

**invites you to the workshop 25 – 28 April 2024**

**TANTRIC TRANSMISSION TRAINING  
TANTRA FROM ITS SOURCE. MODULE I  
INTRODUCTION TO TANTRA. ENERGY, PRANA,  
KUNDALINI. FOR SINGLES & COUPLES**

**By: SWAMI ANAHATA**



**We invite everyone to a unique Tantra Training based on a direct, authentic transmission of Ancient Tantra from India. The entire training consists of 3 modules, including: three live residential workshops, homework to practice at home, monthly guidance online and one to one coaching of 90 minutes upon completion of training. You can join this training from any module and complete it in a year.**

**Each workshop is an independent part and you can take part in the classes in any order. No prior preparation is necessary. The classes are intended for beginners and advanced.**

**The training will be led by Swami Anahata - a valued tantra teacher who combines the wisdom of the ancient mysticism of the East with the scientific discoveries of the West. This training is based on Swami Anahata's 22 years of life started in India learning and living tantra in various ashram and community and teaching more than 7000 students worldwide.**

**Anahata teaches you how to direct your own physical, emotional, sexual and spiritual energy. He is an international tantra teacher, founder of the Anahata Tantra School. He is considered a pioneer in the field of tantric and meditation practices. During the workshops, he combines classic tantra, Osho meditations, healing and body work methods, somatic trance, hypnotic trance, and spiritual practices (Vipassana, Zen, Sufi, Tao and Yoga).**

**Annual Tantric Transmission Training in 2024:**

**25-28.04.2024 module I – Introduction to Tantra. Prana, Kundalini and Energy**  
**10-13.10.2024 module II – Seven Chakras and Union of Polarities**  
**Spring 2025 module III – Sacred Sexuality**



**This training is an invitation to those who are seeking authentic transmission of tantra. Who want to start their Tantric Journey in a safe, joyful atmosphere.** 3 modules of this training are designed to take you on a journey to learn basic and thereafter advance pillars of tantra.

**This is one of the wholistic training in which you will explore that combines Ayurveda, tantra and yoga into a trinity.** We will be exploring elements of ayurveda, asana, bandha and pranayama of yoga and bringing tools of tantra to awaken kundalini energy.

The training is for everyone who wants to consciously and responsibly experience tantra in its purest form.

**During training, you will receive a solid foundation of classical tantra. You will experience tantric rituals, ceremonies and meditation. You will discover, awaken and understand your sexual energy.** You will learn strategies for establishing relationships and connections between people. You will awaken the heart center and you will open yourself to the flow of Love. You will experience the awakening of your chakras and energy centers. You will experience the dynamics between masculine and feminine energy. You will remove negative patterns that influence your life.

**Tantra is an ancient practice to unite sexuality and spirit. It offers an approach to life that celebrates the joy and sensual awareness of the body. Through delicacy, awareness and conscious body sensation, tantra helps you to fully open up to your loved one. It affects our whole life.**

Tantra is also a sophisticated path of spiritual awakening. It offers people a path to enlightenment through everything we are - through sensations, emotions, and sexuality. It covers the entire human being. The secret of tantra is that it brings awareness and love for every human situation, no matter what it is.

**Tantra is also a way of experiencing deep love and sexuality, creating close relationships, uniting bodies and souls.** These are not just sexual techniques and advice - as is commonly believed, but something much deeper. It is a process that takes place at all levels - body, mind and soul. And which unites all these levels. In its deepest essence, tantra is the meeting of two energies - male and female, completely different, but necessary for this difference to create something new and beautiful. Practicing tantra transforms all spheres of our life - relationships, sex, but also work, friendships, parenthood. If you deepen your awareness, presence and breathing, it will affect your whole life, not only improve the quality of your sex life.



### **What does this training include?**

- \* 3 live residential workshops
- \* Homework to practice at home
- \* Monthly guidance online
- \* One to one coaching of 90 minutes upon completion of training
- \* A certificate of participation

### **What will you experience and learn?**

- \* How to sit in meditation? Various postures, mudras and focus techniques
- \* Prana, kundalini and energy bodies
- \* Chakras and it's practical impact in daily life
- \* Cleansing and harmonizing chakras
- \* Setting up ritual space and yantra
- \* Sexual energy and it's movement in the body mind
- \* Breath and movement of prana
- \* Couples tantric path - various posture and position of meditating together
- \* Sacred objects and it's placement
- \* Ardhanareeswara – male and female dynamics
- \* 3 marriages – of body, of heart and of soul

And much more...



**This training is an invitation to discover your sexuality and receive deep and practical teachings derived from tantric traditions. Using exercises that integrate heart opening,** tantra teaches how to build trust not only in sexuality, but also in other aspects of our lives. It teaches you how to be more present and fully. It transforms consciousness quickly and effectively.

**The classes will teach us the power of touch, massage and breath meditation** to help us celebrate our love life. We will discover that we can connect with our loved ones not only on a physical level, but also on a deep spiritual level. Through breathing, awareness, movement and feeling deeply, we will allow the innate wisdom of our body to unite in love and sexuality.

### **Daily routing during the training**

07.30 - 09.00 Morning Sadhana activation - yoga and tantra kriya

09.00 - 10.30 Breakfast

10.30 - 13.30 workshop session with break in between

13.30 - 15.30 lunch and rest

15.30 - 18.30 workshop session with breaks

18.30 - 20.00 Dinner

20.00 - 21.30 last session

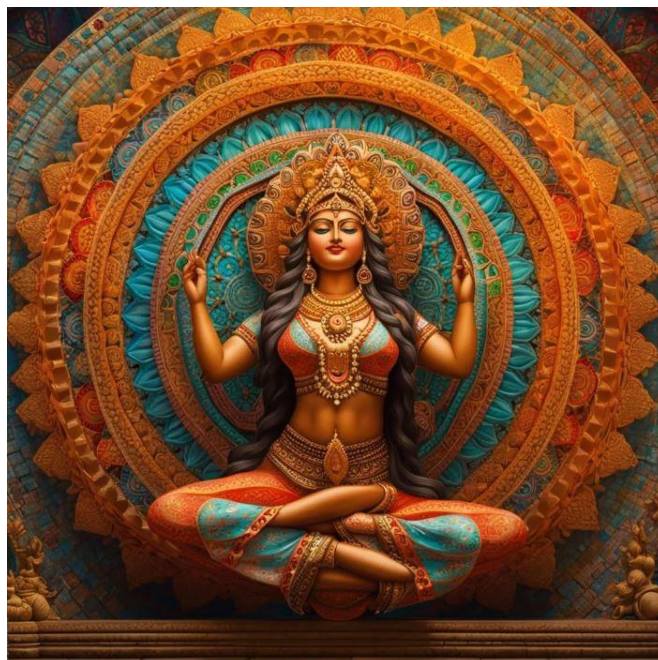
**Each module begins at 17.00 on the first day and ends at 16.00 on the last day**

**This training is for anyone who wants to experience tantra in its purity. It is for those who can learn to slow down and digest each meditation practice before jumping into another experience.**

### **Who this training is not for?**

- Anyone looking for casual connection and sexual experiences
- Not ready to practice at home
- Someone who is not physically or mentally healthy

## **MODULE I INTRODUCTION TO TANTRA. PRANA, KUNDALINI AND ENERGY.**



**During 1st module you will be invited to experience the fundamental principal of tantra. Prana, kundalini and energy are once experienced alone and together with someone will create a solid foundation of tantra.** Most of modern human being have started living in the head and almost forgot how to access heart when its needed therefore this module will lead you to feel confident in moving from head to heart whenever its needed.

Structured meditation and exercises will teach you how to move your energy and prana within your own body first and with the partner thereafter. You will also learn to stay grounded when desires are steered. We will be using sutra from the Vijana Bhirava Tantra.



## MODULE II

### 7 CHAKRAS AND UNION OF POLARITIES

**In 2<sup>nd</sup> module you will learn and experience 7 energy centres of tantra called chakras in Sanskrit. This module will not only provide you information but also include an embodied experience of each chakra so you can taste its quality.**

These energy centre also hold the polarities of masculine and feminine within all of us humans. Meditation, rituals and massage will guide you to fully absorb the essence of chakras and its polarities. In the end of this module you will feel confident to diagnose which chakras are not flowing in you and what can be done to bring them back to alignment.



# MODULE III

## SACRED SEXUALITY

**In this module we will enter into the sacred sexuality tantra. You will be guided to awaken, move and transmute sexual energy to all energy centres so that you can master the art of sacred sexuality.**

There will be no sexual contact during this retreat its about playing with energy. Carefully crafted meditations will lead you to open and expand your energy with in your own body first and then learn how to exchange and play with others.



### **Frequently asked questions by the workshop participants:**

#### **Isn't Tantra all about sex?**

Tantra is an ancient spiritual path, that is known for its transformative power on all levels. As Tantra includes every aspect for our human experience from death, emotions, subtle energy etc. it as well includes and helps us to become wise in the fields of our sexuality and sexual energy. Therefore Tantra is one of the fastest ways for personal development and spiritual growth. In the Kashmiri Tantra Massage Course, we work with sexual energy but we neither promote any sexual interaction of any kind nor include internal touch of the genitals. We will create a safe container for you at all times.

#### **I'm in a relationship, but my partner does not go to the workshop. What could we do?**

Firstly, ask your partner to come to this workshop and take this as pouring energy to your relationship. This workshop can reignite fire of love in your couple. If by any practical reasons your partner cannot make it then communicate consciously to your lover your desire to attend this workshop. In this workshop we provide sacred and safe space for each individual to choose how much he or she would like to be intimate with others. So this communication with your partner will bring a beautiful experience of intimacy whether you come for this workshop or not.

#### **I am currently not in a relationship. Does it make sense to go to the workshop?**

Whether you are in a relationship or not this seminar is definitely going to help you. Basically, it will benefit you to nourish your own relationship within yourself and will bring a deeper understanding of yourself. You will have a chance to explore and experience yourself in a playful interaction with others. There is always a support available throughout the workshop.



**I want to go with my partner, but we are afraid of exchanging partners in the exercises. What can we expect? What level of intimacy will we go to?**

You are most welcome to come as a couple to this workshop. You are always in charge if you want to do all couple-exercises with your partner or not.

### **WHAT DO WE GET FROM TANTRA?**

- It enriches our sex life, makes it more beautiful and complete.
- It allows us to discover true closeness - with ourselves, with our partner, with our family.
- Enables a deep flow of love.
- It allows us to discover who we really are.
- Teaches how to develop spirituality through closeness to another person.
- It can help heal our wounded aspects.
- It has a positive effect on all areas of our life.

### **SWAMI ANAHATA'S TANTRA SCHOOL COMBINES**

- the wisdom of ancient Eastern mysticism and Western scientific research
- classical tantra
- tantric, Kashmiri and Taoist massage
- Vigyan Bhairav Tantra
- methods of healing and bodywork (Lomi Lomi, Tibetan acupressure, acupuncture with colours of the light)
- intensive training for men - "Awakened Masculinity"
- transsomatic hypnotic trance
- Osho meditations (he is a certified teacher of meditations such as Mystic Rose, No Mind & Born Again and many others)
- spiritual practices such as Vipassana, Zen, Sufi, Tao and Yoga.

# FACILITATOR: SWAMI ANAHATA



Swami Anahata is an international Tantra Teacher and the Founder of The Awakened Masculinity Training for Men. His name Anahata is symbolic of the heart in the spiritual path of Tantra. He fuses ancient Eastern mysticism wisdom with Western scientific research to design his courses, making his teachings easy to understand, holistic and practical to modern lifestyle.

Swami Anahata is regarded as a pioneer in the field of leading Tantra practices for Men, helping thought-leadership on the subjects of Masculinity and Meditation. He has taught Tantra workshops to couples, individuals and men only groups worldwide in countries such as India, Bali, Czech Republic for more than 20 years. Born in India, where Tantra has originated from, he speaks and writes Sanskrit from the young age of 7.

Swami Anahata is trained in various healing and bodywork methods including Lomi Lomi, Tibetan Acupressure, Kashmiri and Taoist Tantric Massage, Colorlight Acu-puncture and Transomatic Trans Hypnosis. He is a certified meditation facilitator in Osho Meditative Therapies such as Mystic Rose, No Mind & Born Again and Yoga teacher. He is an avid practitioner of Satori. He has studied various spiritual disciplines such as Vipassana, Zen, Sufi, and Tao meditation and philosophy.

Swami Anahata has worked in Fortune 500 companies such as AOL Time Warner, CNN, Barclays Bank, British Council for more than 12 years. He then left his successful corporate career, suffering from a burnt out from work, depression and body image issues. He went on a spiritual quest for the meaning of life and love.

On his spiritual journey, Swami Anahata discovered teachings of Osho and lived in international Osho communities to learn and synthesise multi-cultural differences and psyche of human behaviour, which enriched his experience in relating with people from all walks of life. This then led him on the path of Tantra.

[swamianahata.com](http://swamianahata.com)

## **WORKSHOP HELD IN ENGLISH AND TRANSLATED INTO POLISH!**

**DATES:** 25 – 28 April 2024 (Thursday – Sunday)

**WE BEGIN:** 25<sup>th</sup> April at 5 PM

**WE END:** 28<sup>th</sup> April at 4 PM

**WORKSHOP PRICE:** 1200 PLN (for each module) + Food & Accommodation

**EARLY BIRD:** 1100 PLN when deposit is paid till 31 January 2024

**FOOD & ACCOMODATION:** Food 110 PLN / day (3 vegetarian meals)  
Accommodation depending on standard:  
From 35 PLN - 140 PLN / night  
Only full board packages are available.

**ATTENTION:** Due to the unstable economic situation in Poland, we reserve the right to raise the prices of accommodation, meals and workshops, based on exchange rates and official inflation rates in Poland.



**CONTACT:****kawkowo@tuiteraz.eu****Office: +48 662759576****Jacek Towalski +48 602219382****Maja Wołosiewicz-Towalska +48 606994366****VENUE:****„HERE AND NOW” PERSONAL AND SPIRITUAL  
DEVELOPMENT CENTER IN NOWE KAWKOWO****[www.tuiteraz.eu](http://www.tuiteraz.eu)****How to register:**

- 1. Please register by email at: [kawkowo@tuiteraz.eu](mailto:kawkowo@tuiteraz.eu) (giving your first and last name, phone number, the name and date of the workshop). E-mail registration constitutes consent to join the newsletter and receive information about new products, promotions, offers, trainings and services of the Tu i Teraz Center to the provided e-mail address. You can withdraw your consent at any time by clicking the "Resignation" link at the very bottom of the Newsletter.**
- 2. Only after receiving an email with confirmation of your accommodation choice, please send a payment.**
- 3. We kindly ask you to pay a deposit in a week from registration. No payment within 7 days will cancel the registration. Please do not pay deposit before receiving an email confirmation of the reservation of your place in the workshop!**
- 4. Paying the deposit to our Centre means you agree to the Centre Rules and Regulations, which you will receive by email upon registration.**
- 5. Please pay 240 PLN deposit to “Tu i Teraz” to the following account with description: "Name, Surname, 25-28.04.2024”.**

**Tu i Teraz****BANK PKO BP****BIC (Swift): BPKOPLPW****IBAN: PL27 1020 3541 0000 5202 0364 3111 (account in EUR)****IBAN: PL92 1020 3541 0000 5502 0206 3410 (account in PLN)**

- 6. Refund will be available not later than 30 days prior to the event. In case of refund, the 20 PLN administration fee will be deducted from the deposit. The deposit cannot be transferred to another workshop.**
- 7. Remaining payment for the workshop is paid on spot and accepted in CASH only, after arrival to the Centre.**