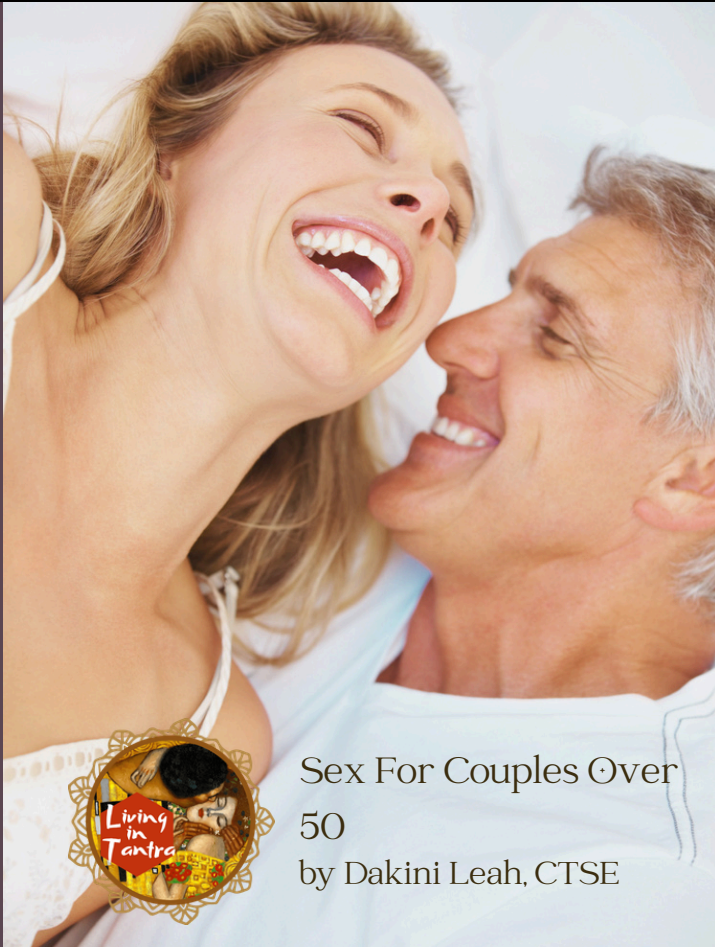




# 3 Slow Sex Practices

for Lasting Oneness



Sex For Couples Over  
50

by Dakini Leah, CTSE

# Dear Lovers,

If you and your Beloved are over 50, I'm sure you're noticing your bodies aren't what they used to be. Men may struggle with maintaining erections, and women may experience vaginal dryness and painful penetration due to menopause.

Many couples worry the flaming fire they once shared is dying into embers. Or even worse, that you've NEVER experienced all that love making promises.

But here's the truth—you and your Beloved are being called. The old way of having sex is a younger person's game. Your seasoned bodies and souls speak a new language now, one that whispers of smoldering sensuality and lifetime Oneness that rocks the very cosmos.

I believe this kind of Oneness is only available to mature lovers. With what I can teach you, I'm betting you'll agree with me.

Will you take up the calling dance across the cosmos in Oneness?

These three slow sex practices are the appetizers. Working with me in my program, you two will cook up a the feast of a lifetime.

Here's to the best sex of your lives!

- *Dakini Leah*

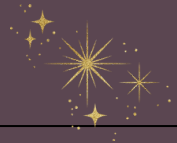


## Practice #1: The 5-Minute Soul-Gazing Ritual

One of the most powerful ways to strengthen intimacy is through eye contact and synchronized breathing. Soul-gazing may seem uncomfortable at first, but try it. It creates a deep energetic connection between you and your partner, allowing you to feel truly seen, understood, and cherished.

# When the soul sees itself in another, this is true intimacy.

T a n t r i c   W i s d o m



## How to Do It

1. Sit across from each other, either clothed or naked, in a comfortable, relaxed position.
2. Hold hands or place your hands over each other's hearts.
3. Gaze into each other's eyes without speaking for five minutes.
4. Sync your breath: Inhale deeply together, then exhale together.
5. If emotions arise, let them flow—this is a safe space for vulnerability.



# ◆ Why This Works for Couples Over 50 ◆

As bodies season, our souls beg to become the focus of connection. Eye gazing for long stretches soothes the nervous system and produces a “soul erection.” Deep breathing produces a light trance, putting you in touch with luscious memories, visions, and your understanding of the Universe.



You're never too old to  
become younger.

M a e W e s t



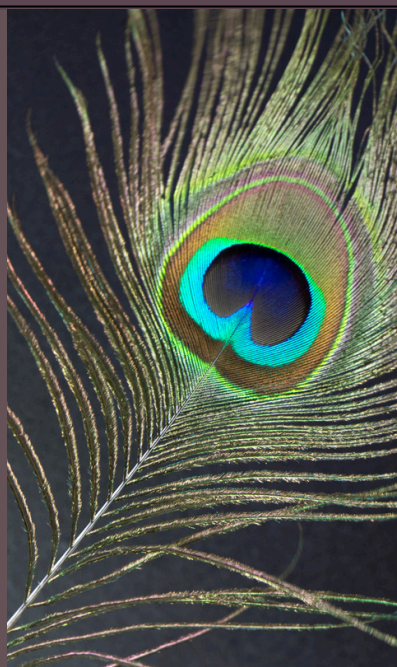


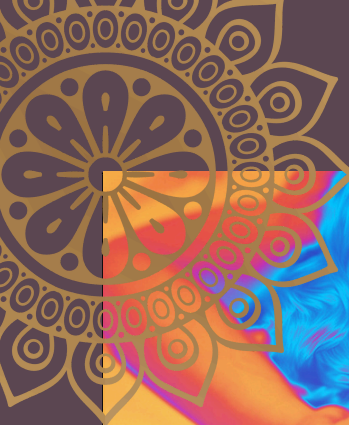
## Practice #2: The “No Goal” Sensual Touch Exercise

Women over 50 are far less tolerant of any touch that could pressure them into sex when they aren't ready. This exercise takes you both back to your youth when maybe sex wasn't yet an option, and all you had was the pure pleasure of flirting.

## How to Do It

1. Set a 15–30 minute timer where you and your partner explore each other's bodies without the goal of intercourse or climax.
2. Use your hands, lips, or a feather to slowly caress your partner's skin, paying attention to their breath and responses.
3. Move extra slowly, savoring every sensation and encouraging each other with soft sounds, whispers, or sighs.
4. Let pleasure build naturally—without rushing or needing it to go anywhere.
5. When the timer ends, pause, hold each other, and express gratitude before deciding whether to continue or simply bask in the connection.





## ◆ Why This Works for Couples Over 50 ◆

Many men over 50 are weary of “performance,” and many women will no longer tolerate being penetrated before they’re aroused. This sensuous practice releases oxytocin—the love hormone—and spreads loving, sacred sexual energy all over your bodies. Every inch of you, not just your genitals, can feel aroused, playful, and connected. Lose yourself in the deep love, full body pleasure, and even kundalini unleashed in this practice.

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A photograph of a man and a woman kissing, with the woman's hand on the man's cheek. The image is overlaid with a semi-transparent dark purple filter. The text is centered over the image.

The heart that loves is  
always young.

G r e e k P r o v e r b





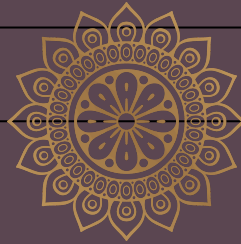
Practice #3:

# Yab–Yum for Deep Connection



Yab yum is a Tantric lovemaking posture that allows for energetic and emotional merging— with or without penetration. It encourages deep breathing, synchronized movement, and full presence with your partner. Use plenty of pillows to support your back and knees so you can relax into the posture and fly across the sky.

## How to Do It



1. Man sits on a bed, chair or cushioned floor.
2. Invite your lady to straddle you, wrapping her legs around your waist so that your hearts are pressed together.
3. Rest your hands on each other's back or cradle each other's heads.
4. Close your eyes, breathe deeply together, and slowly rock your hips, keeping the focus on connection, not performance.

5. Stay here as long as you like, allowing energy to flow between you.



“Enter the temple of love  
without urgency. There,  
eternity unfolds.”

V i g n a n a   B h a i r a v a   T a n t r a

## ◆ Why This Works for Couples Over 50 ◆

This position is especially powerful for men struggling with ED and women experiencing vaginal discomfort. If you practice in the nude, you can feel a conversation beginning between soft lingam and delicate yoni. Your focus shifts from thrusting to the intriguing conversation, allowing arousal to build naturally and equally. Soft lingam could become erect gently within yoni, and the subtle sensations are pure ecstasy.



# Ready for More?

## Bring Slow Sex into Your Relationship

If these practices resonate with you, I invite you to explore my Sex for Hours Coaching Program for Couples Over 50.

- ◆ Leverage ED & menopause for the best lovemaking of your life
- ◆ Understand sex's sacred calling
- ◆ Discover the Tantric secrets for making love for hours



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Apply for a consultation by emailing  
◆ DakiniLeah@LivingInTantra.com ◆

With love & cosmic connection,

*Dakini Leah*



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