



IBIZA TANTRA FESTIVAL 2017

Embrace
your
Shadow
and
Shine!

TUESDAY 24

17.00 to 18.00 pm
INTRO FOR NEW COMERS
with Vasanti at White Tara

OSHO KUNDALINI
MEDITATION at Shiva-Shakti

20.45 to 22.30

OPENING RITUAL
with Bahramji & Shastro
at Shiva-Shakti

WEDNESDAY 25 FACING THE SHADOW

· OSHO DYNAMIC MEDITATION
with Pragita at White Tara
· SHAKING YOGA with Pravasi
at Nataraj

· MORNING GATHERING
· FAMILY SHARING
at Shiva Shakti

Morning workshops:
· JOHN & PRAGITA at Shiva-Shakti
· ASTIKO & SUDEVA at White Tara
· REX & PRAVASI at Tilopa
· SACHAR & SANTOSHI at Nataraj

Afternoon workshops:
· KOMALA & NITEN at Shiva-Shakti
· VASANTI & REX at White Tara
· DAWN & OHAD at Tilopa
· SABINE at Nataraj

MEDITATION with LIVE MUSIC
at Shiva Shakti by SHASTRO

21.00

ECSTATIC DANCE with RICOLOOP
at Shiva-Shakti
TANTRIC DANCE with RAKESH &
ELFRIEDE at Nataraj

THURSDAY 26 SHARING WITH YOUR GENDER

· CHAKRA BREATHING
with Pragita at White Tara
· PARTNER YOGA at Nataraj
with Satya and Joan

· MORNING GATHERING
· FAMILY SHARING
at Shiva Shakti

Morning workshops:
· ONLY WOMEN at White Tara
with VASANTI & ASTIKO
· ONLY MEN at Shiva-Shakti
with REX & NITEN

Afternoon workshops:
Women: White Tara · Santoshi & Dawn
Women: Tilopa · Komala & Pravasi
Men: Shiva-Shakti · John & Sudeva
Men: Nataraj · Ohad & Shachar

SILENT SUNSET MEDITATION
in NATURE

23.00 to 01.00

SHIVA-SHAKTI RITUAL with Astiko
& Niten at Shiva-Shakti
LOVE TEMPLE at Tilopa

FRIDAY 27 EMBRACING DARKNESS & LIGHT

· SHAKING MEDITATION
with Pravasi at White Tara
· YOGA with Satya at Nataraj

· MORNING GATHERING
· FAMILY SHARING
at Shiva Shakti

Morning workshops:
· ASTIKO & NITEN at Shiva-Shakti
· JOHN & PRAVASI at White Tara
· PRAGITA & SUDEVA at Tilopa
· SACHAR & DAWN at Nataraj

Afternoon workshops:
· SANTOSHI & REX at Shiva-Shakti
· KOMALA & OHAD at White Tara
· NITEN & VASANTI at Tilopa
· SABINE at Nataraj

MEDITATION with LIVE MUSIC
at Shiva Shakti by PRAFUL

21.00 to 00.00

OPEN VARIETY SHOW
Jump on stage! at Shiva-Shakti
LOVE TEMPLE at Tilopa

SATURDAY 28 SHINING YOUR GLORY

· SHAMANIC CHAKRA HEALING
with Pravasi at White Tara
· KUNDALINI YOGA with Humita
at Nataraj

· MORNING GATHERING
· FAMILY SHARING
at Shiva Shakti

Morning workshops:
· JOHN & KOMALA at Shiva-Shakti
· REX & ASTIKO at White Tara
· OHAD & DAWN at Tilopa
· VASANTI & SUDEVA at Nataraj

Afternoon workshops:
· KOMALA & SHACHAR Shiva-Shakti
· SANTOSHI & NITEN at White Tara
· PRAGITA & SUDEVA at Tilopa
· RAKESH & ELFRIEDE at Nataraj

MEDITATION with LIVE MUSIC
at Shiva Shakti by BAHRAM

21.00 to 00.00

TANTRA PARTY with RED FULKA
ECSTATIC DANCE with ARUN JI
LOVE TEMPLE at Tilops

SUNDAY 29

· SACRED EARTH MEDITATION
with Pragita at White Tara
· YOGA with Joan at Nataraj

CLOSING CEREMONY
and satsang with PRAFUL
at Shiva Shakti

MEALS

BREAKFAST
8.00 to 10.00

LUNCH
13.00 to 15.00

DINNER
19.30 to 21.30

TEA & SNACKS
15:15 to 16:15
18:15 to 19:15
23:00 to 00:00

EMOTIONAL SUPPORT

Will be available daily
from 14.30 to 16.00
at TILOPA

07.15 to 08.30 am

09.45 to 11.00 am

09.45 to 13.00

11.15 to 13.30 am

16.00 to 18.00 pm

18.30 to 19.30 pm

20.45 to 22.30

21.00 to 00.00

23.00 to 03.00

WEDNESDAY 25 · FACING THE SHADOW

morning workshops 11.15 to 13.30

JOHN & PRAGITA · **The movements of the Energy Body**

In this workshop first of all we will experience our energy body consciously. Then we will explore the energy movements of expansion and contraction, of diffusion and density. We will feel how we manipulate and are manipulated in order to get energy, and how we can be with others in a more supportive and loving way. This helps you to be a better lover, a better friend, a better therapist...

ASTIKO & SUDEVA · **Free Flow of energy and Expression of Sexuality**

We can experience our body as the channel through which our life energy flows and expresses itself sexually, emotionally and spiritually. When energy flows freely it is in contact with the whole spectrum of possibilities, from pleasure to bliss. An opportunity to experience our bliss body when we allow the body to flow and pulsate without restrictions.

REX & PRAVASI · **Embodied Mythology · Descent Journey Of Initiation**

Through the vehicle of an indigenous story from New Zealand we connect with the longing that brings us home to our body, the land, and our natural erotic nature. Descend through your emotional and bliss body and return with the elixir of your life force.

SACHAR & SANTOSHI · **Sex & Death / Prey & Predator**

Experience the essence of sexual drive by tuning to your primal instinct. Discover the power of penetration and body openness in a playful interactive structure. Embodying your masculine & feminine essence no matter your gender. Nudity is optional.

afternoon workshops 16.00 to 18.00

KOMALA & NITEN · **Beyond Seduction**

Seduction is one of the first strategies we learn to keep safe and hide our vulnerability, fear of rejection or shame of our sensuality and sexuality, thus distorting our life force power. What if we meet in vulnerability and sincerity, beyond the subtleties of seduction? A powerful event uncovering heart, body and soul.

VASANTI & REX · **The Sacred fire**

The fire cannot live without movement and it will die if we do not take care of it. It's up to us to take care of it and find the right distance. We come from this fire which contains the mystery of creation. Sexuality is one of its expressions and it does not express without his power. The sacred fire energizes us and spreads joy. Here is the opportunity to drop our inhibitions, to be aware of our magnetic power, to express our creativity and spontaneity, connected to the wisdom of our wild side.

DAWN AND OHAD · **Sourcing Desire**

Often times we squelch our desires, urges and passions in order to conform, and be nice. What happens as a result, is that we may often lose track, or dim our light, or lose integrity. In this playshop, we will help to uncover some of our hidden gems, and maybe even get one –or more– fulfilled.

SABINE · **Contact Improvisation & Tantra**

Tantra –as well as the dance form Contact Improvisation– break taboos that liberate us. In this workshop you experience your inner spaces/energies and connect them through breathing. Relating the pelvis –as well as the heart centre – to the space around you. In deep listening, we meet each other with every part of our body, and find a dance together or allow the dance to find us.

FRIDAY 27 · EMBRACING DARKNESS & LIGHT

morning workshops 11.15 to 13.30

ASTIKO & NITEN · **The circle of Light**

An ancient technique designed to experience the circling of life energy between male and female polarities. For men the heart area is a receptive pole and his sex is emissive. For women the heart area is outgoing and emissive, and her sexual centre is receptive and magnetic. When we meet with our opposite polarity this energy field creates an electromagnetic circuit flow, between receptive and emissive, expanding itself through the whole body. The experience allows us to understand our orgasmic capacity from a different angle.

JOHN & PRAVASI · **Tantra and theatre**

Based on Grotowski's work to drop the mind and its controls, and allow ourselves to be in the flow of our energy, following our spontaneous impulses and embracing our human essence. We will create a circle of permission just to be in our truth, in each moment, and allow the unfolding of our being beyond the concepts of our minds, within the beauty of who we really are.

SHACHAR & DAWN · **Relationships · A new beginning**

How can we be sexy beings in a long term relationship? How can we live in Freedom & Power in our relationship? Where do we lose our power in our relationships?

PRAGITA & SUDEVA · **Tantric Breath - Fresh Beginning**

A safe space where you can dive into wild, sensitive and intimate tantric adventure. You can open up to be more free and real, meeting each other from this space. Surrender to deep orgasmic breathing; opening up and learning to let go of unnecessary load.

afternoon workshops 16.00 to 18.00

SANTOSHI & REX · **Tantric Initiation Ritual**

An opportunity to create your own temple of love, give and receive exactly what you need and be met in love and presence. It may include massage and energetic interaction, nudity is optional. Couples may work together if they choose to and singles will be asked to rotate partners.

KOMALA & OHAD · **Shadow / Light Ritual**

Releasing hidden energies stored in our muscles, fascia, and internal organs, so that we can flow in aliveness and spontaneity at all levels. We will focus on various emotional states and invite the body to find its own way to move free of constraints. Celebrating the rainbow power of our life force!

NITEN & VASANTI · **An open transmission from the Divine**

In this powerful and exquisite ritual, you will be initiated into the subtle dimension of Touch. When we bring the quality of Love and Awareness, Touch becomes a potent Healing and Transformative force, regaining its innocence and purity. There is a yearning in us to be nourished and exalted through Touch. In a way, Touch is often "goal oriented", mechanical and sometimes invasive. Tantra uses Touch as an extension of the Heart and a doorway to the Spirit.

SABINE · **Contact Improvisation & Tantra**

Experiencing the divine through Dance and Touch. Tantra –as well as the dance form Contact Improvisation– break taboos that liberate us. In this workshop you experience your inner spaces/energies and connect them through breathing. Relating the pelvis –as well as the heart centre– to the space around you. In deep listening, we meet each other with every part of our body, and find a dance together or allow the dance to find us.

SATURDAY 28 · SHINING YOUR GLORY

morning workshops 11.15 to 13.30

JOHN & KOMALA · **Riding the Wave of Bliss**

This is the ultimate tantric energy meeting and exchange with a partner. Using breath and movement to take you into an experience of bliss. We will raise energy and charge up first the sex centre, then the heart, and then our third eye. In the second step we balance the energy between us with a sense of joyful expansion. Finally we circulate the energy, which takes us into an altered state of consciousness, a sense of merging.

REX & ASTIKO **Sexual Prayer · Love, Magic And Manifestation**

An intimate sacred journey of love and intention. Learn techniques to inhabit your body as the temple that it is, and raise sexual energy as your power for creation, blessing, manifestation, and healing deeper issues of humanity.

OHAD & DAWN · **Empowerment Through Pleasure (ETP)**

A very powerful ancient method of sexual healing in a modern wrap. Come to give and receive deep empowerment, re-wiring your brain through erotic pleasures. Workshop Includes nudity and sexual stimulation. Work done in groups of 3. Come alone or with a partner.

VASANTI & SUDEVA · **The wave of bliss**

An opportunity to explore how to allow your sexual energy to flow through your inner flute to be a loving, sensual and spiritual being. Allowing your energy to flow in a natural way.

afternoon workshops 16.00 to 18.00

KOMALA & SHACHAR · **The Tunnel of Love**

There are many ways to give love through touch. Some are light, some are bright and some will give you a bite... Where is your comfort zone? Where is your gift and where is your edge of growth?

SANTOSHI & NITEN · **Lasya · The Ultimate Union of Opposites**

Lasya is a deep and powerful way to enter into union, combining sensuous movements where dance and massage meet into a harmonious flow. This can lead to an elevated state of ecstatic bliss, where both partners, male and female, surrender to the Cosmic Rhythm. This intimate Tantra practice opens the gateway to Erotic and Sensual energy.

PRAGITA AND SUDEVA · **Sensual Intimate Journey For Lovers**

Often times we squelch our desires, urges and passions in order to conform, and be nice. What happens as a result, is that we may often lose track, or dim our light, or lose integrity. In this playshop, we will help to uncover some of our hidden gems, and maybe even get one –or more– fulfilled.

RAKESH & ELFRIEDE · **Tantric Dance**

Be guided into an unknown dance while being blindfolded and trusting your intuition to guide others. A unique way to open to the flow and surrender – feminine– while developing presence and guidance abilities –masculine–. A light, yet, profound way to tune with others while staying present with oneself.