

Keyis
Hall



Tantric Date Night

*30 Minutes To Activate Deeper
Pleasure, Passion, & Intimacy*

It takes two to tango...

For the one suggesting this exercise:

Thank you for being brave and loving. You're reaching for deeper connection — and that's beautiful. I celebrate you for it.

For the one receiving:

How lucky are you? Your partner wants to create intentional, meaningful connection with you. Even if you're skeptical, what if you suspended disbelief for 30 minutes and simply said yes?

You might be surprised...

Before You Begin...

Familiarize yourself with the key skills & connection methods you will be practicing together.

✦ **Presence Over Performance**

- Let go of pressure to impress or achieve. Your only job is to be here, fully, with yourself and your partner.

✦ **Ground First, Connect Second**

- When you anchor into your own breath and body before engaging, the connection you share becomes deeper and more authentic.

✦ **Listen With Your Whole Body**

- True listening is more than words — it's reading breath, tone, expression, and energy. Respond with your presence, not your ego.

✦ **Lead With Curiosity, Not Judgment**

- Drop assumptions. Ask, notice, explore. Curiosity keeps the moment alive; judgment shuts it down.

✦ **Vulnerability Invites Vulnerability**

- When you risk being seen — with your fears, desires, and truth — you give your partner permission to do the same.

Setting & Supplies

Grab a timer, & consider your environment as you set up your space.

✦ **See: What do you see around you?**

- Consider turning on mood lighting, using soft fabrics, & removing clutter.

✦ **Hear: What can you hear?**

- Consider shutting out city noises & turning on some **Sensual Tantric Beats**.

✦ **Smell: What do you smell?**

- Consider lighting some incense, a candle, or using some essential oils.

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Step 1: Create The Container

Relationships thrive when they have a strong container—a safe and intentional space where both partners can fully express themselves without fear.

✦ Imagine...

- Imagine that you are creating a gold bubble of light around your space.
- Let go of everything outside of it, and intentionally create what's inside it.

✦ Release...

- Release anything you don't want inside this bubble...
- Take turns saying "I release..." and throwing things outside the bubble

✦ Invite In...

- Bring in what you want to be inside this bubble. What do you want to feel or experience?
- Take turns saying "I call in..."

✦ Intention Setting

- To finish, each partner takes a turn saying out loud what their intention is for the evening.

Step 2: Your Inner World

To connect deeply with someone else, you need to first ground yourself.

✦ Meditation

- Close your eyes, focus on your inner world & your sensations.
- Let everything else go. Check in with yourself - how do you feel, and is there anything you need? Give yourself what you need.
- Meditate for 3 minutes.

✦ Eye Gaze

- Open your eyes, and gaze into your partner's eyes for 1 minute.

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Step 3: Attunement

Spend a few minutes engaging in playful attunement.

★ Mirror Exercise

- Play music. One leads, one follows — mirroring the leader's movements for 3 minutes each.
- When you're complete, switch roles.
- Remember to stay playful!

Step 4: Vulnerability & Listening

**Take turns answering the following vulnerable questions.
Each partner has 2 minutes to answer.**

★ Instructions

- While asking the questions below, do not end early.
- The asker must keep asking the same question, and responding to each answer with only "thank you" until the 2 minutes is finished.

★ Questions:

- What do you desire from this evening?
- What are you afraid of tonight?
- What do you love about me?



Step 5: The Intimacy Activator

Sit in yab-yum if possible (pictured above).

Move through the following exercises. Suggested time: 2 minutes for each step.

✦✦ Eye Gazing

- Stare into each other's eyes. Focus on your curiosity. Can you see the divine in them?

✦✦ Breathe

- While still looking into each other's eyes, start breathing deeply.
- Breathe deeply into your belly, in and out through your mouth if you can.
- This may feel intense... keep breathing.

✦✦ Breathe Into Genitals

- Keep gazing into your partner's eyes. Keep breathing deeply in and out of the mouth if you can.
- Imagine that you can send your breath into your genitals. Imagine that your pleasure is growing there like a big ball of light.
- No matter what comes up, keep connecting to your partner through their eyes.

✦✦ Breathe Into Heart

- Keep eye gazing. Keep your breath full and deep.
- This time send your breath into your heart. Feel your chest expanding with every inhale. Feel the heart connection you have with your partner.

✦✦ Breathe Into Third Eye

- Now breathe into your third eye, sending your energy and attention there.
- Keep gazing into your partner's eyes.

✦✦ Feel Your Connection

- Let go of the breath, gaze into the eyes, and feel the full connection between you both. Notice the connection between your genitals, lower belly, heart, & third eye.

**Close by moving into love-making,
or sharing what you experienced.**

Closing The Container

✦ Celebrations

- Once you feel complete in your physical intimacy, share 3 celebrations each.
- Ex: “I want to celebrate myself for...” or “I want to celebrate you for...”

✦ Release the Ritual Space

- Finally, release the ritual space (the bubble of gold light).
- Congratulations, your Tantric Date Night is complete!

What Next?

Some suggestions moving forward & integrating what you experienced...

✦ Journal

- Tomorrow morning, commit to journaling for 15 minutes.
- Use a free-flow thought method. Write down whatever comes to mind for 15 minutes. Don't think, just write.

✦ Connect

- Talk to your partner about the evening.
- Consider practicing structured listening techniques including IMAGO dialogue.

✦ Follow Up

- Send an email to connect@krishall.ca with any questions or concerns.

✦ Ready for more?

- Visit <https://www.krishall.ca/coaching> ...and discover **your full orgasmic potential!**

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