



*“Un Hotel de Llegenda”*

# Éros Sofa Manual



# Discover the Eros Sofa

The Hotel Llegendes de Girona places at your disposal the Eros Sofa, designed to make you discover new sensations and to provide a supporting system that will enable you to practise in comfort a wide variety of exciting new sexual positions.

While you are making love you will experience a sensation of weightlessness, and thanks to the Sofa's ergonomic design, the angles of the pelvis of both the man and the woman will be modified, opening up an enormous number of options to bring you new sensations you had never even dreamed of!

The Eros Sofa is specially designed for practising tantric sex, an oriental tradition which has developed an infinite variety of sexual techniques, with many benefits for both mind and body, as well as for your spiritual development. Let yourself be guided so as to better prepare your body for the tantric orgasm, an experience which goes much further than the mere genital pleasure we obtain in our Western tradition.



# Tantric sex step by step



## Make your room a temple of love

Your surroundings can be bathed in the light of perfumed white candles, with freshly-picked flowers placed in vases, and essential oils and balms always ready to hand for your massages. You can also choose soft music to aid relaxation, and prepare a tray of fruit and mineral water for your moments of "rest". Before you begin your session, lower the volume of the ringing tone of the telephone or disconnect it completely, thus ensuring that you will not be interrupted.



## Let rhythmic breathing take control

In Tantra, words are superfluous and your rhythm is set by your breathing. Lie down face to face, and start to breathe together in a measured and synchronized way. When one of you breathes out, the other breathes in: in this way you breathe your partner's air, and vice versa.

Close your eyes and feel the air running through your whole body. Little by little your thoughts will disappear and you will enter into a state of meditation.



## Mutual caresses

Select an essential oil and give your partner an attentive massage with slow, gentle caresses. These should initially take the form of circular movements, and should then start from the head moving downwards, exploring the entire body. Make sure you also let your fingers find their own pleasure. Avoid however the areas around the breasts and genitals. (These are reserved for the final stage.) Caress each other for fifteen minutes, then rest for a time before starting to touch each again.



## The kiss of desire

Lie down side by side, look into each other's eyes and kiss each other without touching your bodies. Follow the rhythm of your breathing.

You are getting closer and closer to each other. Look into each other's eyes and kiss each other's skin, moving your lips all over each other's bodies. Lie on your back and allow him to caress your breasts, let the different sensations take control without hurrying, and let your fingers run all the way up and down his penis.

Embrace your partner and caress her vulva and her breasts softly and gently.



## Tantric penetration

Rest again for a time, continue to breathe slowly and prepare yourselves for a form of penetration totally different from what you have experienced up to now. In the tantric tradition, the man does not make love to the woman, nor does the woman make love to the man: rather, they are two universes which join together. Tantric ritual views penetration as one more step in bringing the bodies together, and not as a goal in itself, which is why it is considered that the first stage of penetration should be static. Penetration may now begin, but the penis must stay motionless inside the vagina, while you continue to gently caress each other.

*After a time, you will start to notice your vagina is totally relaxed and starts to move rhythmically by itself.*

For its part the penis also has its own independence and moves as though it is absorbed by the vagina. This phase lasts about 30 minutes.



## Holding off orgasm

If the erection is very strong and you are very near ejaculation, go back to the breathing exercises and the gentle caresses.

The man can also exert pressure with two of his fingers on the area around the perineum, which is between the scrotum and the anus, so as to avoid ejaculation.



## Intercourse

After two or three hours of tantric caresses, your body and that of your partner will have reached the highest point of arousal and you will have the sensation of forming one single body. In this way, letting all these pleasurable sensations take control, you may finally begin intercourse, slowly and gently, until you achieve an orgasm which fills you with the highest degree of pleasure that you have ever experienced, from the tips of your toes to the crown of your head, joining you together as one.

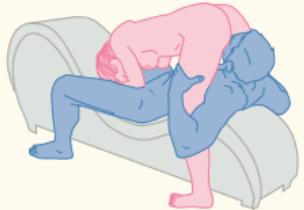




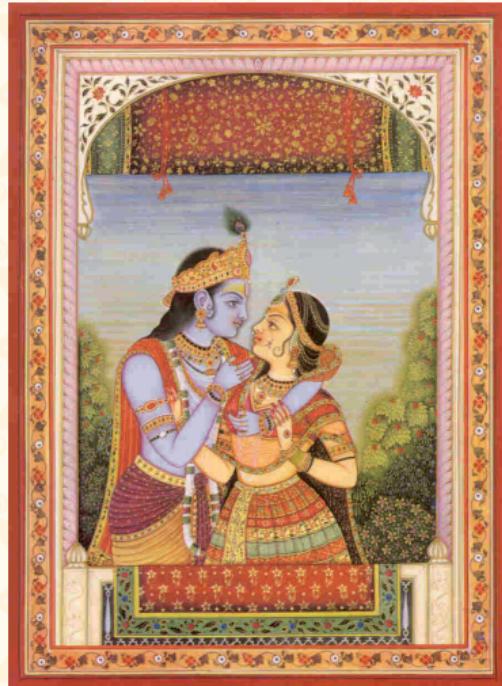












Amante amigo,  
te invito al templo de nuestro amor  
Hagamos de la noche un sueño  
un sueño donde solo existan dos

Nuestro lecho nos invita,a la danza del amor  
Velas blancas, flores frescas, aceites y bálsamos  
Música romántica, ingredientes necesarios  
para nuestra gran noche de amor

Acariciame con la mirada, desnudame con tu voz  
Explora mi cuerpo entero, ámame con tus cinco sentidos  
Envuelve mi cuerpo con el tuyo,  
entrelaza tu mirada con la mía  
y haz estremecer mi cuerpo de placer  
sin penetrar mi carne sedienta de ti  
Deseo sucumbir a tus caricias, y a tu pasión,  
deseo ser tuya y de nadie mas,  
deseo beberme tu alma a sorbos,  
y también poder saciar tu sed de amor

Amante amigo, la noche sera cómplice de nuestra entrega  
Danzaremos al amor, en la hoguera de nuestra pasión  
Dos cuerpos, dos almas,  
dos corazones que se convertirán en solo uno  
Exploraremos nuestros cuerpos, hasta fundirnos  
en un solo éxtasis, la noche entera sera un orgasmo total

Amante amigo,  
lame mi torso, saborea mis besos,  
acaricia mi entrepierna, lame con tu lengua cada  
centímetro de mi piel, y penetra tu lengua cálida  
en mi boca trémula de ti  
Lame mi cuello, encuentra mi punto mas débil,  
quiero enloquecer con tus caricias,  
caballero de mi pasión

Las palabras sobran,  
nos comunicaremos con nuestra respiración,  
nuestra vista y nuestro tacto  
Nos amaremos hasta el amanecer,  
y experimentaremos múltiples orgasmos

Nos amaremos una y otra vez, sin tener que llegar al coito  
El placer sera eterno, en una noche que jamas olvidaremos  
Una noche donde dos almas se regocijaran,  
y donde dos cuerpos se fundirán  
en las caricias del amor y del placer

Haremos el amor con todos los sentidos  
Seré tu amante perfecta, de una forma única,  
viviremos algo nuevo, algo sutil,y muy sublime,  
nuestros cuerpos harán poesía, en un amor erótico,  
un amor espiritual, una entrega única,  
una entrega total que jamas olvidaremos.



## L'Hotel Llegendes de Girona,

Està ubicat en un indret idílico i privilegiat, al bell mig del casc antic de la ciutat de Girona. Un lloc relaxant per endinsar-se a la història, a través de llegendes que el transportaran, a un món de romanticisme i plaers ocults; sensacions ideals per compartir amb cava i bombons, a la nostra Habitació dels Enamorats; on amb el Sofà Eros podrà posar en pràctica l'art de l'erotisme i la seducció tàntica il·lustrada en aquest llibret.

## L'Hotel Llegendes de Girona,

est situé dans un lieu idyllique et privilégié, dans le milieu de l'ancien casque de la ville de Girona. Un lieu relaxant pour s'aventurer dans l'histoire à travers de légendes, celles qu'ils transporteront à un monde de romantisme et plaisirs occultes; sensations idéales pour partager avec cava et chocolats à notre Chambre des Amoureux, où avec le Sofa Eros vous pourrez mettre en pratique l'art du érotisme et la séduction tântrica illustrée dans cette brochure.

## L'Hotel Llegendes de Girona,

Está ubicado en un lugar idílico y privilegiado, en medio del casco antiguo de la ciudad de Girona. Un lugar relajante para adentrarse en la historia a través de leyendas que lo transportarán a un mundo de romanticismo y placeres ocultos; sensaciones ideales para compartir con cava y bombones en nuestra Habitación de los Enamorados, donde con el Sofá Eros podrá poner en práctica el arte de el erotismo y la seducción tântrica ilustrada en este librito.

## The Hotel Llegendes de Girona,

is located in an idyllic and privileged place, in the middle of the old city of Girona. A relaxing space where you can venture in the history, where legends can transport you to a world of romanticism and hidden pleasures; ideal sensations to share with cava and chocolates in our "Room of the Lovers", where with the Eros Sofa, you can practice the art of eroticism and tantric seduction illustrated in this booklet.





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