

## LIFE IS BUDDHAFUL TANTRA TEMPLE SESSION FAQs



**Q) What is a Tantra?**

**Q) How long are the sessions?**

**Q) What is the offering for the session?**

**Q) How many sessions are there?**

## Individual Sessions

Please read session description for Singles Tantra:

A) <https://jenchi.org/dallas-tantra-singles>

Please read article on Tantra:

B) <https://www.yogapedia.com/definition/5058/tantra>

## Couples Sessions

Please read session description for Couples Tantra:

A) <https://jenchi.org/dallas-tantra-couples>

Please read article on Tantra:

B) <https://www.yogapedia.com/definition/5058/tantra>

**Q) Do I have to start on Session 1? I have done past Tantra sessions with other practitioners.**

**A) Yes, everyone starts on Session 1. These sessions are sequential & build on one another. Every practitioner is different & “” their sessions. These are mindfulness practices & must start from the beginning. Session 1 provides an opportunity to see if we have the right alignment to work together ongoing.**

**Think of it like your yoga class. If you haven't been to class in a long time, you don't jump back in by starting in an advanced class. Tantra is a mindfulness practice just like meditation & yoga. \*If you feel you are an advanced practitioner, please inform me upon booking.**

**Q) Can I do more than one session, or all both sessions, in one day?**

**A) Yes you can, but I don't recommend it. If you truly want to learn Tantric practices, one session/week, consecutively, is ideal. This will also depend on your goal/expectation & our chemistry. I usually am able to gauge this during Session 1.**

**If you are only doing the sessions for relaxation, & in a more passive fashion, please inquire about longer sessions & combination packages. Packages offerings are made at the time of booking.**

**Many times, it is people who are business travelers etc. that prefer to book all sessions in a day/week, since they don't have the option to return weekly.**

**Q) Are there Advanced Sessions after the Initial Sessions?**

**A) This is on a case-per-case basis & really depends on how serious you are about your Tantric practices, mindfulness, breathwork etc. Advanced Sessions are By Invitation Only.**

**Q) Can I change the session, make suggestions or mold it to my preference?**

**A) You can choose to take an Active or Passive approach regarding your breathwork. Some people do sessions for relaxation only & not for the Tantric practice. Other than that, the session choreography & flow is the same every time for every person during the sessions. The only adaptations I make will be due to health issues or injuries & the like.**

**Q) Is there draping? Q) Will you be naked?**

**A) Light draping is provided.**

**B) I will be wearing my normal Tantrica attire.**

**Q) What kind of oil is used?**

**A) All natural, unscented, coconut oil.**

**Q) Is there a shower available?**

**A) No, there is no shower available. There is no reason to try to wash the coconut oil off. Oil & water don't mix. LOL! I do have plant based cleaning wipes for your use, if need be.**

**Q) I am ready to make an appointment. What is the best way to reach you?**

**A) Please text me & include your: name, time & date of request.**

**PLEASE NOTE TEXTING IS AN OPTION FOR BOOKING ONLY. Any other commentary &/or coaching/questions should be saved for conversation upon meeting at your first session. Most questions should already be addressed here – in the FAQs & TEMPLE ETIQUETTE.**

**Note: You won't reach me via calling as I am busy in sessions. Feel free to leave a VM, but I will respond via text – between sessions 😊.**

**Q) Are Tips allowed?**

**A) In the tradition of Tantra, it is customary to bring your Tantrica a gift/offering. Additional Offerings are accepted, but never expected.**

**Q) Do you do Out Calls?**

**A) Typically, the answer is no. All sessions are at the Temple. These are mindfulness practices that require a sacred space, feng shui & all the necessities for your session e.g. a table or mat etc. If you are wondering why, aside from time, consider this: travel each way & any other cost associated e.g. parking fees, valet fees & gratuities, bellman gratuities etc.**

## LIFE IS BUDDHAFUL TANTRA TEMPLE SESSION ETIQUETTE



- 1) **The Temple is All Natural, Organic & Holistic.** Prepare for one of my sessions the same way you would for any bodywork session. Suggestions include: be hydrated, eat light, no stimulants i.e. caffeine etc. prior to your appointment, definitely no smoking, no cologne, no lotion, after shave, or the like. Some people wear really toxic types of deodorant etc. It is best to use all natural & organic products.

It is courteous to your practitioner & to other people, who will have sessions in the same room, to keep personal product use to a minimum. If you are scheduling spontaneously & have already used these products, just let me know during Session 1 & we can work around it. You will know for all future sessions.

Also, if you like to tan, please exfoliate prior to sessions.

- 2) Please arrive on time, but no earlier than 5 minutes prior to your session time. I run on time - not early ☺. Running late will cut into your total session time.
- 3) Please put your cell phone on silent or turn it off prior to entering my Studio. There will be no phone calls or texting, by either party, during your session.
- 4) There is no talking once your session begins. This is a quiet contemplative & meditative space/time for both the client & the practitioner. Random talking breaks up the natural flow.

- 5) No gum chewing. It gets in the way of your breathwork & is bad for your digestive enzymes.
- 6) Please let me know if you are considered Obese or Morbidly Obese. My table has weight restrictions & yoga is part of Tantric Practice. Approval on a case-per-case basis.
- 7) Please be courteous & exit in a timely manner. I am supposed to leave time for you to get dressed at the end of the session, but I usually use ALL session time on the table. If you have questions once your session is over, please save them for your next session.
- 8) For the wellness of you, your Tantrica, and that of the Temple, please take time to rest, and reschedule your session if you are ill.
- 9) Please don't schedule any sessions if you have uncovered open sores on your body.
- 10) If you are doing a Couples Session, please make sure both parties are aware of the FAQs & TEMPLE ETIQUETTE, prior to your session 😊.

***ALL SESSIONS ARE SPIRITUAL, BODYWORK, HEALING TOUCH & ENERGY WORK.***

***LIGHT DRAPING IS PROVIDED.***

***STRICT TEMPLE ETHICS POLICY: NO EROTIC TOUCH OR SOLICITATION.***

***ALL SESSIONS ARE BY OFFERING. OFFERINGS LISTED ARE SUGGESTED.***

***~ NAMASTE ~***