

Introduction to Tantra

August 9 – 12, 2018
Tripura Sundari Temple
Livingston Manor NY

Co-led by Vyana Bergen & Cristian Graca

The art of Tantra has been practiced by the ancients of India for thousands of years. It is a way of life where embodiment meets meditation, where the erotic meets the ordinary tasks of daily living, and where our sexual energy can be harnessed to take us to ecstatic divine realms. In esoteric terms, Tantric philosophy wakes up our minds that we might see the beauty of the earth without and the depth of soul within. In practical terms, Tantra invites our bodies to wake up so every cell can be alive with *spanda* (pure life force).

Intro to Tantra is a three day retreat where you can learn about the basic principles of tantra and begin the practice of living Tantra. Some of the principles we will focus on are:



Everything is an experiment – We often take life very seriously, feeling like we have to be perfect with every choice we make. When we can step out of our perfectionism, and into our curiosity, we find there is lot more space to explore who we are and how we want to be in the world. In this way we are practicing the art of experimenting, rather than trying to do it right.

The inner marriage - Each one of us has masculine and feminine energies, represented in some ways by the desire to initiate and the need to receive. When we become aware of both these energies within, we learn the necessity that they have for a well developed relationship between them.

The healing power of pleasure - Although we pursue it in many arenas, pleasure is in fact the most difficult of all the emotions to allow ourselves to feel. When we allow it in, we learn that pleasure is in fact our birthright – we all long to love and be loved. When we open to the ecstatic joy of love, we can discover that the divine dwells within. There are many levels and layers to pleasure, it is not simply in the realm of the physical, but includes intimacy, service and enlightenment.

The weekend begins at 6pm on Thursday evening with dinner, ends by 1pm on Sunday afternoon with lunch. The cost for the retreat is \$650, it includes room and board and all sessions. A deposit of \$250 is required in advance. There will be a limit of six participants for this retreat, so if you are interested please let us know as soon as possible!

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