



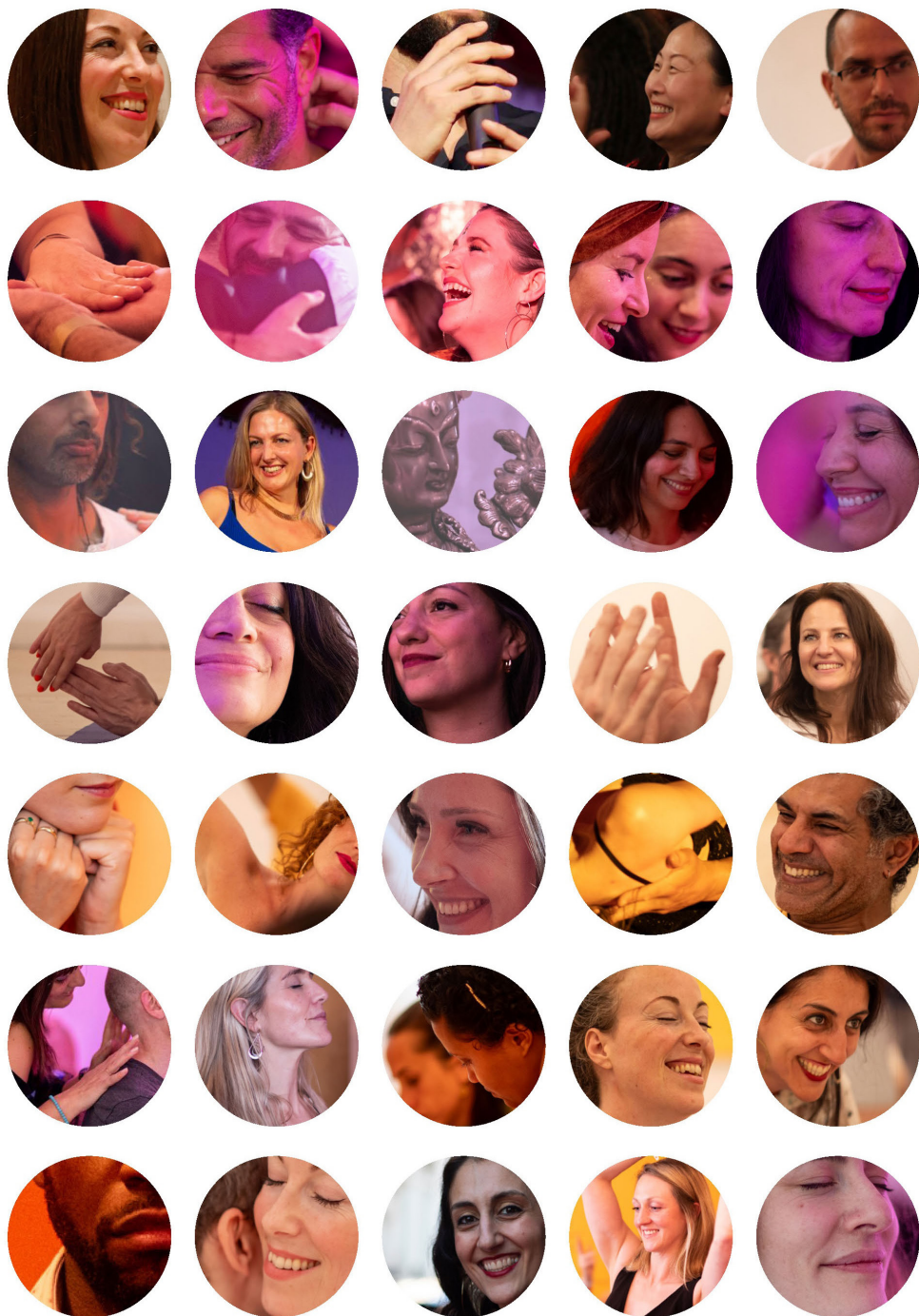
# **Erotic Era**

## **The Revolution Continues**

**A festival marking a decade of erotic inspirations**

**24th - 26th May 2024**

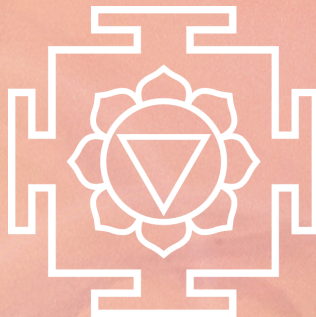
**Tara Yoga Centre, EC1V 3QW**



# WELCOME!

This year, we are celebrating a decade of Tantra Festivals! Our Festivals have transformed a whole generation of curious participants and teachers alike, bringing a new dimension of sublime eroticism and elevated intimacy to the lives of many. The magic the festivals bring continue to unfold new perspectives on life, charging all who participate with the light of joy, unity, and hope.

'The Erotic Era' Festival represents a gateway towards a life ignited with sublime aspirations and happiness, bringing forward the dawn of a new era within, encouraging us to manifest the fullness of the beauty of our souls, and to experience existential delight!



# General Information

The Erotic Era 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). Please find more detailed descriptions of each activity in the following pages of this programme, and the 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 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. Food, light snacks, cakes and hot and cold drinks will be available throughout the weekend.

# General Information

## Photography & Video

We kindly ask that all participants refrain from using personal cameras or phones to take photographs during the Tantra Festival. As always, we will have a dedicated photo and video team that will be documenting the festival throughout the weekend in a discreet and non-intrusive manner. Images taken will be used for future promotion of Tantra Festivals only.



## Friday, 24th May

### Embarking on a new Era: A Sublime Adventure

7.30 - 10.30pm / Hridaya

There are infinite nuances of the sublime energy of Eros. It can manifest in unlimited delicate flavours, according to the unique affinities of each individual soul. In this sublime adventure, we will embark on an artistic journey of discovering the archetypal expressions of Eros through seven inspiring realms - of ancient Greece, Sufism, ancient Egypt, Celtic, Japan, India and the Song of Songs. Each erotic realm will offer a direct insight of the elevated erotic expression of specific cultures through a myriad of artistic expressions, such as dancing, singing, poetry, and installation art. The journey will conclude with an interactive workshop aiming to crystallise the energy of Eros within.



## Saturday, 25th May

### The Joy of the Heart: A morning of dance to free the spirit

10 - 11.15am / Hridaya

Stillness and movement, silence and sound, the Yang and Yin - the breath of life. Interweaving the two poles of life, this morning session will allow a full savouring of the rest of the day. Preparing ourselves with a meditation that will grow into movement, we will

then return to a meditative state, as we play with the two poles of life. Feeling this vivid pulsation - the dynamic nature of life and the calm that resides in the essence of all experiences - we become more free, and can fully delve into the true joyousness of the heart.

Teachers: Foca Yariv & Kirsty Pearse

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

**10 - 11.15am / Shiva**

No need to dress up 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 non-verbal way, share qualities and establish a deeper connection with your partner in special yoga asanas that are practised in pairs. Bring your partner or a friend, or just turn up by yourself and we will try to pair you up before the start of the session.

## **Morning Ritual of Embodying Eros**

**10 - 11.15am / Parvati**

Tantra starts from where we are, and we will start from this day, taking each moment at a time. In this morning ritual we will welcome the radiant moment of beginning, which is charged with the potential of all that can exist, to plant powerful intentions and to weave all our activities with the Godly attributes of eros, love and beauty and become detached witnesses of the harmony and happiness, that comes to life when we allow this heavenly realm to be channeled through us.

Teacher: Mojdeh Moasser

# Saturday, 25th May

## The Game of Energies through Tantric Massage

(Not just for couples)

11.30am - 1pm / Hridaya

This workshop is a chance to explore a more refined erotic touch, the touch of energetic bodies without the distraction of physicality, so that we can tune into a more subtle, uplifting experience – allowing us to go deeper into the tantric attitude of relaxation paired with full awareness, that can naturally help us discover states of bliss.

Teachers: Ben Carver & Iulia Carver



## Intimacy as a Key to Awakening

11.30am - 1pm / Shiva

Intimacy represents a sense of closeness, of something deeply meaningful. It is a fundamental need and longing we all have, to feel deeply and intimately united & connected with others, with nature, with life.

To bring more intimacy into our life we need to know its ways, and we need to be willing to look truthfully into ourselves to discover intimacy and courageously act upon our understandings. This workshop is an invitation to discover the sacredness of intimate union as a way of life. Teacher: Aurora Georgijevic



## **Kindling Eros through the Power of Aphrodisiacs**

**11.30am - 1pm / Parvati**

The value of aphrodisiacs has been known since ancient times for their unique effects.

From the Tantric perspective, erotic effervescence triggers wonderful states, and the erotic energy can be a support for our highest aspirations. An awakened libido is reflected not only in sensual experiences, but in our spark, our joy for life in general. When consumed by stress, tensions, lack of sleep and unhealthy habits, we don't connect easily with experiencing pleasure, and it reflects in our passion and our openness to all experiences.

Delight yourself with an aphrodisiac journey through the senses, learning practical ways to make use of aphrodisiacs in daily life, for a harmonious libido, erotic awakening, joyfulness and enthusiasm!

Teacher: Daniela Rojas

## **Lunch Break**

**1 - 2pm**

# Saturday, 25th May

## Workshop for Women: 1001 Nights

2 - 3.30pm / Hridaya

The 1001 Nights is the story of a fascinating woman who single-handedly altered not just her own destiny, but that of the entire nation. Through her enchanting stories, she inspired, healed, and brought the light of wisdom to the heart of a seemingly incurably brutal king. It is not the descriptions of her physical beauty that captivates the reader, but the insatiable charm, wisdom, intelligence, and mystery that has captivated generations of readers across the globe.

Discover and cultivate the unique feminine qualities within your being that have the power to transform, elevate and inspire all beings towards a higher reality! This workshop is open to all women.

Teachers: Maria Porsfelt and Mojdeh Moasser

## Workshop for Men: Rising heroes, becoming a Tantric lover

2 - 3.30pm / Shiva

The most popular movies aimed at men depict strength and other masculine qualities of the hero. But nowadays unrealistic and confusing displays of masculinity are shown in film, most of which are out of touch with the nature of the man.

Rising as a hero implies the awakening of the heart, the awakening of the power of the authentic self, the awakening of love and adoration of the feminine. There is little knowledge about masculinity, yet so many need and thirst to understand the path of growth as men, beyond the social stereotype, beyond the stigma of toxic masculinity and media attack. One area in which there is little to no education is erotic intimacy. This aspect of life defines us as men and is essential to our growth as human beings. Take on the great task of maturing as men in this workshop, and rise as an inspirational hero! The workshop will include both essential theory and practical elements. Teachers: Foca Yariv and Bogdan Radanasu

## Initiation and the Rite of Passage

2 - 3.30pm / Parvati

Rite of passage is a deeply significant event that marks the transitioning from one major stage of 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 such rites have on society.

Teacher: Morgan Arundel



# Saturday, 25th May

## **The Vital Sacred Garden of Sensuality**

**3.45 - 5.15pm / Hridaya**

This is an epic journey to discover the wanders of our human energy in the intimacy of the core of our eroticism and the universal joy of living. Enjoy the opening of new pathways to reach the intense pleasure and joy of the secrets of creative love makers.

Join us for a sensual body journey of ecstatic movement and the Alchemy of art within the ecstasy of orgasmic renovation.

Teachers: Patricia Martello & Marcelo Di Matteo

## **Keys for Erotic Ecstasy**

**3.45 - 5.15pm / Shiva**

Learn how to transform your lovemaking into an ecstatic erotic experience!

The Tantric tradition acknowledges the power of Eroticism as a way to bring more effervescence, joy and ecstasy into life. These ecstatic experiences can transform us deeply, and help us to discover new aspects of ourselves and to realize the highest potentials of our being. We learn how to let go of the agitation of the mind, and eliminate the tensions and anxiety that sometimes gets in the way in the bedroom.

The erotic energy is at our disposal, and by knowing how to rise with it, we can then open the gate to a completely new way of experiencing intimacy and sensual pleasures: in complete freedom and ecstasy! Through inspiring notions and exercises, discover keys that will support the ecstatic manifestation of your erotic energy.

Teachers: Daniela Rojas & Kieran Martin

## **A Path to Eros in a Tantric Couple Relationship**

**3.45 - 5.15pm / Parvati**

The path of Eros can be the most sublime, uplifting, healing and intimate journey a loving couple can embark on together. But it requires a conscious choice and the commitment of both lovers as well as an understanding of their own and each other's roles on this path.

Discover what women and men can do to awaken and to ascend together on the path of Pure Eros.

We will also do a practical exercise in pairs to apply some of the knowledge from the workshop. **Teacher: Olya Frolova**



# Saturday, 25th May

## Playfulness and Tickling

5.30 - 7pm / Hridaya

Often the routine of everyday life can make us a bit numb, so that we forget the joy of just being. We may even forget to relax and to open to others, to let them and life in. The ego can become a thick crust of taking ourselves and all that we experience in life too seriously, and we can forget that life is a sublime game of becoming, and a journey of knowing ourselves more and more.

When we approach the intimate erotic experience with an attitude of routine or needing to get it right or to prove ourselves, we often end up disconnected and awkward, unable to express ourselves authentically. Being silly might ease the tension momentarily, but doesn't allow the deep connection our heart is longing for.

In intimacy it is essential to learn to be seriously playful, opening fully to our beloved and to our own inner nature. When done consciously, tickling is a wonderful tool to suspend the ego and to open us to joyful and sensual experiences together with a deep relaxation.

Explore the importance of playfulness as an attitude in life and intimacy, with conscious tickling as one of our important tools.

Teacher: Maria Porsfelt





## **Magical Interactions: Spiritual Deep Dating**

**5.30 - 7pm / Shiva**

The purpose of this joyful workshop is to experience truly meaningful and deep connections, a guided journey to meet other people with curiosity and playfulness, leaving judgements aside. You will be invited to “undress the mask of the ego” and connect in genuine soulful meetings where each meeting is a blessing and a gift to discover.

Learn how to connect in a deep, intimate and meaningful way with others in just a short time, by connecting soul to soul.

Guided by the heart and the elevated & refined energy of sensuality, we will meet each other through exercises involving touch, movement, sharing and connection...

**Teachers: Aurora Georgijevic & Morgan Arundel**

# Saturday, 25th May

## Sacred Intimacy - a Journey Towards Lasting Love

5.30 - 7pm / Parvati

Diving into the core of our needs and limits within relationships we can begin to discover the patterns that hinder love, and recognise the deep attachment needs that are at the base of our behaviour. These realisations will create a playground for a deeper connection with ourselves and with our beloveds. This Sacred Intimacy workshop is based on the latest findings in Emotional Focused Couple Therapy (EFT), and combined with Tantric wisdom. For both couples and pairs.

Teachers: Cristian Hallivuori & Polina Stoycheva

## Dinner Break

7 - 8pm

## Tantric Heart Party

8 - 11pm / Hridaya

The 10th Anniversary Tantric Heart party is your chance to dance freely, allowing all the wisdom acquired during the day to radiate through your entire being, and to expand to illuminate the entire planet!

*"Dance when you're broken open  
. Dance when you've torn the bandage off.  
Dance in the middle of fighting.  
Dance in your blood.  
Dance when you're perfectly free."  
- Rumi*



# Sunday, 26th May

## Yoga for Awakening the Living Goddess

11am - 12.15pm / Hridaya

Did you know that there are yoga postures that can enhance your erotic pleasure and help you enjoy lovemaking more? Did you know that yoga can help you release tension from your body and soul, so that you can love wildly and freely? Did you know that through yoga postures you can become more and more sensual, vital and filled with the zest of life?

Join Magdalena and discover these unknown secrets of yoga!

Teacher: Magdalena Hau



## Yoga for Awakening Masculine Virility

11am - 12.15pm / Shiva

Men, Rise and roar! Yoga is a great way to become that perfect lover that deep inside you know you can become. Through the practice of yoga you can learn how to increase your virility and sensuality in lovemaking.

Teacher: Bogdan Radanasu

## Morning Ritual of Embodying Eros

11am - 12.15pm / Parvati

Tantra starts from where we are, and we will start from this day, taking each moment at a time. In this morning ritual you can welcome the radiant moment of beginning, that is charged with the potential of all that can exist, to plant powerful intentions, to weave all your activities with the Godly attributes of eros, love and beauty and become detached witnesses of the harmony and happiness that comes to life when we allow this heavenly realm to be channelled through us. **Teacher: Mojdeh Moasser**



# Sunday, 26th May

## Life in the Erotic Era: The Revolution in the Bedroom

12.30 - 1.45pm / Hridaya

A great revolution that is transforming our world is taking place, and it's starting in the bedroom! The shift from sex to eros is not just about good or even extraordinary lovemaking experiences, but a gateway to transforming our entire experience of life – so that life becomes more alive, nuanced and meaningful. Discover that the secrets revealed in sacred eroticism help us transform our entire life in a pleasant and powerful way.

Explore the attitudes that shape our experiences in the bedroom and the rest of our lives, and discover how we can make a conscious effort to shift those attitudes, modulating life to the energy of eros. Through revealing exercises and heartfelt connections we will see ourselves becoming aware of our attitudes and learn to turn them into new perspectives that will echo in all we do.

Teachers: Maria Porsfelt and Morgan Arundel



## Making Love with the Lights On - the Importance of Lucidity in Tantra

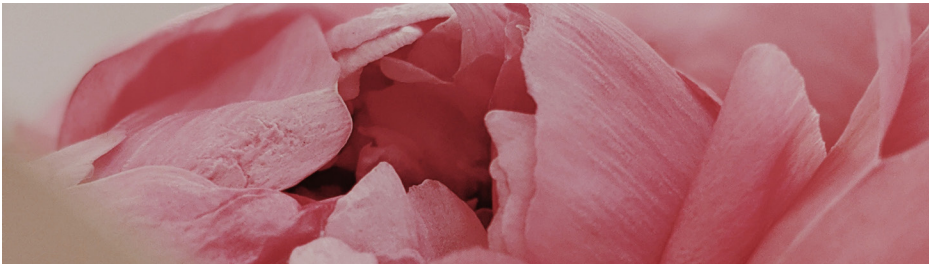
12.30 - 1.45pm / Shiva

"The absence of control over our will creates shame"

For hundreds of years intimate interaction has been perceived as a gross, instinctual action and a loss of control - an act that is sinful and that lacks depth. Both the Tantric tradition and the wise

beings from the west have been able to unlock the subtle from the gross, light from matter, the sublime from the impulsive, through cleansing the eyes of perception, creating a radical shift in relating to eroticism and intimacy. This workshop will begin by exploring the fundamental theory that is essential for making this shift, followed by inspiring exercises to allow you to fully feel the erotic splendour and beauty of love.

Teacher: Foca Yariv



## **Orgasmic Mysteries of the Yoni: Seminar for men and women**

12.30 - 1.45pm / Hridaya

Probably the most famous but least known part of the woman's body, Yoni is Sanskrit for female genitalia.

The Yoni is an area that can be full of shame, traumas and sometimes even dissatisfaction. But it should not be neglected or ignored for it is also where the orgasmic mysteries are hidden.

We will describe the sacred anatomy of the Yoni, and discuss the tremendous role it plays in intimacy.

And most importantly, we will discuss how to know when the Yoni is ready to open and blossom, and when it needs more time/attention.... the kind of things you wish someone had taught you years ago! Teacher: Olga Korzhak

# Sunday, 26th May

## **Tantric Massage Demo**

2.45 - 4.15pm / Hridaya

Tantric massage teaches us to touch and be touched in a most elevated way. Ben and Iulia will show us the magical way in which Tantric massage is done. This is a highly educational demonstration, and both teachers will answer questions at the end, and share from their own experiences with Tantric massage. Please be aware that the massage demonstration will be done without clothing and participants will be dressed, and will contemplate and learn from the massage demonstration.

Teachers: Ben Carver & Iulia Carver

## **Secrets of Living Ecstatically: Eros, Polarity and Love**

2.45 - 4.15pm / Shiva

Tantra is a path of ecstatic living, unveiling the exquisite beauty of eros, the playful dance of polarity, and the profound depths of love. These three sacred components - eros, polarity, and love - form a perfect triad, and the harmony of these three reveal the ecstatic essence of life itself.

Join us in this enchanting workshop where we weave together theoretical wisdom with playful yet profound exercises. Through insightful exploration, we will delve into the essence of eros, embracing its allure and transforming power. We will dance with the energies of polarity, discovering the joyous interplay of opposites and the harmonious balance they bring. And we will immerse ourselves in the boundless depths of love, unlocking its healing and transcendent potential. Let's awaken together to the ecstatic perspective on life, embracing each moment with open hearts and discovering the magic of living every breath to its fullest!

Teachers: Foca Yariv & Alina Chereches

## The Sacred Language of Love and Eros

2.45 - 4.15pm / Parvati

Language is a medium that allows us to traverse both time and space. It is an expression of consciousness. The Inuit are said to have 42 different words to describe snow. The ancient Greeks had at least 15 words for different types of love, while in Arabic there are 14 words to describe the different phases of a romantic relationship.

So if language is an expression of consciousness, which is a direct reflection of the world we see around us, what does modern day English say about the anglo-sphere world we currently live in? And what place does Love and Eros have in the consciousness of the average English speaking person? And most importantly, are there examples we can take from if we want to give Love and Eros a more important place in our consciousness? [Teacher: Kieran Martin](#)



# Sunday, 26th May

## **The Poetry of Dancing: Yin and Yang Energies in the Universal Joy of Living**

4.30 - 6pm / Hridaya

The Vital Energy to unfold and develop your inner beauty. The Vital Power of embellishment while living with love and passion. Your unique vital orgasmic music and movement: Love- Soul -dancing the sacred in your mind body. Regeneration is a dance within. To move within the hidden poetry of the Soul, your vital expression creating your best energy of love in life. Happiness and peace start in your body temple. Teachers: Patricia Martello & Marcelo Di Matteo



## **Transcendental Lovemaking, a Gateway to Heaven**

4.30 - 6pm / Shiva

Tantra is well known for its daring take on intimacy as an important part of enjoying life, but it is less known as one of the fastest and most blissful spiritual tools. Stripped of its spiritual value, Tantra serves a spontaneous life that is liberated from taboos and social indoctrination, but in the process still just becomes another horizontal path of human exploration, with all its ups and downs and hidden dangers.

When embraced fully, Tantra and its tools of conscious intimacy help the practitioner fulfil the entire range of human and spiritual potentialities. We can never find a more exciting promise of spiritual

achievements than by using what is always available to us - the very creative power and the pleasure that comes with it.

Let's explore what is written between the lines, the very conditions that make intimacy and lovemaking the best high-octane fuel for the journey to Heaven. [Teacher: Bogdan Radanasu](#)

## **Mother Kali... Great Initiatress of the Tantric Path**

**4.30 - 6pm / Parvati**

Kali, the Mother of the Tantric Path and Supreme Initiatress, calls forth all those who seek to walk this journey of transformation.

She guides those who call for her mysterious power with courage and devotion.

She beckons her beloveds to intensely live a sacred, sensual life, and to profoundly awaken their erotic power.

This workshop auspiciously coincides with the annual celebration of Kali's day in India. Discover the occult nature of Kali and the Grace that she brings to our erotic life. [Teacher: Magdalena Hau](#)



## **Closing Ceremony**

**6.30 - 8pm / Hridaya**

## **Conclusions, and how to take it forward**

**8 - 9pm / Parvati**

# Presenters



## **Tantra Festival**

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 life-changing effects Tantra has had on our lives, we as organisers and speakers alike, wish to share the wonderful benefits of Tantra with you. The festival programme for 'The Erotic Era' 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**  
YOGA TANTRA  
SPIRITUALITY

## **Tara: Yoga • Tantra • Spirituality**

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 systems. Tara was founded in order to share a style of teachings that 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 in daily life.



### **Maria Porsfelt**

Maria Porsfelt has been practising Tantra and Yoga since 1999, and has been teaching Tantra and leading workshops, retreats 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.



### **Magdalena Hau**

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.



### **Morgan Arundel**

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**

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.



### **Ben Carver**

Ben has been practising Tantra since discovering it in India while he was exploring many aspects of spirituality in 1999. A musician, artist and former Steiner school teacher, Ben brings a creative and heartfelt approach to teaching, which he has always found deeply rewarding. The connection between Tantra and art has been a very important part of his life and he has been able to explore theatre, dance and music, as well as massage, as powerful ways to heal and awaken the soul.



### **Iulia Carver**

Iulia discovered yoga relatively early in life which comes across in the strong sense of spiritual purpose, positive attitude and joyfulness she radiates. Since that beginning in 1993 she has travelled extensively while maintaining a rigorous practice of Yoga and meditation, enjoying and demonstrating the benefits of such practices for women everywhere.



### **Mojdeh Moasser**

From a young age Mojdeh has been interested in finding the golden thread between a worldly life and spirituality, and the balance between the two has become more and more of a reality through a disciplined practice of Yoga and Tantra. Mojdeh has been a Tantra teacher for women for six years, while organising workshops, personal transformation programmes, retreats and festivals both in Denmark and in the UK.



### **Alina Chereches**

Alina immersed herself into many spiritual traditions, fell in love with Tantric philosophy and practice, Kashmir Shaivism, Advaita Vedanta and Esoteric Astrology. She weaves these together with Transpersonal Psychotherapy into one integral path. As a teacher of Tantra and astrology, Alina loves sharing her vision in a playful and approachable manner, that life is our deepest meditation.



### **Bogdan Radanasu**

Bogdan has been practising yoga and Tantra since 1994. He has found that sharing his experiences on the spiritual path with others is the best way to teach, and a fast track for self-development and opening of the soul. Bogdan also believes that love, manifested in the most concrete way, helps others unconditionally - the very core of Tara's mission. Expect a very down-to-earth and practical approach.



### **Vital Development**

Patricia & Marcelo, originally from Argentina, have dedicated their lives to the practice and promotion of new holistic forms of body-soul aimed disciplines, movement-therapy and art-expression in various spiritual events, retreats and health organisations. For many years they have concentrated their professional activity in training courses, workshops and seminars of Vital Development in Japan, Finland, Germany, Denmark, the US, Thailand, Russia, the Netherlands, Italy, Ireland, Greece, Spain and Argentina.



### **Aurora Georgijevic**

Aurora has practised yoga and Tantra passionately for the last 21 years. Practising integral Tantra yoga, she learnt to apply and discover the wise teachings of Tantra in daily life. Her teaching style is playful, full of wisdom, compassion, enthusiasm and deep love for the Tantric tradition. She teaches courses in yoga, Tantra, Tantra for women, and she arranges different events, workshops, retreats and festivals - mainly in Sweden but also internationally. Her soul ambition in this life is to spread the message of the transforming power of love, and to make the teachings of wisdom accessible to as many as possible people as possible.



### **Daniela Rojas**

Daniela has immersed herself in the fields of spirituality for over fifteen years, travelling the world to discover profound teachings. Early on she became fascinated by the path of Tantra yoga and its mysteries, and began teaching Tantra classes and workshops all over Europe. She invites brave souls to discover the depth of the heart, inspiring them with her sweetness and enthusiasm for ecstatic happiness and true freedom.



### **Kieran Martin**

Kieran has been studying Tantra at Tara since 2010. Initially drawn to Tantra by an interest in eroticism, it was the game of polarity that turned his curiosity into a passion. For Kieran the interaction of the masculine and feminine is the juice of life. And playing that game, we discover and enjoy much transformation and inner growth along the way. His approach is practical and down to earth.



### **Kirsty Pearse**

Kirsty moved to London in 2017 as part of a search for more to life in a seemingly chaotic world. She soon discovered Tantra and an in-depth approach to spirituality, which began to bring coherence to both her inner and outer worlds. Since then, Kirsty's passion and enthusiasm for practising yoga and meditation and applying the Tantric tools in her life has been a continuous endeavour. And, through a deeper understanding of femininity, Kirsty realised the importance both of becoming a spiritual woman and the beauty of being a woman.



### **Cristian Hallivuori**

Cristian is a spiritual seeker, teacher, and photographer. For over two decades, he has been practising and teaching yoga and Tantra in Finland. The Tantric concept of polarity - the interplay between masculine consciousness and feminine energy - has been a key element in understanding many mysteries of the universe and his own being. As a photographer, visual arts are an essential means for him to express the unseen inner beauty of life.



### **Polina Stoycheva, PhD**

Polina has always been fascinated by human relationships and behaviour, leading her to pursue self-development training and a doctoral degree in Psychology. Spirituality has played a significant role in her life from an early age. Studying and practising Tantra yoga for the past 14 years has shaped her integrated view of human well-being. Her approach reflects her love for the arts and her desire to empower women. Her life's work vision merges psychology with spiritual wisdom, blending science and ancient practices for holistic well-being.



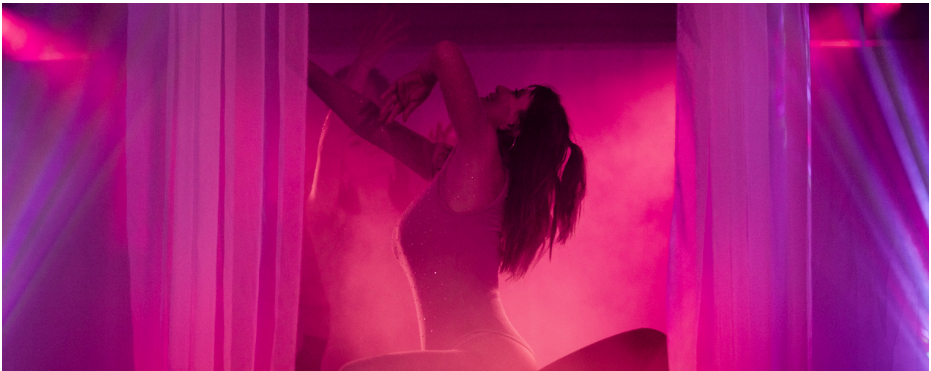
### **Olga Korzhak**

Olga's journey through the ancient Tantric secrets of being a woman started 15 years ago. Being a practitioner of yoni healing she passionately shares the hidden mysteries of the most sacred part of the feminine body.



### **Olya Frolova**

Olya has been on the spiritual path for over 20 years, including 15 years of Tantra and Yoga study and practice. She is a certified Tantra for women teacher and regularly holds groups and courses for women around the world as well as workshops for deepening the connection with the yoni and awakening its amazing power. She always been passionate about sharing with other women everything that she has learnt and what has helped her on the Tantric journey, and she loves creating an intimate, supportive and warm atmosphere where every woman can awaken and rediscover her unique feminine gifts and sublime power.





Tara

**Full Price:**

£800 indoor, £650 camping  
£100 non-refundable deposit

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# Journey of the Soul *Miraculous Entanglement*

## Summer Retreat • 1st - 7th July 2024

*Life is a mysterious schooling system of evolution and growth, with each experience bringing us closer to the essential secret of life – its opportunities to learn.*

*Join this retreat to connect to your inner compass and your living soul, that will guide your steps on the path of your life, and turn both victories and failures into valuable and enriching lessons.*

*Explore the nature of your soul through in-depth yogic and Tantric methods such as meditation and asana-s. Come for insightful workshops and talks, interactive exercises and beautiful social evenings.*

*This retreat aims to nourish your soul and offer the tools you need for the adventure of life to become truly sublime.*

Find out more: [tarayogacentre.co.uk/events](https://tarayogacentre.co.uk/events)  
To book email [events@tarayogacentre.co.uk](mailto:events@tarayogacentre.co.uk)

## Friday, 24th May

### Hridaya Hall

7:30 - 10:30pm

Embarking on a New Era: A Sublime Adventure

## Saturday, 25th May

### Hridaya Hall

10:00 - 11:15am

The Joy of the Heart: A morning of dance to free the spirit

11:30 - 01:00pm

The Game of Energies through Tantric Massage

*(Lunch Break)*

02:00 - 03:30pm

Workshop for Women: 1001 Nights

03:45 - 05:15pm

The Vital Sacred Garden of Sensuality

05:30 - 07:00pm

Playfulness and Tickling Workshop

*(Dinner Break)*

08:00 - 11:00pm

Tantric Heart Party

### Shiva Hall

10:00 - 11:15am

Yoga Date (For Singles Too)

11:30 - 01:00pm

Intimacy as a Key to Awakening

*(Lunch Break)*

02:00 - 03:30pm

Workshop for Men: Rising heroes, becoming a Tantric lover

03:45 - 05:15pm

Keys for Erotic Ecstasy

05:30 - 07:00pm

Magical Interactions: Spiritual Deep Dating

### Parvati Hall

10:00 - 11:15am

Morning Ritual of Embodying Eros

11:30 - 01:00pm

Kindling Eros through the Power of Aphrodisiacs

*(Lunch Break)*

02:00 - 03:30pm

Initiation and the Rite of Passage

03:45 - 05:15pm

A Path to Eros in a Tantric Couple Relationship

05:30 - 07:00pm

Sacred Intimacy – a Journey Towards Lasting Love

# Erotic Era

## The Revolution Continues

Sunday, 26th May

### Hridaya Hall

11:00 - 12:15pm	Yoga for Awakening the Living Goddess
12:30 - 01:45pm	Life in the Erotic Era: The Revolution in the Bedroom
	<i>(Lunch Break)</i>
02:45 - 04:15pm	Tantric Massage Demo
04:30 - 06:00pm	The Poetry of Dancing: Yin and Yang Energies in the Universal Joy of Living
06:30 - 08:00pm	Closing ceremony

### Shiva Hall

11:00 - 12:15pm	Yoga for Awakening Masculine Virility
12:30 - 01:45pm	Making Love with the Lights On: The Importance of Lucidity in Tantra
	<i>(Lunch Break)</i>
02:45 - 04:15pm	Secrets of Living Ecstatically: Eros Polarity and Love
04:30 - 06:00pm	Transcendental Love Making, a Gateway to Heaven

### Parvati Hall

11:00 - 12:15pm	Morning Ritual of Embodying Eros
12:30 - 01:45pm	Orgasmic Mysteries of the Yoni
	<i>(Lunch Break)</i>
02:45 - 04:15pm	The Sacred Language of Love and Eros
04:30 - 06:00pm	Mother Kali... Great Initiatrix of the Tantric Path

A romantic couple is shown from the chest up, standing in shallow ocean water. They are facing each other, nearly touching noses, and smiling. The man is on the left, wearing a dark t-shirt, and the woman is on the right, wearing a dark strapless top. Her hand is resting on his shoulder. The background is a bright, hazy sunset over the ocean, with the sun low on the horizon creating a strong lens flare effect. The overall mood is warm and intimate.

# An Autumn Warmer

*18th - 20th October 2024*

*£100 (instead of £150)*

*Only available this weekend*

*Non-refundable • Limited to 50 tickets!*



**tantra**festival