



Tantric Nights

Facilitator:
Martina Hughes



Martina lives for the joy of creating deep transformational spaces for men and women. She has combined her experiences of tantra, sacred sexuality, shiatsu, energetic healing, rebirthing and breathwork, Australian Bush Flower Essences with her own journey of self discovery to develop tools and practices which support you to awaken to your inner essence.

Martina has been profoundly touched and awakened through the mentoring she has received from tantric master, Shantam Nityama, and has also been deeply inspired by the teachings of Osho.

Social Evenings

for men and women, singles and couples

Relax your body, release your mind and feel your soul play at this interactive and social evening of tantric practices and dance. If you've been looking for somewhere to meet others who are into Tantra, or you are new to Tantra – these evenings are for you!

An opportunity to:

- ▶ Explore the sensuality of your body
- ▶ Experience your masculine and feminine energies through movement
- ▶ Develop meaningful connections with men and women
- ▶ Move out of your mind and into your body
- ▶ Feel connected, dynamic, vibrant and alive and know how to re-create this experience at home
- ▶ Have FUN and DANCE!!

There is no sex or compulsory exercises - choose your own level of participation.

Investment \$35 booked online, \$40 at the door (includes supper)
Time 7 – 11pm

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For details of date and location of the next Tantric Evening in your area, visit the website or contact Martina.
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