

Sensual Essentials

TANTRIC TRAINING FOR MEN

What kind of man would you be
if you were rooted in your
Sacred Sensual Power?



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What to Expect

- Desire and communication
- Eros & energy
- Vulnerability & Power
- The Art of receiving and being received
- Purpose and priorities
- Rest and re-Source



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What to expect

- Ancient Tantric teachings
- Movement and meditation practices
- 1:1 coaching
- Mindset frameworks
- Nervous system reset
- Body & somatic wisdom
- Energetic refinement
- Life upgrade



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**This is not just about
great SEX
this is about living a
great LIFE**

DM me for info



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MORE

- Vitality
- Creativity
- Clarity
- Passion
- Purpose
- Peace

**The time is now - awaken into your
sensual essence**



YOUR FACILITATOR

Ex-Fortune 500 innovation strategist now Corporate Dakini, Alexandra Diepering teaches the wisdom that brought her back to life after burnout and 8 years of chronic illness.

For over 10 years, she has been hosting retreats, running trainings, leading monthly sensual evenings and coaching hundreds of men one-on-one back into their aliveness and sensual power.

Rooted in the lineage of Kashmiri Shaivism, Alexandra weaves traditional Tantric wisdom with modern energetic practices – guiding men into presence, embodiment and the Erotic Intelligence that fuels Desire-Led leadership.

She is the only female Tantric teacher in South Africa offering this depth of training for men.



TESTIMONIALS

If you've got chains-sexual shame, fear of rejection, whatever-come once. You won't have to 'go deep' unless you want to. But trust me: after twenty minutes, you'll wonder why you ever locked the door. Thank you, Alexandra. You didn't fix us. You proved safe is louder than loud. And yes-I'm coming back. So should you.



My experience was an enlightening of the mask and armour that I used to hold me. I feel free and held and loved.

I am deeply grateful to Simona, Alex and the group for the shared experience.

I gained freedom from bondage – unconditional love for myself and the divine and the family that made it all possible.



I connected to a deep current of desire... not for a person or a goal, but for life itself. For beauty, truth, and embodiment. 🌿

During the breathwork, I had this powerful feeling like I was drinking the Milky Way straight from the goddess 🌌 ☐ It was so vivid, so tender. I didn't even know I could feel that much in just my breath. I cried because I remembered something sacred inside me (something I've been missing).



8 weeks

Tier 1:

- 1 x 60 min 1:1 intro call - background & intention setting
- 1 x 90 min 1:1 session half-way
- 4 x 2hr Group calls (transmission & teachings, core practices, 1:1 hot seat coaching)
- Weekly : Additional Teachings, Transmissions, practices, prompts
- Telegram group for conversations & accountability & 1:1 feedback / reflections from me
- Content Library
- 8k - (40% discount for first round)
- R2000 discount if you bring a friend

Tier 2:

- 4 x Group calls
- **5 x 60 min 1:1 sessions**
- Weekly : Teachings, Transmissions, practices, prompts
- Telegram group for discussions
- **Open ended direct line to me for spontaneous reflections, feedback, customised recordings and practices for 3 months.**
- Lifelong Content Library
- 15k
- R3000 discount if you bring a friend

Tier 3:

- Everything above **PLUS half-day in person retreat** with me, including 3hr bodywork session
- 20k
- R4000 discount if you bring a friend

Payment plans available on request



Timeline

Week 0: Intro call - background/context

Week 1: Group call - Kick off & foundational training

Week 2: Self study

Week 3: Group call - Masterclass

Week 4: Self study & 1:1 session

Week 5: Self study

Week 6: Group call - Masterclass

Week 7: Self study

Week 8: Final Group call

Self Study will be 1hr with option to extend if desired.

Micro practices for daily use will be included to ensure sustainable shifts and knowledge being embodied

STARTS MAY 12

Group calls - Tuesdays 7pm (12 May, 26 May, 9 June , 23 June)

To Enquire:

Alexandra 072 504 2547

alex@urbansanctuary.de

