

# Spirituality *meets* Sexuality



## *Transformational Tantric Weekends for men and women*



These powerful weekends are designed to support men and women, singles and couples

- ▶ to **rejuvenate** the masculine / feminine dynamic,
- ▶ to **feel free to express** the vulnerable and powerful sensual self and
- ▶ to **experience** empowered relationships.

Tantric Blossoming is dedicated to creating spaces for your inner and outer transformation, using a combination of tantric practices with breathwork, dance, silent meditation, active meditation, massage, polarity work, conscious choice, self enquiry and more.

You will experience individual, partner and group activities which support you to recognise that the outer experience is reflective of your inner experience and that transformation happens from the inside out.

*"The soul's greatest desire and deepest longing is to experience egolessness and timelessness, which can be experienced either through enlightenment or orgasm!" osho*



### **About the retreat**

The location is Lilyvale in the Royal National Park, just one hour south of Sydney. This idyllic location is totally private, surrounded by trees, bordered by a small river with plenty of areas for quiet reflection on the grounds of the property. Enjoy an early morning swim at Garie Beach, only 10 minutes drive from Lilyvale.

### **Food**

Organic vegetarian food will be provided. Dinner will be provided on Friday night, breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday.

### **What we cover on the retreat »**

## At these weekend retreats you will have the opportunity to:

- ▶ Experience energetic processes for realigning your masculine and feminine energies by combining spirituality and sexuality
- ▶ Unravel tensions held in the physical body which limit your capacity for bliss and keep you locked into conditioned modes of being
- ▶ Explore the feminine / masculine dynamic in both structured and unstructured contexts
- ▶ Rejuvenate your inner man / woman through nourishing and energising practices
- ▶ Feel safe to speak, feel and experience your depths in a mixed environment
- ▶ Learn how nurturing, aware touch supports your essence and touches the essence of those you connect with
- ▶ Embrace your inner divinity and how to live life as a journey of tantric awakening
- ▶ Discover how to feel more engaged with your sexual energy, thereby increasing your vitality and essential life force
- ▶ Free your energy to express your unique essence in daily life, empowering you in all relationships with family, friends and lovers
- ▶ Enjoy yourself in space with other men and women committed to living in alignment with their true selves.

**Treatment bonus:** Ben Dorrat will be supporting all participants with network chiropractic, an energetic form of chiropractic which promotes the integration of breath, feeling and body. This technique is in strong alignment with tantra, encouraging energy to flow more freely through the body, creating physical relief, emotional ease and increased body awareness. You will receive 2 entrainments during the course of the weekend retreat to support you in your inner and outer transformation.



### About your facilitator



*Martina Hughes has been passionately supporting men and women to create transformation and empowered lives for over 8 years through tantric workshops and private sessions. Martina recognised her innate potential for holding space and creating openness in people from a young age, through her relationships with family and friends. She has cultivated this gift through her own deeply transformative journey of tantra, sacred sexuality, energetic healing, bodywork, flower essences,*

*yoga, meditation, wholefoods and more. Martina's greatest desire is to hold feminine spaces of loving, compassionate, receptivity for men and women to reclaim and realign with their own true, unique and loving essence.*

### About your assistants

*The assistants for these retreats are chosen specifically for their desire and interest to be of service in the awakening of humanity. Each assistant has undertaken his or her own journey of self-discovery in order to be able to create a deep, loving and available presence to support participants in their transformation.*



## Next dates

9-11 July 2010

(Friday 7pm to Sunday 4pm)

\$955, early bird by 18 Jun \$895

### Bookings

As places on the retreat are limited, we request that you express your interest by emailing us with a paragraph explaining why you would benefit from the transformational experiences being offered on this weekend, together with an explanation of your past experiences with tantra.

Martina or one of her assistants will be in touch with you to discuss your application further, so please include your phone number.

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