

Visit tantrafestivals.co.uk for tickets and more info





#### For the first time in the UK...

Tantrafestivals and ArtExtasia invite you to immerse yourself in the beauty and splendour of a unique journey of initiation. In this special collaboration, Tantra meets ecstatic, erotic art in a festival that will take you into the sacred mysteries of Pure Eros.

The biggest hall, Hridaya, will be transformed into a theatre where ArtExtasia will be offering spiritual, artistic shows throughout the weekend, which combine beauty and sensuality with profound meaning. In the remaining two halls Tantrafestivals will be offering a host of sublime workshops and inspiring talks to help you understand and experience how the principles of Tantra represent a genuine erotic revolution. This combination between Art and Tantra offers a true initiation for the participant.

"Through artistic contemplation, Eros becomes the appreciation of the beauty within a person, and even more, the appreciation of beauty itself."

- Plato

WITH LOVE,
TANTRAFESTIVALS UK

#### GENERAL INFORMATION

'An Initiatic Journey' Tantra Festival activities will take place in three main areas simultaneously. Hridaya is on the lower ground floor, Shiva and Parvati are on the ground floor (entrance level). For more detailed descriptions of each activity, please find the relevant speaker in the following pages of this programme. Speakers are listed in the last pages of the programme.

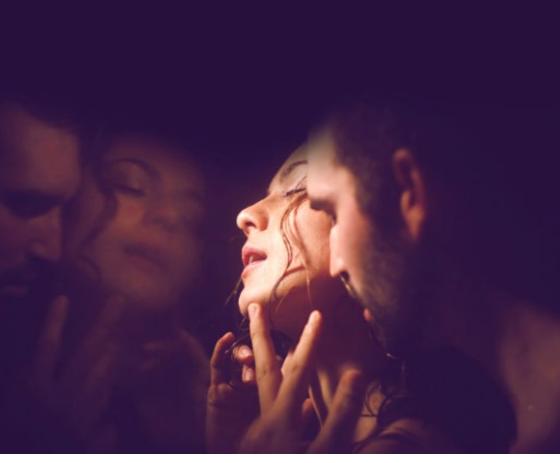
\*Please note that while there is enough space for everyone across all three studios, there is limited capacity in each workshop and talk. Places in each studio are allocated on a first-come first-served basis, so we advise you to come early to sessions you specifically wish to attend. We can accept no responsibility if participants cannot attend specific workshops owing to the session being full.

#### Food & Drinks

There will be designated areas within the festival venue where you can find refreshments. Hot food, salads, light snacks, cakes and hot and cold drinks will be served throughout the weekend.

#### Photography & Video

We kindly ask that all participants refrain from using personal cameras or phones to take photographs during the Tantra Festival. We have a dedicated team for photography and video.



#### **ArtExtasia**

ArtExtasia is a multi-national group of artists and performers, dedicated to inspiring their audience to awaken to beauty, spiritual wisdom and pure eroticism, through initiatic art. Their multidisciplinary team comes from all walks of life, from professional actors and actresses to dancers, journalists,



psychologists, engineers, doctors, filmmakers and sociologists ArtExtasia is united around a simple principle: The transformation we wish to see in the world starts with our own personal transformation. And they do this through the application of the principles of Love, Sacred Art and Spirituality in their lives and artistic work.

#### FRIDAY

#### From 19:00 • Hridaya hall

#### **Opening**

The opening performance of the Festival is dedicated to the expression of Sacred Eros through spiritual art. Marking the official beginning of the Tantra Festival: 'An Initiatic Journey', the opening show subtly charges the entire event to support each participant in their journey of transformation.

#### The Ancient Art of Eros

The ArtExtasia performance opens the pages of the legendary treatise Ananga Ranga by decoding its mysteries, as if the bas-reliefs of the temples of Kajuraho were to come alive and appear before our eyes.

We discover that in an initiated couple making love becomes an event on a cosmic scale - the Eternal Feminine meets the Eternal Masculine, and their fusion is beyond body and senses.



#### Yoga for a superb day

9:15 - 10:45 • Hridaya hall • Hosted by Tara

Yoga is a wonderful way to start the day! Cleanse the mind and bring yourself into the present, open your heart to beautiful intentions for the day, align your body and bring harmony to your being, this Yoga session will be your introduction to a superb day.

#### Yoga Date (for singles too!)

9:00 – 10:45 • Shiva hall • Hosted by Tantra Festivals

No need for your evening dress for this date! Come along
for a date of a different kind, and practise the ancient Hatha
yoga postures in pairs. Get to know each other in a nonverbal way, share qualities and establish a deeper connection
with your partner in special yoga asanas designed to be
practised in a couple. Bring your partner, a friend or just turn
up by yourself and we will try to pair you up before the start
of the session.

#### Meditation practice

10:00 – 10:30 • Parvati hall • Hosted by Tantra Festivals
Life is a gift waiting to be unwrapped and revealed. The art
of meditation enables the full discovery of that hidden gift
of existence. In this session a short talk will be followed by a
guided meditation and breath exercises.

11:00 - 13:00 • Hridaya hall

ArtExtasia presents two artistic shows...

#### The Lover of God

Many would like to live like kings, but they behave like beggars. The story presented by ArtExtasia shows how beggars can transform into Gods. As the divine initiators, Dombi women, called in the occult tradition "the washer woman". Their role and power are to purify, ennoble, awaken and transfigure the man they love, so that he can discover and manifest his sacred essence.

15 minute intermission

### The Pure Eros That Springs in the Gardens of Abundance

In the metaphor the performance proposes, an archaic community seems to live outside of time, in an Edenic world. Joy, overflowing fruit, untroubled serenity. The candour of these people, however, is rather a lack of experience, not the state reached in the effort and sacrifice of inner becoming. For that purity is a gift, a model that inspires man, but we need to assume it, to participate in it, we need to take possession of the gift, truly preparing ourselves to use it.

### Savouring Life The Tantric Way of Heart-full Living

11:00 – 13:00 • Shiva Hall • Workshop with Tara teachers Maria & Morgan

Tantra can show us a unique way to approach the experiences of life, using natural intensity as a means to reach a place of deep centredness and equilibrium. This is the only place where we can completely embrace life, and truly live fully and freely. Join us in this inspiring workshop to explore more heartful, Tantric ways of living.

#### Love through the Chakras

11:30 – 12:30 • Parvati hall • Talk with Bogdan Radasanu
We 'love' our favourite food, our pet fish, or our new shiny
car. We associate love with many objects, hobbies and people
- it seems there is no end to this huge variety of types of love.
But is there more to love? How does love appear, and
how can we hold on to it? Are there any methods we can
train to help us love, or is there a 'science of Love'? Tantra
offers us guidance on moving from a profane to a sublime
love, through the awakening and harmonising of all the
dimensions of our consciousness. We can love... so much
more!

~ Lunch break from 13:00 - 14:00 ~

#### 14:00 - 16:00 • Hridaya hall

#### ArtExtasia presents two artistic shows...

#### The Mystical Heroes of Love

The ageless adventure of Psyche and Eros mirrors the odyssey of the soul in search of love and the enigmatic power of Pure Eros to guide us. The performance reconfigures the myth from a tantric perspective.

As in the ancient story, until we face our carnal urges with lucidity, we risk mistaking them for love. However, when we are brave enough to confront the truth, we can walk the path of Tantra and assume the effort of awakening from sleep and then journey towards the core of existence.

15 minute intermission

#### The Blooming of Pure Love

Forget everything you thought you knew about the life of a Samurai. More valuable than the art of war is the art of love. More powerful than any weapon is love. More glorious than any victory is the encounter with the woman-poet, the woman-teacher. ArtExtasia recreates the irresistible magic of an initiation into timeless erotic secrets. Come to see, come to feel, come to bloom!

#### The Initiatic Path of Shakti Embodying the Goddess

14:15 – 15:30 • Shiva Hall • Women-only workshop with Tara teachers Maria & Kate

All possibilities exist in the being of a woman. She is the embodiment of endless love, happiness, joy, beauty, sensuality, creativity and overwhelming power. In the Tantric tradition, the initiatlic path of shakti leads us on a journey of awakening, unfolding the mysterious feminine potential, unveiling the sublime feminine nature that lies within every woman. This workshop will unfold in a beautiful and sacred ambiance, allowing every woman to tap into her divine feminine nature

#### The Initiatic Path of Vira Embodying the Spiritual Hero

14:15 – 15:30 • Parvati hall • Men-only workshop with Tara teachers Bogdan & Foca

The Tantric texts describe how a man must be reborn, initiated and take the leap from boyhood to manhood, in order to shine as a true Spiritual Hero. A man on the Tantric path is called to RISE to his potential and take on board the Initiatic path. In this workshop Bogdan and Foca will share their insights on Tantric masculinity and the path of growth they went through themselves. They will describe the steps that men can take to complete the shift.

16:30 - 18:00 • Hridaya hall

#### ArtExtasia presents...

#### **Conscious Orgasm workshop**

As understood by the practitioners of authentic Tantra, the orgasm is the live fusion of the Yin and Yang, the cosmic masculine and cosmic feminine principles in our being. It is the most intense state that is available to us all, in which our human nature can unite with that which is godly.

This workshop offers the opportunity to explore the orgasm from a radically different perspective. We will see that orgasm is independent of sexuality, and that while it involves pleasure, it is not limited to pleasure or to the reality perceived through the senses.

In the Conscious Orgasm workshop we will practise a simple method to enrich our capacity to experience bliss, unity and completeness in the whole body, and ain all the inner levels.

The Workshop will offer a guided exploration of the depths of your being and its enormous erotic potential; how to access and guide this tremendous force within you to strengthen your physical and emotional balance, the enrichment of the experience of your own eroticism, the channeling of the sublimated energies of the orgasm into increased vitality, creativity, willpower, affection, spiritual intuition, intelligence and higher consciousness, which allows a detachment from pleasure and desire.

## The Transforming Vital Eros A shift in joy and pleasure

16:30 – 18:00 • Shiva Hall • Workshop with Marcelo from Vital Development

Each part of our skin, of our soul, of our existence is profoundly modified by the poetic connection with others, by a gentle contact, by the surrealistic bridge among the eyes of the lovers. Can we manifest the ideal dream with our bodies for the rest of our lives? Let's try it in this VITAL workshop for Love and Life.

### The Rite of Passage The Value of Initiation

16:30 – 18:00 • Parvati hall • Talk with Tara teacher Morgan

Rite of passage is a deeply significant event that marks the transition from one major stage of our life to another. In this talk we will look at the importance of the rite of passage in the individual's life, in particular the initiation rite that marks the maturing process of the psyche, and how this forms our general outlook on life, how it affects our relationships and interactions with others, and even the broader impact on society.

18:30 - 19:30 • Hridaya hall

#### ArtExtasia presents the artistic show...

#### **Odyssey of Light**

Why do galaxies spin forever, and what makes us dance with happiness when we are in love? The answer is in The Odyssey of Light. An electrifying show that can make you feel like you are floating a few inches above the earth.

Pure Eros welcomes you. We're beginning the journey of a lifetime!"

#### ~ Dinner break from 19:30 - 20:30 ~

20:30 - 23:00 • Hridaya hall

#### ArtExtasia movie premiere

#### La Fabulosa Herencia (The Fabulous Heritage)

When the spiritual seeker realises that his evolution is not in a remote monastery, but in the world, he encounters the initiation of Sacred Eros that changes his entire perspective of life.



#### **Conscious Touch**

18:30 – 22:00 • Shiva Hall • Ecstatic Joy Temple

Conscious touch is a secret gateway to awakening the soul, which is achieved in two ways. First of all, the skin and the sense of touch are intimately connected to the heart, and when we focus on this sense perception it brings us ever more into the present moment – out of the dominion of the mind and into the realm of the soul. This experience is then deepened by the empathic communion between the hearts of the giver and receiver. Secondly, the deeper we enter into this magical connection, consciously and lovingly, the fundamental polarity of our masculine and feminine nature resonates within us more and more clearly and intensely, empowering us as individuals and in our relationships.

Due to limited numbers in the space this session will need to be prebooked in reception and will be repeated 3 times.

### Making Love With The Lights On The Importance of Lucidity in Tantra

18:30 – 19:30 - Parvati hall • Talk with Tara Teacher Foca Yariv

Sin, inhibitions, violence and vulgarity all lurk in the darkest corners of our consciousness, while freedom, beauty, love and ecstasy flourish in the Light. Tantric texts emphasise the sacred act of love - and life itself – that should always be experienced with the inner light 'on', to reach the high states of realisation that they describe. This workshop will explore the importance of lucidity in Tantra, with theoretical explanation, meditation and methods to amplify awareness, as a guide to integrating the erotic life on a superior level.



#### Meditation for the Heart

10:00 – 10:50 • Hridaya Hall • Hosted by Tantra Festivals

The art of contemplation and deep meditation are a fundamental training on the Initatic Journey, cleansing our spiritual eyes to enable us to see both beyond and within.

#### **Dynamic Morning Yoga**

10:00 – 10:50 • Shiva hall • Yoga practice with Tara teacher Bogdan Radasanu

Yoga is a tool that can be used in so many ways. This short session will aim to energise you and prepare you for another fabulous day of the Initiatic Journey.

#### **Morning Meditation**

10:15 – 10:45 • Parvati Hall • Hosted by Tara teacher Kate Wallwork

Life is a gift waiting to be unwrapped and revealed. The art of meditation enables the full discovery of that hidden gift of existence. In this session a short talk will be followed with a guided meditation and breath exercises.

#### 11:00 - 13:00 • Hridaya hall

#### ArtExtasia presents two artistic shows...

#### Queen of the Eternal Snows

She is the mistress of the ice, but she melts hearts, makes all masks fall away and brings the great secret of pure Eros to light. A stunning queen steps gloriously onto the stage.

She brings the snowflakes and the pristine whiteness that purifies nature, existence and the human mind.

15 minute intermission

#### Art and Love: The Symbiosis of Beauty

Whose heart is of stone, really? And how could it be brought back to life?

The story of Pygmalion, the sculptor who is in love with his own statue, reveals a fundamental truth - aspiration, even while we are spiritually unfulfilled, is what makes us worthy of the supreme help, and what elevates us through aspiration then becomes everyday fact, becomes incarnate, makes our existence sacred.

~ Lunch break from 13:00 - 14:00 ~

### Sacred Nudity The Return to Eden

11:00 - 13:00 • Shiva Hall • Hosted by Tantra Festivals

Why is the naked body so fascinating, beautiful and arousing? While many can feel awkward or inhibited being naked in front of others, we are still intrigued by a revealing outfit or a nude body in films, art and advertising. In the eyes of the Tantrics, nudity represents the naked truth, a symbolism of purity and the full openness of the soul.

In this mini-workshop, we will explore some Tantric perspectives on nudity and how we can become more at ease with being naked. With a talk and practical exercises, we will aim to uncover the sacred reality that hides beneath our clothes.

N.B. The workshop contains nudity, but there is no obligation to be naked to participate.

#### **Humour on the Spiritual Path**

11:30 – 12:30 • Parvati hall • Talk with Tara teacher

#### Magdalena Hau

Often 'being spiritual' is associated with a kind of seriousness, and going deeper can only be done with a dry and austere approach. Many difficult spiritual tests may be encountered that may seem to hold the practitioner back on the journey, or even lead to them giving up altogether. This talk will reveal how humour can become an amazing tool that can help in triumphing over the hardships of life and, 'funnily enough', can be a means of spiritual evolution.

#### 14:00 - 16:00 • Hridaya hall

#### ArtExtasia presents two artistic shows...

#### The Revelation of Eternal Time

Time is the matrix of all Creation, it is the very matrix of our lives. The connection we have with this embodiment of the Great Shakti brings us spiritual freedom or confronts us with the dread of extinction.

The performance allegorically illustrates the test that Kali always gives to humanity and implicitly to the couple relationship, as well as the grace she bestows on those who traverse, by the vehicle of sacred eros, the short path to spiritual perfection, specific to Tantra.

15 minute intermission

#### **Eros Revealed by the Benevolent Gods**

If you want to travel back in time, you don't need a time machine. ArtExtasia brings a story that takes you back to ancient Egypt and gives access to a privileged time when the gods respond to man's sincere and ardent plea.

Truth becomes easy to understand when the heart opens to feel, to understand. Divine ancestors teach mankind how to attain its inherent divinity.

## Letting go of limitations & surpassing the blockages in the deeply joyful journey of love

14:00 – 16:00 • Shiva Hall • Workshop hosted by Catherine & Andreea from Venus

Practical and spiritual keys that will help each of us to truly open up to love, overcoming any limitations or blockages that may exist on the beautiful path of awakening the Heart.

#### **Erotic Imagination**

14:30 – 15:30 • Parvati hall • Workshop with Tara teacher Kate Wallwork

Our imagination is the strongest aphrodisiac! Not constrained by anything exterior, our imagination is free to create the juiciest encounters and the most sublime adventures.

But did you know that it can be trained and cultivated? Playing with the erotic imagination is a wonderful way to awaken sensuality, unlock creativity and to discover new depths of your eroticism. It is even a truly enjoyable method to train a calm and focused mind.

Explore your erotic imagination and create your own love story... bring a pen and paper!

16:30 - 18:00 • Hridaya hall

#### ArtExtasia presents...

#### **Art & Tantra workshop**

Art is a means to express yourself, to communicate deeply from the essence of your being. It also provides a way to understand yourself by objectively observing the results of your artwork. Art allows one to see the hidden side of reality, the innate beauty that is present beyond appearances.

Tantra is the science of transfiguration and Love, the path of transformation that leads us, through a process of self-knowledge and self-development, to the gradual awakening of our qualities, to the revelation of all our human potential.

This workshop will bring you to the point where these two paths cross. Where trust in ourselves and in the other, altruism, letting go, courage and the intensity of genuine human experiences help in the awakening of our Soul.

By invoking the powerful presence of godly attributes, observing them manifest directly in the body and its movements, perceiving them amplify within you through the conscious, artistic experience, we create unique opportunities of self-discovery and the revelation of the beauty of God as a gift we can offer each other.

#### Touched by Light

16:30 – 18:00 • Shiva hall • Workshop with Tara teachers Maria & Morgan

Conscious human touch, freed from sexual expectation, is one of the most healing and heart opening experiences we can have. We will work through several exercises in this workshop, using the sense of touch in a platonic way to create affection, intimacy and genuine heart connection. This session will include conscious embracing and other heartful exercises to bring us to a state of euphoric expansion and unity with each other.

#### **Principles of The Tantric Couple Relationship**

16:30 – 18:00 • Parvati hall • Talk with Tara teacher Bogdan Radasanu

Every relationship is unique and perfectly true, yet all relationships are influenced by the same universal principles and laws. In this talk Bogdan will share some of the insights Tantra offers on the Tantric couple relationship, along with the spiritual potential and transformative power such a relationship can have over your life.

#### 18:30 - 20:00 • Hridaya hall

#### ArtExtasia presents the final show...

#### The Great Rebirth into Sacred Love

A couple experiences the great tests of love in their own unique way. The relationship of the two is an image of the lack of communication in the contemporary couple: routine, loneliness in two, loss of transfiguration, living eros as a pleasure to be consumed, rather than a chance to evolve.

The message of the creators is that the meaning of every love story in our lives is to learn to love God. That's why every human being we love is a portal that opens for us to discover God, to live communion with Him.

#### Closing Workshop hosted by Tantra Festivals

Taking all the beauty we shared during the weekend and crystallising it within. The Closing Ceremony is a chance to fully absorb your experiences into your heart where it will echo, expand and grow. This can then trigger profound transformations, and the start of a new life direction.

#### Afterword: Bringing wisdom to daily life

20:00 – 21:00 • Parvati hall • Talk with Tara teacher Maria Porsfelt

After any beautiful experience, there is a needed moment of savouring it in full awareness, to allow it to linger a little longer. This talk will help you to bridge the gap between your experiences in the festival and your daily life. After such an intense, beautiful and uplifting experience as this festival, we often wonder, "How can we live like this all the time?" In this after-festival talk, Maria will offer a moment to savour in awareness the beauty that fills the heart, and will share some insights and advice as to how to deepen all that you have savoured during the festival, to make it blossom into true transformations in your daily existence.



#### THE PRESENTERS

#### Tantra Festivals

Tantra Festival is a not-for-profit organisation, whose sole purpose is to raise awareness about Tantra and to share the benefits of a wonderful way of living with as many people as possible. With many years' experience of the profound lifechanging effects Tantra has had on our lives, we as organisers, and the speakers alike, wish to share the wonderful benefits of Tantra with you. The festival programme for 'An Initiatic Journey' has been created for those who wish to go deeper into the tantric practices, to explore the more intimate parts of the tantric teachings.



Tara is dedicated to exploring and teaching traditional spirituality in its essential form. From a holistic standpoint, we offer a complete and profound experience, weaving together fundamental theoretical principles with rich practical experience and methodology. Together, this comprises the basis of the Yoga and Tantra sy



this comprises the basis of the Yoga and Tantra systems. Tara was founded in order to share a style of teachings which are based on the traditional systems of Yoga and Tantra. The methods used in our classes reveal the laws of spiritual science and encourage the application of these laws into our daily lives.

Maria Porsfelt has been practising Tantra and Yoga since 1999, and has been teaching Tantra and leading workshops and courses for over 15 years. Through her own practice, depth of knowledge and charisma, Maria makes Tantra accessible to all in an approachable, playful and eloquent way.



Morgan Arundel is passionate about teaching and inspiring others on their own journey of spiritual awakening and transformation. A dedicated and enthusiastic practitioner of Tantra yoga for over 20 years, he has a unique ability to bring clarity to ancient teachings, combining his deep spiritual knowledge with broad life experiences.



Foca Yariv has been studying Yoga and Tantra for over 21 years. His pursuit of knowledge and spirituality took him from his native Israel to the ashrams of Europe, India and then to the UK, which has been his home for the last 12 years. Foca teaches both Yoga and Tantra and has a strong focus on running workshops for men.



Bogdan Radasanu has been practising Yoga and Tantra for 30 years and has been teaching in the UK for more than 20 years. Known for his practical and down to earth approach to Tantra and spirituality, he runs workshops and retreats for those who are on the Tantric path of polar love.



**Dr. Magdalena Hau** began her journey into the world of Tantra 22 years ago in India. Inspired by the profundity and richness of the Tantric system, she has discovered that this journey never ends, but becomes more and more beautiful.



Kate Wallwork has had a dedicated practice in Yoga and Tantra since 2010, and is passionate about using Tantric methods for rapid spiritual transformation. Having discovered how a Tantric practice brings happiness and fulfilment in the heart of the storms of life, Kate shares her experience through Tantra classes, workshops and women's groups.



#### THE PRESENTERS

#### **Ecstatic Joy Temple**

Our team came together to share the vast knowledge and experience that we have in Tantra, and more generally about the spiritual way of life, with all who are ready for it, through Tantric massage training for men, women and couples; through private



Tantra classes and Yoga sessions, Conscious Touch experiences, bimonthly workshops, Temple nights and Tantra retreats. We are very passionate and responsible in what we do, and all our guests feel something unique and very special when visiting our Temple.

In a world that is characterised by alienation from the body and soul, we believe that a healthy perspective on love, eroticism, relationships and spirituality will allow us to know ourselves and discover the incredible richness of our inner universe.

## Marcelo Di Matteo Vital Development / Vital Danza Facilitator

With his life partner Patricia, Marcelo has dedicated his life to the practice and promotion of different forms of body-soul



aimed disciplines, movement therapy and art-expression in spiritual events and organizations. For many years he has concentrated his professional activity in training courses and seminars of Vital Development in Japan, Finland, Germany, the Netherlands, Italy, Ireland, Greece, Spain and Argentina. He is the author of "The Vital Words of the Body".

#### THE PRESENTERS

#### Maria Andreea Jerca Venus

Andreea has been on the spiritual path for over ten years, and during this time she has been constantly working on her femininity and sensuality using the Tantric approach. Shortly after starting this journey, she experienced



extraordinary transformations in her life on many levels. This was the moment when Andreea realised that she wanted to help other women to become happy, sensual, feminine, awakened, and full of life; through the discovery of the beautiful inner journey

Andreea is a certified 'Tantra for Women' teacher, and hosts women's circles, guiding women on the journey of embracing their full feminine potential, and connecting with the wisdom of their hearts.

#### Catherine Dunworth Venus

Catherine is a teacher of Yoga, Tantra and sacred femininity and the founder of Venus in the UK. She started her spiritual journey in 2002, when she joined a Yoga and Tantra school in Europe. This was a pivotal moment in her life that answered a profound aspiration of her heart, which she continues to enthusiastically follow.



Catherine has been hosting workshops for women, courses, retreats and webinars about sacred femininity, tantric eroticism, secrets of female orgasm, tantric massage, spirituality for women and many more since 2008.



## SATURDA PROGRAMME

# HRIDAYA

Hatha Yoga session for a superb day! Show: Pure Eros Springing in the Garden of Abundance Show: The Lover of God 15 minute interval ArtExtasia with Tara

11 - 1pm

10.45am

Lunch break

1 - 2pm

Show: The Mystical Heroes of Love Show: Pure Love Bloom 15 minute interva ArtExtasia

Workshop: Conscious Orgasm ArtExtasia

4.30 -

6pm

Show: Odyssey of Light

Dinner breat

7.30pm

Artextasia movie premiere La Fabulosa Herencia

11pm 8.30 -8.30pm 7.30 -6.30 -

## SHIVA

Couples Yoga (for singles too!) with Tantrafestivals

9.00 -

10.45am

Savouring Life - the Tantric Way of Heartful Living with Tara

11 - 1pm

Lunch break

1 - 2pm

The Initiatic Path of Shakt Embodying the Goddess Women-only workshop:

2.15 -3.30pm

Conscious Touch

6.30

10pm

with Tara

The Transforming Vital Eros: A shift in joy and pleasure with Vital Development

6pm

with Ecstatic Joy Temple

10.00 -10.30am

11.30am 12.30pm

1 - 2pm

2.15 -

3.30pm

6pm

6.30 -7.30pm

## PARVATI

5TH OCTOBER

Morning Meditation practice with Tara

Talk: Love journey through the with Tara chakras

Lunch break

Men-only workshop:

The Initiatic Path of Vira - Embodying the Spiritual Hero with Tara

Talk: The Rite of Passage The Value of Initiation with Tara

The Importance of Lucidity in Tantra Talk: Making Love with the lights with lara

AN INITIALIC IOURNEY



# HRIDAYA

Meditation for the Heart with Tantra Festivals

10.50am

Show: Art and Love: The Symbiosis Show: Queen of the Eternal Snows 15 minute intervai of Beauty

ArtExtasia

11 - 1pm

Lunch break

1 - 2pm

Show: The Revelation of Eternal Show: Eros Revealed by the 15 minute interva ArtExtasia Time

Workshop: Art & Tantra ArtExtasia

Benevolent gods

4.30 -6pm

Closing Show: The Great Rebirth and closing workshop into Sacred Love Artextasia

8pm

## SHIVA

Dynamic Morning Yoga with Tara

10.50am

with Tantra Festivals Sacred Nudity

11 - 1pm

Lunch break

1 - 2pm

surpassing the blockages in the deeply joyful journey of love Letting go of limitations and Workshop: with Venus

2 - 4pm

Workshop: Touched by Light with lara

4.30 -

10.45am

12.30pm 11.30am

3.30pm

8 - 9pm

6pm

Morning Meditation practice with Tara

PARVAT

16TH OCTOBER

Talk: Humour on the Spiritual Path with Tara

Lunch break

Talk: Erotic Imagination with Tara

Talk: Principles of the Tantric Couple Relationship with lara

Talk: Afterplay - Bringing wisdom to daily life with Tara

tantrafestivals.co.uk



26th - 28th May 2023

£90 (instead of £125)

Only available today • Non-refundable Limited to 50 tickets!