

Tantra Foundations for Men

Starting October 21st, 2025

Hosted by Joshua Holt, Founder of InResonance Tantra Academy



(((InResonance)))
TANTRA, SCIENCE, AND
SPIRITUALITY

Complete the Sacred Circuit: Redefine your relationship with sex, intimacy, and presence.

I'm opening a men's cohort for a **month-long program on Tantra Foundations**. This is for men who are ready to explore their sexuality in a more conscious way — beyond performance, pressure, or habit — and discover sex as a source of power, love, and connection. This program builds on the Tantric Sacred Circuit workshop I offer, guiding you through the first four chakras, helping you reconnect with your body, energy, and heart. Whether to strengthen your personal practice or enhance intimacy with a partner, this program will help you connect more fully with your sexuality, and build a grounded foundation for growth and expansion.

Who This Is For

This program is for men who want to:

- Feel more confident and present in intimacy.
- Learn to circulate and direct sexual energy.
- Move beyond habits of performance, porn, or disconnection.
- Learn non-ejaculatory practices that expand connection and awareness.
- Experience sex as a pathway to love, depth, and vitality.
- Release sexual tension, shame, and past conditioning.
- Learn movement mechanics and body expression.
- Move from a space of doing to a space of being.

No previous Tantra experience or partner is required. Open to men of all relationship statuses and sexual orientations. Bring curiosity, openness, and a willingness to explore.

What's Included

- **4 weekly group calls via Zoom (1.5 hrs each)**
 - *1 hr of learning*: Practical teachings on sexual energy, intimacy, and Tantra.
 - *30 min discussion*: Open space for sharing, vulnerability, and brotherhood.
 - *Video Recording of each session*: Revisit the material anytime in case you miss a session or want to study at a later time.
- **1 private integration call via Zoom (1 hr)**
 - A one on one session at anytime to help ground your learning and integrate it into your daily life.
- **Access to a Tantra Academy – Private Online Community (Long Term)**

- A space for program alumni to continue conversations, connection, and growth.
- Share experiences, ask questions, and receive updates on advanced programs or retreats.

Program Flow

Each week moves through a successive chakra, completing the sacred circuit which is used to circulate sexual energy through the body. Guiding this energy upward is known as **sublimation**—one of the three pillars of Tantra. Sublimation plays a vital role in practices of non-ejaculation and in deepening the experience of love, whether in solo or partnered practice.

Once the energy is sublimated to a new area of the body, it can be **transmuted**—converted into new forms that can bring heightened focus, mental clarity, or physical vitality to our bodies. Transmutation is another key pillar of Tantra which helps lay a solid foundation to build and expand upon.

As the program progresses, each week’s teachings and practices build upon the last, moving step by step through the chakras. By completing the full sacred circuit, you’ll gain not only powerful personal insights but also practical tools to enrich your sex life, relationships, and personal practice.

Week 1 – Root Chakra (Muladhara): Presence, Grounding & Body Foundations

- **Theme:** Stability, presence, safety in sexuality.
 - *Learning (1 hr):*
 - Establishing and understanding the Sacred Circuit.
 - Redefining sexuality: from performance to presence.
 - Breath, body awareness, and managing ejaculation.
 - Recognizing blockages or past sexual emotions and traumas.
 - *Discussion (30 min):*
 - Where do I feel ungrounded or anxious in intimacy?
 - Sharing fears around sexuality or inadequacy.

Week 2: Sacral Chakra (Svadhithana): Pleasure, Sensitization & Emotional Flow

- **Theme:** Reclaiming the body, desire, and emotional flow.
 - *Learning (1 hr):*

- Awareness of arousal cycles with yourself or your partner.
- Re-sensitizing the penis: purification with sensation.
- Moving beyond habits of performance, porn, or disconnection.
- Recognizing and releasing tension in the body during intimacy.
- *Discussion (30 min):*
 - What is my relationship with pleasure and desire?
 - How emotions, shame, and past conditioning show up in sex.

Week 3: Solar Plexus (Manipura): Confidence, Boundaries & Movement Mechanics

- **Theme:** Empowerment, energy direction, and self-expression.
 - *Learning (1 hr):*
 - Removing the destination: orgasmic choice.
 - Healthy masculine boundaries: expressing yourself without fear.
 - Movement mechanics: body expression and flow in bed.
 - Sublimation during sex or self practice.
 - *Discussion (30 min):*
 - Where do I lack confidence in intimacy?
 - Reflections on control vs. surrender, mechanical vs. sensual

Week 4: Heart Chakra (Anahata): Love, Union & Sacred Sexuality

Theme: Opening to love, connection, and intimacy as a spiritual practice.

- *Learning (1 hr):*
 - Completing the sacred circuit: transmuting sexual energy into the heart.
 - Uniting masculine and feminine energies (with yourself or a partner).
 - Experiencing a love state and allowing space for its expansion.
 - Turning masturbation or sex into a spiritual practice and daily ritual.
- *Discussion (30 min):*
 - Where do I long for more connection in sex and life?
 - Daily rituals to sustain Tantra beyond the bedroom.

Why is this Program Unique?

This is the first time I'm offering this program as a group container:

- **Pricing is on a sliding scale (\$150–\$400)** — you choose what is available to you for a fair energy exchange.
- **Scholarship Program** — Scholarships are available for those who feel strongly aligned with the program but find the sliding scale pricing out of reach. To learn more about this program and the discounts available, please follow this [link](#).
- **Limited spots available** — the pilot program capacity will be capped at 10 participants to keep it unique and intimate.
- **This special intake of *Tantra Foundations for Men* will only be run once.** Your feedback will help shape this program into its full form.
- **Pricing and Capacity Increase** — After this first intake, the program price and capacity will increase going forward. Being part of the initial intake is special as we will create something unique together.
- **Participants who complete the program will be asked to provide a testimonial** at the end to help me share this work and reach more men who could benefit from its teachings.

How to Join

To apply or ask further questions about the program, follow this link to the landing page where you'll find a contact form to fill out.

www.jyoshy.ca/programs

Once I receive your contact information, I will respond and schedule a 20-minute discovery Zoom call to ensure the program is the right fit for you at this moment.

Enrollment is on a **first-come, first-served basis** to remain fair and give equal opportunity to all.

The program begins October 21, taking place on Tuesdays — October 21, 28, November 4, & 11 — from 7:00–8:30 PM PST.

Thank you for expressing interest in this program. I look forward to connecting and working together as we re-engineer the mind, body, and soul!