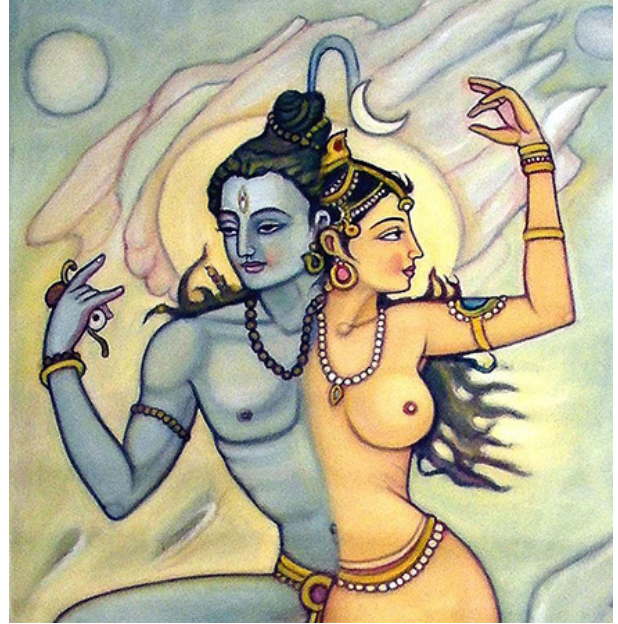


Tantrapulsation

training with Smrati



The training will be held in English and Swedish in central Gothenburg. Each part is 2 long weekends and maximum numbers of participants is 20.

The training is intended for you who have done some Tantra as well as some self-exploration. It is for you like to look inside and have a deeper understanding of yourself and others. It is also for you who want to learn how to give sessions and workshops in Tantra or Tantrapulsation. Maybe you already work with people but want to expand your skills.

In Part 1 of the training, we start with self-exploration and deepening of our own journey, tuning into the body, our breathing and our feelings. Most days I will demonstrate a Tantrapulsation-session, share some principles and keys and then we will pair up and give each other this session. Afterwards, we will have time to share what happened during the session, both as a receiver and a giver.

We will experience how it is to be the Facilitator and guiding others in their process, as well as how to create a supportive atmosphere for others, so that they can feel more comfortable.

Towards the end of each day we will have a Tantric meeting together and share some of the Tantra-ways.

Some of the areas we will touch:

- How to be present in the body and breath
- How to give care to our Tantra Temple
- Allowing and fine tuning our feelings, and expanding awareness of all that we contain
- Understanding and recognizing old wounds
- Dearmouring
- How to allow transparency and sharing what is happening
- Becoming familiar with different energy centers, and allowing the energy to flow freely
- Touching intimately, with sensitivity, and in a non-intrusive way
- Becoming relaxed and comfortable with another body
- Conscious lovemaking – making love as a Meditation
- Using intuition to enhance our role as a Facilitator

These books we'll use as inspiration sources:

- **Diana Richardson:** *Slow Sex, Tantric Orgasm for Women*
- **Diana Richardson & Michael Richardson:** *Tantric Sex for Men, Tantric Love: Feeling vs Emotion: Golden Rules to Make Love Easy*
- **Ateeka:** *Love is Under My Skin: Experiments in Living Yoga*
- **Aneesha L Dillon:** *Tantric Pulsation*

Tantrapulsation Part 2, 3 and Diploma:

In Part 2 we will continue the self exploration as well as going deeper into giving sessions. We will look at “Conscious lovemaking” – making love as a meditation. We will also exercise meditation in general and being comfortable with *non-doing*. In Part 3 we continue the self-exploration and the Facilitating sessions and groups.

After participating in Tantrapulsation parts 1 – 3 you will receive a Diploma.

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