



tantrafestival

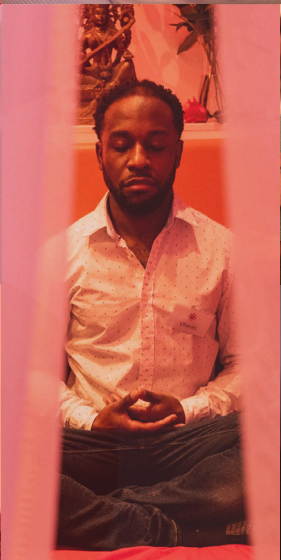
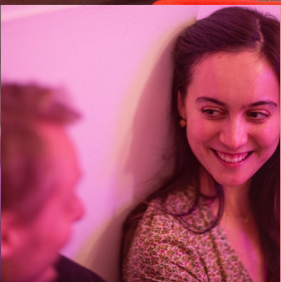
Sacred Eros

Dare to Love

18th - 20th Oct 2024

**An opportunity to delve into the depths of
Tantric wisdom, and to make Love and Eroticism
the guiding forces of a life that is fulfilling
and truly alive!**

Tara Yoga Centre, EC1V 3QW

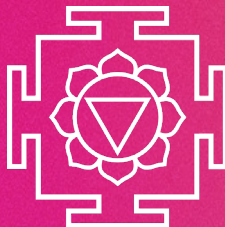


WELCOME!

'Sacred Eros: Dare to Love' Tantra Festival is an opportunity to delve into the depths of the Tantric wisdom, and to make Love and Eroticism the guiding forces of a life that is truly fulfilling and alive!

Within us all there is a spring of aliveness and freedom, that waits for us to decode its mysteries. This Festival is dedicated to exploring those mysteries and allowing our souls to blossom!
We all deserve to have a taste of bliss.

Life can be perceived as a tale, a story waiting to be told - an adventure of sublime erotic experiences and love, a tale of purpose and meaning. Through inspiring workshops, talks and yoga exercises, through dance and beautiful, meaningful times together, we can re-write the story of our lives and rejoice in the hidden treasures of our hearts!



General Information

The Sacred Eros Tantra Festival activities will take place in three main areas. Hridaya is on the lower ground floor, Shiva and Parvati are on the ground floor (entrance level). You will find detailed descriptions of each activity in the next pages of the brochure.

**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. Food, light snacks, cakes and hot and cold drinks will be available throughout the weekend.

Photography & Video

We kindly ask that all participants refrain from using personal cameras or phones to take photographs or film 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, 18th October

Opening Show & Workshop: Dare to Love

7 - 10pm / Hridaya Hall

This Festival is dedicated to the journey of sacred eroticism, in which *daring to love* is a fundamental ingredient. The Opening Workshop will gradually open all our hearts to the magic of the weekend to follow, setting the power of the heart free!

Saturday, 19th October

Morning Ritual: Rising in Love and Eros

10 - 10.45am / Hridaya Hall

Let's dare to step into a new horizon of a life enchanted by the elevating light of love and eros! This ritual aims to open the beings of the participants to allow the sublime energies of love and eros to naturally flow, and to enrich every part of our lives through poetry, dance, meditation, the art of admiration and creative visualisation. **Presenter: Mojdeh Moasser**

Sanctify Your Lovemaking - WORKSHOP

11am - 12.30pm / Hridaya Hall

The wisdom of Kabbalah says, 'It is not the place that sanctifies the person, but the person who sanctifies the place'. But we are not told how we can sanctify our life - particularly our erotic life. Lovemaking is often considered a hidden, unspoken or even sinful act. The dichotomy that is falsely placed between the act of love and that which is sacred and sublime creates tension that often brings taboos, inhibitions and confusion.

The path of sacredness in the bedroom rises from an awakened consciousness, a vivid heart and the purity of the soul. This workshop will offer fundamental tools for transforming lovemaking into an act of worship through which the soul will rejoice! **Presenters: Aurora Georgijevic & Foca Yariv**

Yoga Date (for singles too!) - POLARITY YOGA IN PAIRS

11am - 12.30pm / Shiva Hall

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 come along and find yourself a partner in the session. **Presenters: Alina Chereches & Alan El-Nachef**



Saturday, 19th October

Tantric Magic - The Art of Transfiguration - WORKSHOP

11am - 12.30pm / Parvati Hall

It is said that those who walk the Tantric Path make life into an Art - full of magic and beauty. Indeed, many Tantric rituals and practices require a knowledge of universal principles, so that life can be viewed from the Highest perspective and the practitioner can see beyond the illusion and into the truth that lies beyond. Transfiguration is a powerful practice that enables one to rise to this truth, and to allow miracles to manifest in life.

Discover the Art of Transfiguration and how it can bring magic into your life! **Presenter: Magdalena Hau**



Discover the Goddess - WORKSHOP FOR WOMEN

12.45 - 2pm / Hridaya Hall

Every woman holds a treasure within, a treasure that will blossom in the right conditions. With all its stresses, modern life does not make it easy to flourish as a woman - it is a world where we rely too much on the mind and forget the wisdom of our bodies and emotions. We no longer notice the goddess that resides within.

Enjoy some precious moments together in this workshop, honouring our feminine hearts and (re)discovering the goddess in each of us. **Presenter: Maria Porsfelt**

Awaken the Hero ~ WORKSHOP FOR MEN

12.45 - 2pm / Shiva Hall

Within every man there is a dormant power, a force of love, a courageous verticality and a liveliness of spirit.

This workshop is dedicated to bringing this hidden potential forth, so that we can fully shine as men, as pillars of light, and radiant forces of love and goodness.

Presenters: Foca Yariv & Bogdan Radanasu



Astro-Love: The Cosmic Playground - WORKSHOP

12.45 - 2pm / Parvati Hall

Step into the Cosmic Playground, where Astrology meets Tantra in a heart-opening journey of connection, self-discovery, and joyful play. In this unique, experiential workshop, explore your cosmic blueprint and love language through the lens of astrology, guiding you into deeper connection - with others and with yourself! Together, we will discover how astrology can inspire us to love more deeply, passionately, and authentically. Dare to explore, dare to connect, dare to love from the very heart of your being! **Presenter: Alina Chereches**

Lunch Break

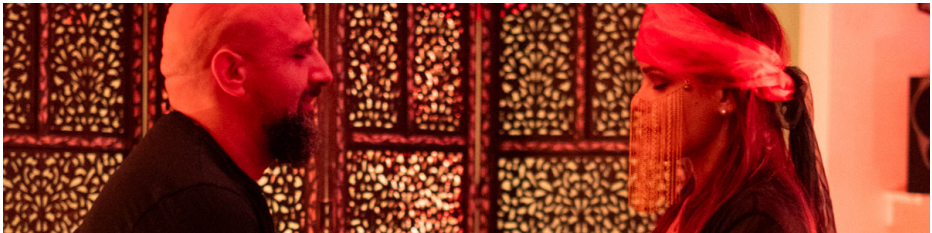
2 - 3pm

Saturday, 19th October

The Sublime Poetry of an Erotic Encounter - WORKSHOP

3 - 4.30pm / Hridaya Hall

When viewed through a poetic lens, erotic encounters can be moments of pure art - moments where time slows down, the senses heighten, and every gesture becomes a verse in the larger narrative of Love. In this workshop we will explore the art of eros through poetic movement. **Presenters: Vital Development (Patricia Martello & Marcelo Di Matteo)**



The Sacred Union: Exploring the Occult Power of the Lingam and Yoni - TALK

3 - 4.30pm / Shiva Hall

Lingam and Yoni are Sanskrit words for the male and female sexual organs, but their meanings extend far beyond their anatomical references. In Eastern spiritual traditions, lingam and yoni are revered as profound symbols of divine creative energy. The lingam, representing the masculine principle, and the yoni, embodying the feminine, reflect the cosmic dance of creation, of transformation, regeneration and ultimate unity.

Join this session to explore the mystical significance of these symbols, their role in Tantra, and how they resonate within our own bodies. *Note: Explicit projected images will form part of the presentation.* **Presenter: Morgan Arundel**

The Game of Energies through Tantric Massage - WORKSHOP

5 - 6.30pm / Hridaya Hall

This workshop is a chance to explore a more refined erotic touch, the touch of our 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. This workshop involves an energetic form of massage without physical touch, that can be a profound and intimate experience. You are invited to come with a partner, or you can pair up with someone there.

Presenters: Iulia & Ben Carver

The Art of Foreplay - WORKSHOP

5 - 6.30pm / Shiva Hall

Foreplay actually begins long before the lovers come together, with the build-up of anticipation and the curiosity to discover all the ways the other experiences pleasure. An expansive exploration of each other's inner universe then begins to reveal a hidden story. This workshop will cover the significance of foreplay in any erotic act, as well as the art of embracing and kissing amongst other delicious secrets. The workshop will include playful exercises without intimate contact - you will need to wait until you get home for that!

Presenters: Kate Wallwork & Bogdan Radanasu

Dinner Break

6.30 - 7.30pm

Saturday, 19th October

Celebrating Love - TANTRIC HEART PARTY

7.30 - 10.30pm / Hridaya Hall

This Tantric Heart party will be inspired by the euphoric, expansive energies of love.

We will infuse our movements with the pulsating heart of life, sharing our beauty with the world, daring to love, daring to be ourselves, daring to celebrate the great adventure of life!

Presenters: Aurora Georgijevic & Foca Yariv



Sunday, 20th October

Yoga for Awakening the Orgasmic Woman

- YOGA SESSION FOR WOMEN

11am - 12.15pm / Hridaya Hall

Did you know that there are yoga postures that can enhance your erotic pleasure and help you to 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 a zest for life?

Join us and discover these unknown secrets of yoga!

Presenter: Kirsty Pearse



Yoga for Awakening the Virile Hero

- YOGA SESSION FOR MEN

11am - 12.15pm / Shiva Hall

Men - rise! Yoga is a great way to become the perfect lover, that deep inside you know you can be. Through the practice of yoga you can learn to increase your virility and sensuality in lovemaking. **Presenter: Bogdan Radanasu**

Sunday, 20th October

Morning Ritual: Rising in Love and Eros

11am - 12.15pm / Parvati Hall

Let's dare to step into a new horizon of a life enchanted by the elevating light of love and eros! This ritual aims to open the beings of the participants to allow the sublime energies of love and eros to naturally flow, and to enrich every part of our lives through poetry, dance, meditation, the art of admiration and creative visualisation. **Presenter: Mojdeh Moasser**

Embodied Tantra: Awakening Through Presence - WORKSHOP

12.30 - 2pm / Hridaya Hall

Discover the transformative power of the Tantric game between embodied practice and meditative awareness. In this immersive workshop, the focus will be on experiencing awareness in the present moment through the body, as a support for deepening into an intimate connection with yourself and others. Through guided relaxation, working with the breath, slow mindful movement and intimate connection exercises, you will be invited to reconnect with your innate sensuality and authentic presence, and to experience how your body becomes a gateway to self-awareness, deeper intimacy with others, and even to profound, sacred connection.

Presenter: Morgan Arundel

Sunday, 20th October

Amorous Erotic Continence - WORKSHOP

12.30 - 2pm / Shiva Hall

Amorous Erotic Continence refers to the unique ability to separate orgasm from ejaculation, and to be able to make love for many hours. For centuries, Tantric practitioners have proclaimed this practice as one of the pillars of longevity and spiritual evolution. Join Maria and Foca as they share from over 20 years of experience, in a playful and insightful way, how this practice can be achieved. **Presenters: Maria Porsfelt & Foca Yariv**



Sunday, 20th October

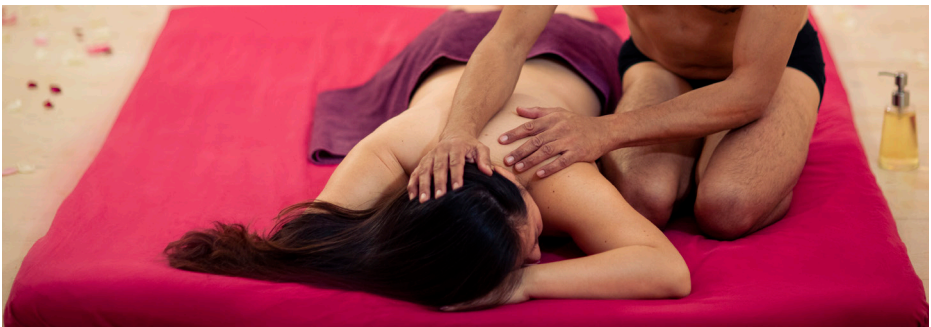
Evolving Intimacy: Lessons of the Loving Heart - WORKSHOP

12.30 - 2pm / Parvati Hall

This session will be a journey into how to become a magnificent lover, by learning how to learn from love. We will explore how relationships and intimate erotic experiences can become powerful teachers of growth, healing, and transformation. Through reflective practices and inspirational perspectives, we will dive into the lessons offered by intimacy, helping us to embrace love as a path of self-discovery. We will discover how we can cultivate an inner set-up for learning through intimate relationships, and how this approach becomes a shield for the heart - because learning brings meaning and meaning gives strength. We will explore how staying teachable is the foundation for epic relationships and for a fulfilling erotic life, as we approach it with curiosity, vulnerability, courage and a willingness to grow. **Presenter: Aurora Georgijevic**

Lunch Break

2 - 3pm



Sunday 20th October

Tantric Massage Demo

3 - 4.30pm / Hridaya Hall

Tantric massage teaches us to touch and be touched in a most elevated way. Ben and Iulia will show 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 in this session will be dressed, and contemplate and learn from the massage demonstration.

Presenters: Iulia & Ben Carver

Bedroom Dynamics - Kama Sutra, erocise and more

- WORKSHOP

3 - 4.30pm / Shiva Hall

In this dynamic and playful workshop we will get hands on (but keeping clothes on) with some techniques and practices to keep things very much alive in the bedroom! From daily stretches, to warm-ups, to specific postures for activating particular moods and needs, we will cover it all - almost!

Come with a partner, find one in the workshop or just come and take it all in to practise later. No experience necessary, but flexibility will help! **Presenters: Olga Korzhak & Kieran Martin**

Sunday, 20th October

The Transcendent Power of the Orgasm - TALK

3 - 4.30pm / Parvati Hall

Beyond its joyful expression of love, the orgasm serves as a profound spiritual tool. It holds the potential to be far more than a physical experience - it can become a gateway to heightened awareness, deeper connection, and even sublime, transcendent states of consciousness. Tantric teachings emphasise both the extension and deepening of the orgasmic experience, guiding the seeker towards a deified state and catalysing a radical shift in consciousness. Through the practice of sacred lovemaking, the orgasm transforms into a pathway for spiritual elevation and awakening. **Presenter: Morgan Arundel**



Sunday, 20th October

Trance Energies and Sensuality - WORKSHOP

5 - 6.30pm / Hridaya Hall

By embracing trance energies and sensuality with soft dance, we open ourselves to a richer, more vibrant and sensual experience of love connection. We learn to inhabit our bodies fully, to honour our desires, and connect deeply with ourselves, with others and with the wholeness. **Presenters: Vital Development (Patricia Martello & Marcelo Di Matteo)**

Ritual of Adoration of the Goddess - FOR WOMEN & MEN

5 - 6.30pm / Shiva Hall

Tantrics place special emphasis on the adoration of Shakti, the Divine Feminine. She is seen as being the Mother, the Daughter, the Sister, the Lover and the Heroine.

Shakti is also the Great Initiatress. She is the embodiment of life, of creativity, beauty, nourishment and great wisdom.

Within the elements of this ritual, the Divine Feminine will be honoured as she deserves. We will discover that through her love, our consciousness will ascend, and we will discover the beauty of the celestial realms. **This ritual is for both women and men.* **Presenters: Magdalena Hau & Aurora Georgijevic**

Closing Ceremony

6.30 - 8pm / Hridaya Hall

Conclusions, and how to take it forward

8 - 9pm / Parvati Hall

Presenter: Maria Porsfelt

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 the speakers alike, wish to share the wonderful benefits of Tantra with you. The festival programme for 'Sacred Eros - Dare to Love' 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 our daily lives.



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.



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.



Alina Chereches

Alina immersed herself in 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 is helps others unconditionally. Expect a very down-to-earth and practical approach.



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 people as possible.



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 the UK.



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.



Kate Wallwork

Kate has had a dedicated practice in Yoga and Tantra since 2010 and is passionate about using Tantric methods for rapid spiritual transformation. Coming from an academic background, Kate discovered how a Tantric practice brings happiness and fulfilment in the heart of life, and propels us ever forward on the path of Self-discovery. Kate is especially inspired by the wonderful juxtaposition offered by Tantra between sacred Eros and the path of deep inner contemplation and how passion and prayer unite in the aspiration to merge with the highest.



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.



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.

Friday, 18th October

Hridaya Hall

7:00 - 10:00pm

Opening Show & Workshop: Dare to Love

Saturday, 19th October

Hridaya Hall

10:00 - 10:45am

Morning Ritual: Rising in Love and Eros

11:00 - 12:30pm

Sanctify Your Lovemaking

12:45 - 2:00pm

Discover the Goddess (workshop for women)

2:00 - 3:00pm

(Lunch Break)

3:00 - 4:30pm

The Sublime Poetry of an Erotic Encounter

5:00 - 6:30pm

The Game of Energies through Tantric Massage

6:30 - 7:30pm

(Dinner Break)

7:30 - 10:30pm

Celebrating Love - Tantric Heart Party

Shiva Hall

11:00 - 12:30pm

Yoga Date (for singles too)

12:45 - 2:00pm

Awaken the Hero (workshop for men)

2:00 - 3:00pm

(Lunch Break)

3:00 - 4:30pm

The Sacred Union: Exploring the Occult Power of the Lingam and Yoni - TALK

5:00 - 6:30pm

The Art of Foreplay

Parvati Hall

11:00 - 12:30pm

Tantric Magic - The Art of Transfiguration

12:45 - 2:00pm

Astro-Love: The Cosmic Playground

Sacred Eros

Dare to Love

Sunday, 20th October

Hridaya Hall

11:00 - 12:15pm	Yoga for Awakening the Orgasmic Woman
12:30 - 2:00pm	Embodied Tantra: Awakening Through Presence
2:00 - 3:00pm	<i>(Lunch Break)</i>
3:00 - 4:30pm	Tantric Massage Demo
5:00 - 6:30pm	Trance Energies and Sensuality
6:30 - 8:00pm	Closing ceremony

Shiva Hall

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2:00 - 3:00pm	<i>(Lunch Break)</i>
3:00 - 4:30pm	Bedroom dynamics - Kama Sutra, erocise and more
5:00 - 6:30pm	Ritual of Adoration of the Goddess

Parvati Hall

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3:00 - 4:30pm	The Transcendental Power of the Orgasm
8:00 - 9:00pm	Conclusions, and how to take it forward



SPRING TANTRA FESTIVAL

28th - 30th March
Tara Yoga Centre, London

Tickets: £165 | Limited spots available!
Book via tantrafestival.co.uk