugs and cuddles can improve your health and happiness?

Day 4 tip: Give someone today a really long and heartfelt hug

Hug is the simplest way to experience love, in its purest essence. Can you give today as many as possible long and delicious hugs?

Do you have pets? Give a really long loving hug to them...

And if you don't have anyone around, then give a beautiful, loving hug to yourself, exactly the way you want it. Allow yourself to enjoy it...

Extra challenge (for those who like to stretch themselves):

If you really want to stretch yourself, give a long heartfelt hug to someone you feel some tension with, anger or any other unpleasant feeling. Could it be your parent, child or a friend you have not spoken for some time? Perhaps it's time to call them, and if you can't meet them, give them a virtual hug...

If you are in a couple:



You are for a treat... give each other a really long loving hug and follow it with eye-gazing, thinking about the moment you first met. Remembering those first days together, can help long relationship to reignite the passion.

And if you are a new couple, imagine you are looking at a divine being.

Few more facts about hugs:

Cuddling releases, a number of feel-good hormones and has a huge health benefit! It releases oxytocin, that not only gives us warm and fuzzy feelings, but also can help reduce pains, stress, and anxiety. Cuddling and hugging also releases dopamine, which is stimulating the brain, to feel pleasure and can also boost sexual desire and also is responsible for motivation.

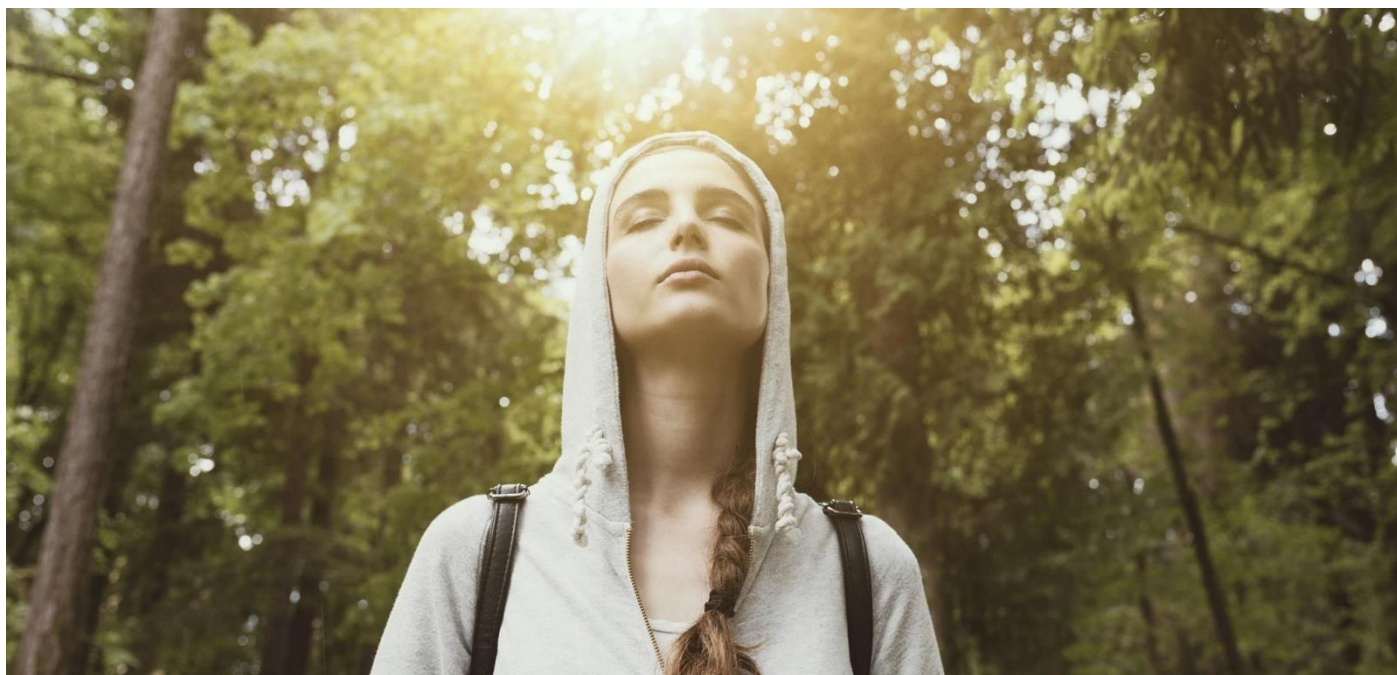
On top, physical touch by itself can communicate trust, commitment, safety, and reassurance and is vital to a strong relationship. A hug is one of the easiest ways to show love and appreciation to another person.

Cuddling also released endorphins and serotonin that helps fight excess weight, prolongs life, elevates mood and increase feeling of satisfaction and happiness.

Additionally, researchers have discovered that if a hug lasts over 20 seconds, all those benefits are multiplied significantly.

Even cuddling of pets or yourself can reduce stress and make you feel happier!

Celebrate today with beautiful, long, and heartfelt hugs!



Day 5

Welcome to the 5th day of our journey, through simple pleasures. Notice, as you becoming more conscious of yourself, your senses and the world around you, you begin to notice beauty, joy and pleasure hidden in the simplest of things. Enjoy!

Day 5 tip: Go for a Tantric walk.

Walk out of your house and shift your mind from the mind to your 5 senses: feel the ground under your feet kissing your soles, notice the colours of the sky, what plants can you see around, how do the smell, how does the air taste, can you feel the wind stroking your face, can you hear birds chirping...

This is the biggest Tantric secret to pleasure: when we slow down and shift your focus from the mind to your 5 senses, pure magic happens – the world becomes richer, yummiier and more vibrant.

Extra challenge (for those who like to stretch themselves):

Go to a park, seaside or any other nature place and allow yourself to connect deeply to this place, hug a tree, stroke the grass, inhale the beauty of the nature, smile to birds, feel you are part of this place...

If you are in a couple:



Go for a Tantric walk together, same as described in the solo exercise, but sharing the experience. Be careful not to jump to the mind and start analysing what is happening, just stay with what your body feels... and slow down even more.

Good luck, and enjoy...



If you feel you need additional support or want to bring even more pleasure in your life, please check our events at <https://sunshinetantra.co.uk/events> or book a **FREE DISCOVERY SESSION** now to learn more about what we can do for you to transform, enrich and inspire your life at <https://sunshinetantra.co.uk/events/discovery-sessions> .



Day 6

Welcome to the 6th day of our journey, through simple pleasures to more love, joy, empowerment and aliveness in your life. Give yourself a break from worrying about how you look or are perceived by others and try to focus on how you feel.

Day 6 tip: explore your feet/ soles sensations

Wow, how many nerve endings we have in our feet! Allow to feel sensations in your soles. Find a carpet or a rug or just put anything soft on the floor. Take off your socks and shoes. Then, try to caress your bare feet against the texture.

PS: do it more than once through the day... notice what's arising...

I am so curious, what did you notice? Do share in the group, as shared experience is always more reach and enjoyable:

<https://www.facebook.com/groups/3109124212678111>

Extra challenge (for those who like to stretch themselves):

Do a tantric walk – walk very slowly without socks or shoes (be careful what you are stepping on, ensure it's safe), focusing only on the sensations of your soles...



If you are in a couple:

Give each other a foot massage!! It is so yummy. Put some cream, lotion or organic oil and rub gently in (make sure they do not feel ticklish), massage all over the foot, then every toe, perhaps even gently pulling each toe, massage the heel, just under the toes... allow your inner guide to lead you. Secret: both (giver and receiver) go into the sensations, feelings and playfulness mode. You can make it sensual or sexy... it is up to you...

As always, if you make a bit of an effort setting up the scene (pretty lights, music, flowers), it just goes deeper.

Make it yummy and enjoy...



I am so curious how will it go for you. Is it hard or easy? What do you notice? Do share in the group, as shared experience is always more reach and enjoyable:

<https://www.facebook.com/groups/3109124212678111>



Day 7

Welcome to the 7th day of our journey, through simple pleasures to more love, joy, empowerment and aliveness in your life. Remember, if you are able to focus on the simple pleasures you already have in your life, you will be able to remain positive even in the face of adversity. Even more, you will also be able to bring more joy and happiness to others. As when you have more pleasure in your life you can but spread it around.

Day 7 tip: Try Tantric Pleasure Breathing

Take a big, deep and a very, very, slow breath and allow it to fill you from your genitals to the top of your head. Focus on the air coming in, going all the way to your sex, filling your all being and then slowly exhale with your mouth open and the sound “aww”, like you noticed something that touched you.

Allow to empty your lungs completely and allow yourself to feel pleasure doing it. Do a few more of the same. Notice how your body feels and whether your senses of smell, touch, and hearing are different.

Don't do it just once, do it a few times and notice how you feel after.

Extra challenge (for those who like to stretch themselves):

Do the Tantric breath for 15-20 minutes (please consult your doctor if you have serious health conditions before doing it). Let me know how it feels, it's just magical.



If you are in a couple:

Do the Tantric breathing together, same as described in the solo exercise, and synchronise your inhaling and exhaling. Sit opposite of each other and look into each other eyes while doing it. This is beautiful to do before lovemaking. Just a few minutes and it will enhance your experience incredibly!

Breathing is so powerful! You can change your life, get more pleasure, energy and aliveness or enter expanded states, experience connection with the Divine and your higher self, just through the breathwork techniques. Ask me if you want to know more at info@sunshinetantra.co.uk .

Experiment and enjoy...





Day 8

Welcome to the 8th day of our journey, through simple pleasures.

I would like to celebrate with you – we have completed our first week!

Are you ready for the second week?

Day 8 tip: Make your chores sexy

We all have things we have to do that we don't really enjoy but they have to be done: e.g., clean the table, wash your car, take rubbish out, etc. How about today, just for fun, you do it in a sexy way. Make it fun, play with it, imagine everything you touch turns you on... Add sounds, flirt, laugh... enjoy!

Here is a video for inspiration: <https://www.youtube.com/watch?v=6MKK-VRejBE>

I am so curious how did it go for you. Do share in the group, as shared experience is always more reach and enjoyable:

<https://www.facebook.com/groups/3109124212678111>

Extra challenge (for those who like to stretch themselves):

How about recording yourself doing your chores sexy... and then watch it with a focus on fun and how amazing you are (without any analysis of what could be done or look better)? For the majority of the people, it would be too scary... you can only admire how absolutely incredible and brave you are.



If you are in a couple:

Do the same as described in the solo exercise one at a time, watching each other. So, the first partner, can do any chore in the sexiest way, while the other partner is looking at them with admiration. Then, of cause, swap around. Have fun with it...

Here is an inspiration for you, what a sexy ad:

<https://www.youtube.com/watch?v=TSRGSkyU-Vk>

Make it special, enjoy...





Day 9

Welcome to the 9th day of our journey through simple pleasures to more love, joy, empowerment and aliveness in your life. Do you remember, when we feel pleasure, we are kind, loving and giving, and for each other sake, we all should feel good no matter who we are or what we are doing.

Day 9 tip: Have a no technology evening (or even a day if you are brave)

Switch off mobile, tv, radio, laptop, iPod, all of the technology and follow to what actually you want. Ask yourself what my body wants right now? What would make me feel really wonderful? Stay away from the brain jumping in with material suggestions, try to get to your instincts, what does your body finds delicious? Think, what would feel best to you right now. Go for it. You deserve them. Is it a bath, a good book or conversation, foot massage, dance, walk, swim or maybe a just lying in?

I am so curious what did you notice? Do share in the group, as shared experience is always more reach and enjoyable:

<https://www.facebook.com/groups/3109124212678111>

Extra challenge (for those who like to stretch themselves):

Talk to your body, our bodies have immense intelligence. Ask your body: “what would you like right now, what would make you feel good?”, listen deeply and follow it. I often do it on Saturdays, it is one of my favourite ways to connect to myself.

Make sure you listen to your body and your pleasure, not your mind and your pain, stay careful. If it doesn't feel good, don't do it.



If you are in a couple:

Same as in the solo exercise, have a no technology evening or even a day. There are so many things you can do together: have a bath, Tantric walk, make love...

How about playing a few sexy games, here a few ideas for you:

<https://sunshinetantra.co.uk/sexy-games>

Good luck, enjoy...





Day 10

Welcome to the 10th day of our journey through simple pleasures to more love, joy, empowerment and aliveness in your life. Hope you feel the benefits by now, do share: <https://www.facebook.com/groups/3109124212678111>

Remember, as you become more conscious of yourself, your senses and the world around you, you begin to notice beauty, joy and pleasure hidden in the simplest of things.

Day 10 tip: focus on the sounds you love

Through the day, pause and absorb some sounds you love (favourite music, voice of your beloved or children, crackling of your cereal in a bowl, wind playing with leaves, etc.), give yourself full permission to enjoy it. What sounds do you enjoy most?

Extra challenge (for those who like to stretch themselves):

Go to nature (park, seaside, etc.) and listen. What can you hear in the air? How each of the sounds make you feel?



If you are in a couple: shower each other with appreciation

1. Sit in front of each other, decide who goes first. The partner A look deeply at the partner B for a minute or so, simply admiring the partner B. When ready, in a loving voice, share with your partner what you like or love about them: e.g. I love your sparkling eyes, I love your patience and kindness, I love how you smile... perhaps you can get really poetic or keep it simple, it is up to you.

Partner B, you don't have to do anything, but allowing yourself to absorb your partner words. When partner A completes, close your eyes and allow these words to integrate. Appreciation is a beautiful remedy; we all need it.

2. When ready, partner B, open your eyes and look deeply at the partner A, for a minute or so, simply admiring them. When ready, in a loving voice, share what you like or love about them.

Really notice and enjoy...



I am so curious how will it go for you. Is it hard or easy? What do you notice? Do share in the group, as shared experience is always more reach and enjoyable:

<https://www.facebook.com/groups/3109124212678111>



Day 11

Hi beloved,

Welcome to the 11th day of our journey through simple pleasures to more love, joy, empowerment and aliveness in your life.

Day 11 tip: let's explore the magnificent power of smell...

Smells are an incredibly powerful way of coming to our senses. Smells go directly to our brain and can trigger our memories faster than any other sense.

Try to find a smell that has positive associations for you – maybe one that reminds you of happy times, people you love, places you appreciated or an aroma which you really enjoy.

Carry it with you today and use it to bring yourself back to a happy place, if you get caught up in an unwanted memory. Or maybe just allow yourself for no reason to drift in the simple feeling of good life... aren't we lucky!?

Extra challenge (for those who like to stretch themselves):

Find the smell that take you to the happy place, try different things today, until you find one that make you feel absolutely amazing...

Let me know which one, so curious. And most importantly, enjoy the experiment!

Beautiful aromas:

- Small bottles of essential oils - e.g., jasmine, rose, mint, lavender...
- Petals of dried -flowers, e.g., lavender, rose, camomile...
- Perfume soaked on a tissue or a handkerchief or just put it on your wrist.
- Spices from the kitchen (please be careful), e.g., cinnamon or rosemary...
- Be creative, look for what makes you feel good (chocolate, piece of fruit, your partner's shirt, smell of yourself, allow yourself to be as daring as you like, nobody knows and I am celebrating it with you).

My sharing: I love the smell of sweat of the man I am in love with... it really turns me on.



If you are in a couple: exploring the magnificent power of smell together

1. Prepare first (as much as you like): find yours and your partner's favourite aromas (see suggestions in the solo tips), put them on a beautiful tray.
For extra impact: set up a special environment (flowers, lights, fresh air...)
2. Decide who starts first, blindfold your partner playfully and allow them to smell what you have prepared, Slowly, one thing at a time, flirt, tease, play with it. Do not forget to offer your body parts too. Be creative, I know you are.
3. Swap around with joy and gratitude.
4. Appreciate each other.
5. Share how was it for you. How did you like teasing your partner? How was it being on the receiving side?
6. Share with others, we'd like to know too:

<https://www.facebook.com/groups/3109124212678111>

Close your eyes, smell the world and enjoy...



Day 12

Welcome to the 12th day of our journey, through simple pleasures to more love, joy, empowerment and aliveness in your life.

Day 12 tip: Dress for Seduction

Wear today something that is soft and pleasant to your skin, or maybe something sheer and provocative, anything that makes you feel sexy.

A sure way to feel sexy is so put something sheer, lacy, soft, furry or seductive next to your body. Treat your skin to a little touch of pleasure. The sexier you feel, the better you see yourself.... Whether it is your favourite underwear, shirt or those tight trousers... simply allow yourself to enjoy the pure awesomeness of you! Yes, baby, you rock!

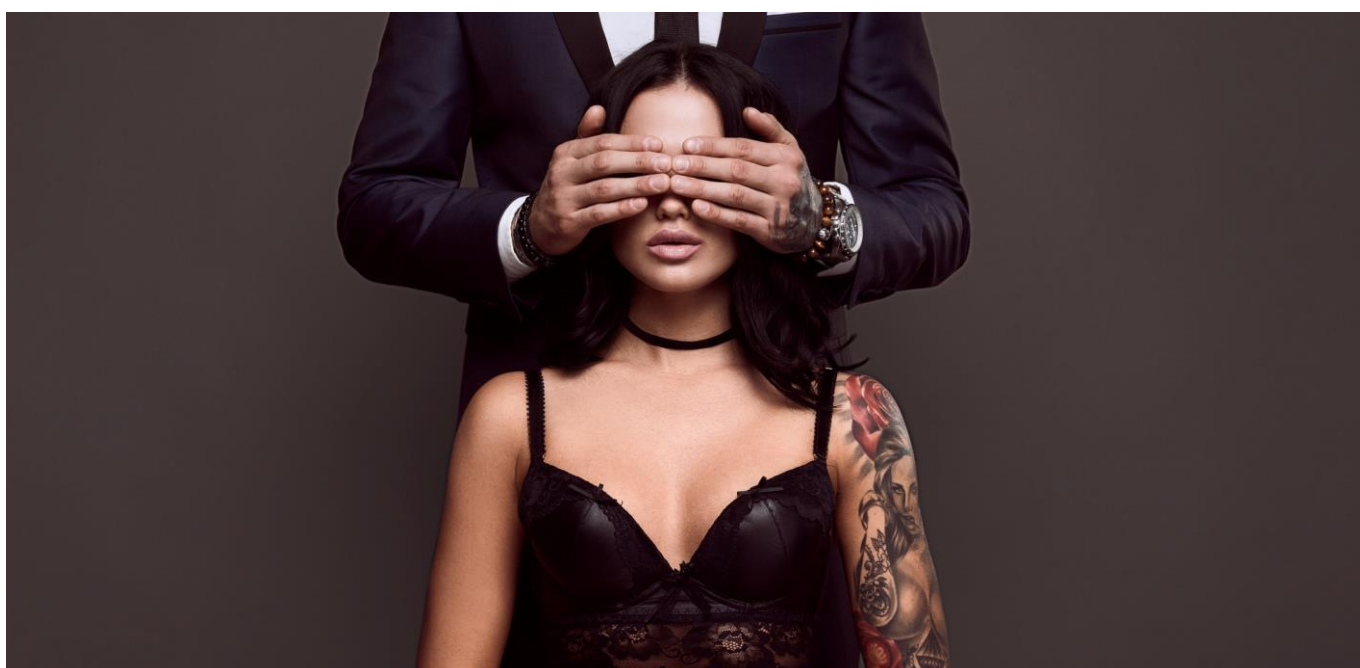
I am so curious, what did you chose? Do share in the group, as shared experience is always more reach and enjoyable:

<https://www.facebook.com/groups/3109124212678111>



Extra challenge (for those who like to stretch themselves):

Take a picture of yourself in your sexiest feeling. For an extra challenge, share it with someone: a friend or a loved one or maybe on your social account, you are beautiful exactly as you are.



If you are in a couple:

Dress seductively and flirt with each other... imagine, you have just met... Spice it up and enjoy...



Day 13

Hi beloved,

Welcome to the 13th day of our journey through simple pleasures to more love, joy, empowerment and aliveness in your life.

Day 13 tip: Laugh more today

Put a funny video, film or recording and allow yourself simply laugh, like a child, without any constraints.

We tend to be too serious about this world, but everything feels better with just a little laughter. Both spontaneous and simulated laughter, are proven to be some of the most effective ways to support mental health and they also make you feel immediately more playful, free, relaxed and confident. Also, remembering that when you laugh, people find you more attractive, may help.

What make you laugh most?

Do share in the group, as shared experience is always more reach and enjoyable:

<https://www.facebook.com/groups/3109124212678111>

Extra challenge (for those who like to stretch themselves):

Laugh for now reason for 3 minutes or more, then stop and notice how do you feel. For extra challenge, do it for a week, best the first thing in a morning and see how your day changes.



If you are in a couple: laugh together

Put a funny video or recording or simply start laughing for no reason, allow yourself simply laugh, like a child, make faces, play with each other.

A 2015 study by the University of Kansas with random people put in pairs, found that the more they laughed together, the higher level of attraction they reported. It is even more so for the real couples.

Additionally, proven that couples that laugh together, stay longer together.

Have fun, play...





Day 14

Welcome to the 14th day of our journey through simple pleasures to more love, joy, empowerment and aliveness in your life.

Day 14 tip: Slow Down just a little

It is a proven fact, that slowing down your movements and your speech can make you feel and look sexier.

Think about a public figure you respect or admire. How do they move? Most likely very slowly. Slow movements make you feel more confident, powerful and it's good for your mental health. More than this, people treat you differently, as you look more confident and sexier, too.

So today, try to move just a bit slower, speak slower, breathe slower, eat slower and make longer pauses when you speak. And if you add to it a pinch of sexy attitude, enjoying your body and its deliciousness, you may like it even more.

It takes some practice, try to start noticing how you walk or talk and just slow down a bit.

Extra challenge (for those who like to stretch themselves):

Walk today seductively: all it takes slower movements, with a pinch of sexy attitude. Sexiness is in you. You are the sexiness. Think you are a sex goddess or god, queen or king, just carry yourself slowly, enjoying the movement of your body.



If you are in a couple:

As in the single exercise, slow down everything you do (please read above) and additionally, when around your partner, look at them seductively. Perhaps even keep looking for a few minutes. How does it make you feel? Share with your partner and don't forget to share with us as well.

Make it special, enjoy...





Day 15

Welcome to the 15th day of our journey, through simple pleasures to more love, joy, empowerment and aliveness in your life.

Day 15 tip: Do today something kind for no reason

Most of us lives on autopilot, not even noticing people around. Many of us are driven by past pain, anger and sadness and shut big parts of ourselves. But the truth, inside all of us, lives pure love, bliss and compassion. When we allow ourselves to shine it out, it feels good. So today, for no reason, do random acts of kindness and notice how it feels, and it does not have to be complicated, sometimes just a kind word and a smile can brighten someone's day and it feels good.

Extra challenge (for those who like to stretch themselves):

Smile to every person you meet today, kindly, from heart, like "Hello human, I see you".



If you are in a couple:

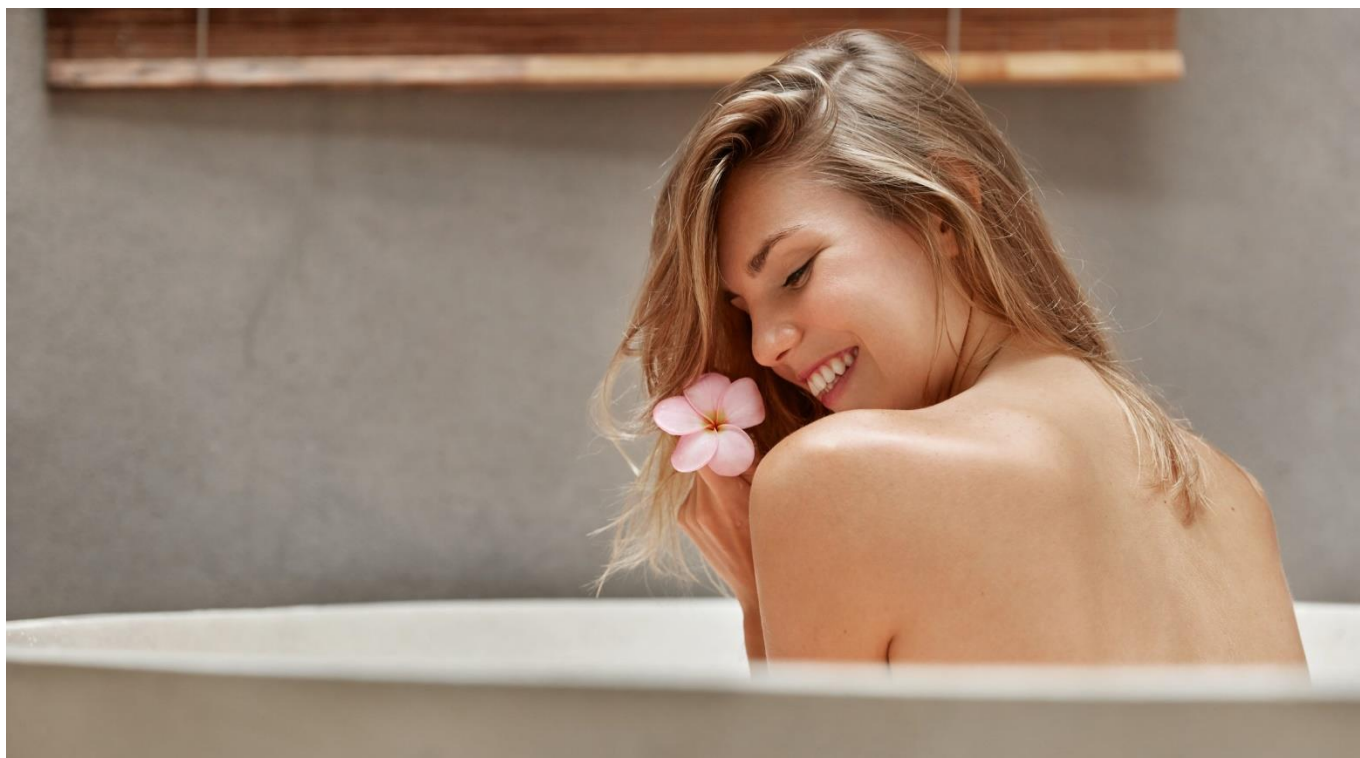
Do to each other today kindness surprises, the more, the better. What does your partner like?

And it is not about buying something, perhaps cooking a meal for them, running a bath or giving them a back rub... ask what would they like most now and see whether you both can enjoy it. Giving is receiving. Notice how it makes you feel.

Good luck, enjoy...



If you feel you need additional support or want to bring even more pleasure in your life, please check our events at <https://sunshinetantra.co.uk/events> or book a **FREE DISCOVERY SESSION** now to learn more about what we can do for you to transform, enrich and inspire your life at <https://sunshinetantra.co.uk/events/discovery-sessions> .



Day 16

Welcome to the 16th day of our journey, through simple pleasures to more love, joy, empowerment and aliveness in your life.

Day 16 tip: Create a bathing ritual

Water is a powerful element, whether taking a shower or bath, washing hands or feet slowly, is highly relaxing, healing and soothing. Even just a sound of water can be calming for most.

Make it extra special by creating a beautiful ritual: bring in candles, music, foaming bath gel or salts, and just submerge yourself in a warm bath, imagining yourself as a sex god or goddess. Elizabeth Lombardo, PhD., author of *A Happy You* says that a warm water on your naked body can pump up your sexiness level.

To make it extra special, put a face mask on a face (if don't have one use fruits you like or cucumber) and most importantly, allow yourself to relax and enjoy.



**Extra challenge
(or if you don't have a bath):**

Take a shower consciously – make the temperature exactly as your body enjoys, feel the water running down your skin, spread the soap gently and really, really, slowly, enjoy every second.

Take time, focus only on the sensations.

Allow yourself to disappear.

If you are in a couple:

Same as described in solo experiences, take a conscious bath or shower but together and enjoy the beauty of your partner's body.

Take turns to cover each other with a soap or a face mask, whatever sounds most appealing, pumper each other.

Flirt, play, enjoy...



Do share in the group, as shared experience is always more reach and enjoyable:
<https://www.facebook.com/groups/3109124212678111>



Day 17

Welcome to the 17th day of our journey, through simple pleasures to more love, joy, empowerment and aliveness in your life.

Day 17 tip: Make a sexy photoshoot of yourself.

Pleasure is inside us, best way to bring in more pleasure is to connect to our body.

Why not to celebrate your body by putting on something you feel yourself sexy on, or something that is lovely to feel on your skin or maybe get completely nude and take a few pictures of yourself.

Try to make it a fun experience and instead of focusing on the places you don't like about self, tell 'I love you' to every part of your body.



Extra challenge (for those who like to stretch themselves):

Share one of the sexy pictures of yourself with someone you like, maybe a friend or maybe someone special.



If you are in a couple:

Celebrate you love by taking sexy pictures of each other. Dress up in something sexy or go nude and have fun. Make it a playful experience, maybe you can even put on makeup as you do it.

Flirt, play, enjoy...



Day 18

Welcome to the 18th day of our journey, through simple pleasures to more love, joy, empowerment and aliveness in your life.

Day 18 tip: take yourself on a Tantric Date

Tantric Date is conscious choice to commit time and effort for your own pleasure to honour your soul, your heart and your body. When you commit to meeting yourself in this way, without digitals, without distractions, dedicating time just to what you find most pleasurable, you celebrate your inner power, freedom and ability to create beauty in your life by yourself and it's deeply empowering. Think about what be a best date for yourself and do it: have a slow conscious shower or bath, dress something that make you feel sexy, go for a walk, make a delicious meal or go to a restaurant, listen to some music that make your hips move, reflect on what you done in the last few weeks – what does make you feel best? And create for yourself the best date yourself. Your pleasure is truly in your hands.

Few tips to make it extra special:

- Plan it in advance and choose the time carefully
- If you have children, arrange someone to look after them or choose a time when they are distracted or asleep.
- Switch off all digitals, allow yourself to be completely with yourself
- Be fully present, notice your sensations in your body and feelings

- If any analysis or guilt comes in, notice and take a few deep breaths, and remind yourself it is powerful to spend time just for yourself, you will be a better parent, partner, friend, child, colleague if you learn to look after your own joy and pleasure.

- Relax and have fun, if something doesn't work out the way you planned, embrace it, notice how you feel and see whether you can find something else to enjoy.

If you find it hard, remember, you don't have to do it on your own, ask for help from a friend, our group or me, anyone you trust. We are all interconnected, and even a little guidance can go a long way.

Extra challenge (for those who like to stretch themselves):

Consider letting a good friend know that you are planning a Tantric date, and after the date, share with them the experience. Not only your experience will feel more powerful, sharing with a friend can bring a new air into your friendship – air of opening self to more joy and pleasure in your lives.

Share with me as well, or in social media, it is more powerful and fun.



If you are in a couple:

Go with your partner to a Tantric Date, a conscious choice to share time together to honour your love and intimacy.

When you commit to meeting each other in this way, without digitals, without distractions, dedicating time just to what you find most pleasurable, you refuel your relationships.

Discuss what would be a best date for both of you and do it: have a slow conscious shower or bath together, dress something that make you feel sexy, go for a walk, cook a delicious meal or go to a restaurant, listen to some music that make your hips move, dance together, reflect on what you done in the last few weeks – what does make you feel best?

And create a beautiful conscious date, consisting of conscious experiences. Reignite your love.

Few tips to make it extra special:

- Plan it in advance and choose the time carefully
- If you have children, arrange someone to look after them or choose a time when they are distracted or asleep.
- Switch off all digitals, allow yourself to be completely with yourself.
- Look at each other like you have just met, recall how did it feel.
- Promise to each other that on the date, you will not remember anything from past or plan future, but focus on what you see, hear, feel, being fully present.
- If any analysis or guilt comes in, notice and take a few deep breaths, and remind yourself your love worth it.
- Relax and have fun, if something doesn't work out the way you planned, embrace it, notice how you feel and see whether you can find something else to enjoy.
- Bring some humour in, what does make you laugh – couples who love together, have better relationships.

If you find it hard, remember, you don't have to do it on your own, ask for help a friend, our group or me, anyone you trust. We are all interconnected, and even a little guidance can go a long way.

Make it special, enjoy...





Day 19

Welcome to the 19th day of our journey, through simple pleasures to more love, joy, empowerment and aliveness in your life.

Day 19 tip: give yourself a little beautiful conscious massage

Our body loves touch. Take some time to rub a lotion or massage oil in and really slowly massage yourself. Just by concentrating on how your hands slide over your skin can be a pleasure meditation. How much can you allow yourself to enjoy it?

Read more tips here on a healing Tantric touch:

<https://sunshinetantra.co.uk/exquisite-tantric-touch>

Extra challenge (for those who like to stretch themselves):

Make it special: decorate room, put some soft lights, flowers, sexy music, lie down and allow your hands to slide all over your body, exactly how you like it.



If you are in a couple:

Give massage to each other, to spice it up, you can make it a ritual like: decorate room, put some soft lights, flowers, dress up for each other.

You don't need to know how to do it, just slide your hands lovingly all over their body with a bit of a lotion or massage oil.

Read more tips here on a healing Tantric touch:

<https://sunshinetantra.co.uk/exquisite-tantric-touch>

Enjoy...



If you feel you need additional support or want to bring even more pleasure in your life, please check our events at <https://sunshinetantra.co.uk/events> or book a **FREE DISCOVERY SESSION** now to learn more about what we can do for you to transform, enrich and inspire your life at info@sunshinetantra.co.uk.



Day 20

Welcome to the 20th day of our journey, through simple pleasures to more love, joy, empowerment and aliveness in your life.

Day 20 tip: Try something new

Trying something new is so uplifting and sexy, especially if it is something that you have been thinking for some time.

What is it for you: a dance class, a new outfit or a restaurant, gym or yoga, or maybe an online dating, trying new things can absolutely make you feel turned on, especially anything that can take you out of your comfort zone.

Move away from the things you are comfortable with and look at all the things that light up your curiosity...

If you can't find a place to do this in person, there are plenty of options you can try online.

One incredible idea from us, try out tantalising Tantric Retreat that will change your life to bring so much more pleasure and joy in...

Don't miss the opportunity to change your life and bring more pleasure, empowerment and extasy in your life.

Extra challenge (for those who like to stretch themselves):

Stretch yourself and try something you wanted for some time, but never did it for whatever reason. It can be amazing...



If you are in a couple:

Same as for the solo option, do something new but together, new experiences re-ignite your love. You deserve it.

One extra idea from us, try out tantalising Tantric Retreat that will change your life to bring so much more pleasure and joy in... Don't miss the free retreat taster today: <https://sunshinetantra.co.uk/events/retreat-taster>

Be curious, enjoy...





Day 21

Welcome to the last day of our journey, through the simple pleasures.

Congratulations! You did it!!! Thank you for your trust and energy.

I am so curious how was it for you. What have you discovered? What have you enjoyed most? Do share in the group, let's celebrate together:

<https://www.facebook.com/groups/3109124212678111>

Day 21 tip: make a list of your simple pleasures

Write down a list of things you love doing or things that you enjoy. It can be something as simple as a chat with a dear friend, or eating a juicy fruit very slowly and consciously, or giving yourself a hug...

Pick ONE thing on the list and just do it or book it today!

Then work your way through the list.

I hope you enjoyed the challenge and it brought some inspiration in your life. But don't stop here. Bring more pleasure into every day! Spending time just for yourself, will make you a better partner, parent, friend, child, colleague and enjoying your life is sexy.

Become a lover of life!

Beyond this course, there are always further horizons. If you like, join our next event: <https://sunshinetantra.co.uk/events>

Or ask any question, we'd love to help: info@sunshinetantra.co.uk.

Extra challenge (for those who like to stretch themselves):

How about a new challenge: for the next month do 1 thing from your pleasure list every day?



If you are in a couple:

Create a list of things you would like to do together. Pick ONE thing on the list and just do it or book it today! Then work your way through the list. Read the solo description for more inspiration.

It was a privilege to create this journey for you. Hope to see you soon again.

Follow your bliss!

Love,
Surya



PS: If you feel you need additional support,
just book a **FREE DISCOVERY SESSION** now
to learn more about what we can do to transform,
enrich and inspire your life:

<https://sunshinetantra.co.uk/events/discovery-sessions>

or just ask any question:

info@sunshinetantra.co.uk.