



TantraNova Announces Online Workshops for Couples During Quarantine Challenge

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Based in Chicago, IL, the TantraNova team has announced that they are offering online workshops to help couples balance their relationships and hone their intimacy during these unusual times. With couples under quarantine and stuck at home, now may be the perfect time to receive effective relationship guidance, as many are experiencing difficulties with the increased time together in close quarters. The TantraNova team wants couples to know that now is not the time to give up, but rather the time to delve deeper into what makes a relationship great.

Seeking personalized help from TantraNova can teach readers how to shift any misunderstandings or conflicts that arise in their relationship into happiness, peace and fulfillment. Unfortunately for most, those issues have only escalated or intensified during the last months. But the TantraNova team wants people to know that there is another way and they're not alone in this. While many think tantra and intimacy can only be taught in-person, readers might be surprised to learn that the experience can be transmitted no matter the medium—even at home.

Previously only offering 1-on-1 online programs, TantraNova has expanded their online offerings to include all

of their workshops, even the 3-day group workshops. With a wide range of topics and programs, there is a workshop that can help anyone interested in cultivating their potential for love, intimacy and lasting relationships. While many of their programs are geared towards helping couples nourish and build up their relationship, there are also plenty of programs available for single people interested in cultivating their ability to find, have and develop future healthy relationships and a fulfilling love life.

Founded by Dr. Elsbeth Meuth and Freddy Zental Weaver, TantraNova has been helping men, women and couples discover, realize and achieve their goals of love and intimacy for over 20 years. Together, they are the best-selling authors of *Sexual Enlightenment: How to Create Lasting Fulfillment in Life, Love and Intimacy* and have assisted more than ten thousand couples and singles in expanding and rekindling their love lives and relationships. They are featured on Showtime's documentary series *Sexual Healing* and the Emmy Award-winning NBC show *Starting Over*. The efficacy of their work has been captured in the 2009 doctor of psychology research thesis, *The Impact of Tantra on Couples' Intimacy and Sexual Experience* by Meredith E. McMahon of The American School of Professional Psychology of Argosy University, Chicago.

To get started, TantraNova has made several programs available on their website entirely for free that are perfect for any interested readers prepared to take the next steps right now. On their Practices Page, you can find a free practice for couples as well as a free practice for individuals. The couples practice requires a partner and guides couples through a unique method TantraNova has created to enhance intimacy through a spooning practice designed to bring people and their partners closer physically, emotionally and intimately.

Thousands of couples have turned to TantraNova for guidance to strengthen their bond and give their shared love, intimacy and understanding a much-needed boost. "We are indebted to you, Elsbeth and Freddy, for the lifesaver you threw to us at such an unprecedented and challenging time. We continue on our journey and so appreciate how you have been helping us," Melissa and Ray said of their recent experience.

Singles, couples or any interested individuals looking to expand their love and intimacy potential can discover more information about these internationally renowned inspirational intimacy coaches on their website. The TantraNova Institute is located at 2031 W. Warner Ave Chicago, IL 60618 and can be reached by phone at 773-525-5006.

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For more information about TantraNova, contact the company here: TantraNova Dr. Elsbeth Meuth and Mr. Freddy Zental Weaver 773-525-5006 tantranova@tantranova.com 2031 W Warner Ave Chicago, IL 60618

TantraNova

Co-founded in 2001 by Dr. Elsbeth Meuth and Mr. Freddy Zental Weaver, TantraNova's workshops and online programs teach couples and singles how to amplify joy, pleasure, and creativity in their lives and relationships.

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