

Awakening your Essence

Tantra Massage

In this demanding world we can often **lose touch with our essence and life-force**, ending up running on empty and feeling depleted. With little connection to our own vitality we can lose enthusiasm for life and find it hard to connect to energy we actually have available to us at anytime.

Tantra massage is one beautiful, nourishing and sensual way of becoming revitalised so that our love of life – and love for our precious self – returns. My invitation is to come and **experience yourself in your essence** – as I help you tap into a reservoir of sexual creative energy, without any need to push or strive.

I offer an **exquisite full body massage**, merging **Tantric techniques** with my own **intuitive healing touch** – creating a unique experience that is fully focussed on honouring you just as you are, and encouraging aliveness in your being. Throughout our time together, I am in service to you and your experience. **You are in complete choice in every moment**. Receiving the touch we've always longed for is transformational and my invitation is that you receive this touch as a gift, with no need to perform – **simply surrendering to the experience**.



The session can, yet does not have to, include genital touch. This differs from regular massage in which genitals are usually excluded. In Tantra massage, we include the genitals just as we would any other part of the body. This helps with **integration; uniting our sex, heart and spirit**, welcoming all of you.

The session has many possibilities – for example it may be **enlivening, moving, erotic, relaxing** – and perhaps even all of this and more. My innate **capacity for care and holding means you are totally safe to express yourself** in whichever way the energy flows through you. Towards the end of the session there is **space for rest, integration and reflection**, so you don't need to rush back into the world again.

Shape of the session

Welcome & check in - discussing boundaries, desires and intentions
Full body massage with warm oils in a temple space
Rest and integration time
Reflection & close

About me



My healing and massage journey began in 2005, studying with healers and Tantric practitioners. I have also received many healing sessions over the past few years to prepare myself for this work. I recently graduated from the Tantra Massage Training school led by my sister Gayatri. I have also trained in Kerala, India in Ayurvedic massage. I am devoted to offering deep care and extend a warm welcome to you to experience these sessions. If you have any questions, please do get in touch at bayari@heavenonearth.me.uk

"I felt such a sensuality and deep connection to source. The sublime feeling took me to another place, time and world. I was very grounded from start to finish whilst on a divine journey. Truly an experience not to miss. Unconditional love." A EiAyanni, Therapist

Location & Costs

Sessions take place in a luxurious space in Highbury.
Please get in touch with me by email to enquire about costs.

*you
are the
temple*