

Tantric Opening and Transformation

Further details about the 9 month programme

The clearer we become as individuals, the more deeply we are able to hold space for others. The most valuable tool that any facilitator, healer, practitioner or anyone who works intimately with others can have is the capacity to hold space clearly, freely and without agenda or judgment. The deeper the well of stillness and compassion which you create internally, the deeper the space you provide for your clients – supporting them to go much deeper in their own unravelling.

Overall intention of the training

To provide participants with a high level of clarity and openness regarding sexuality, sensuality, opening sexual energy, intimacy, conscious relating and healing past patterns of relationships and sex.

My intention for the training

I have seen many people do short trainings in tantra and sexuality and other forms of healing; some of them go onto work directly with clients, while many others would love to use the skills but freeze.

I know it is time for me to hold space for training others; and so, I ask myself, why do people freeze after trainings? I see a lot of trainings offer people a skill set over a short period of time, but afterwards something is still missing. What is it?

In my perception, there is a lack of confidence or internal experience of depth, love and awareness to hold space for the emotional experiences which may be evoked. Dealing with sexuality, intimacy and relationships with clients requires one to be clear on who they are and what they are bringing into the space. If the facilitator is likely to be triggered by the questions asked or issues raised, they will find it difficult to hold the presence and love required to bring depth to their clients.

Through the trainings I have undertaken combined with my life experience and 8 years of working intimately with clients, I feel that the training program I am offering will provide participants with the depth, self love and awareness to hold space for themselves and others – whether in a session or workshop or private setting. From very early in my journey I realised that the deeper I go in my inner experience, the more I have to offer to my clients.

This is the opportunity I am offering you through Tantric Opening and Transformation – to go deeply into yourself, to explore sexuality, intimacy, love and relationships, so that you experience yourself as a clear conduit for creating greater love, harmony and sexual experiences in your own life and so that you can facilitate tantric sessions or workshops for clients.

In love and sincerity,

Martina

- Benefits
- Programme outline
- FAQs

Benefits for participants

- ▶ Experience a greater space of love, depth and self awareness in yourself
 - ▶ Be able to feel where people are at in their process and hold space for them accordingly
 - ▶ Feel how to generate, hold and move sexual energy in the body without manipulation or distortion
 - ▶ Know how to create a conducive and loving space for others' transformations
 - ▶ Develop tantric practices that quiet mind chatter and bring freedom from being lost in the chaos of life
 - ▶ Learn how to use tantric tools for being earthed in your body, alive and flowing in your feelings and experiencing energetic flow
 - ▶ Create loving, harmonious relationships in your life
 - ▶ Know what your desires and values in relationship are and choose how to live according to your highest priorities
 - ▶ Learn how to create workshops to deliver materials to a variety of people with differing life experiences
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Programme outline

WEEKEND 1 – Getting clear on sex.

Dealing with your distortions, manipulations and repressions regarding sexuality and sexual energy.

WEEKEND 2 – Opening to intimacy

What prevents you from letting go and being intimate with yourself and others.

WEEKEND 3 – Masculine / feminine dynamics

Understand and integrate the complementary aspects of masculinity and femininity.

WEEKEND 4 – Creating conscious relationships

Explore your values, desires and needs for relationship and becoming clear in creating the relationship you desire.

WEEKEND 5 – Bringing it all together:

sex + intimacy + masculine / feminine balance + conscious relationship = harmony in life

Dealing with any remaining sabotages and self imposed restrictions, knowing and feeling your heart's longing and living in congruence with yourself

WEEKEND 6 – Holding space for others

Being in the space without your personality, knowing when to ask questions and when to sit quietly, feeling into the people you are working with.

WEEKEND 7 – Creating experiences for clients and workshop participants

How to meet the client where they are at in their process and how to get real with participants in workshops.

WEEKEND 8 – More on being a clear conduit for friends, lovers, clients and workshop participants

This weekend will cover a variety of topics from holding space to creating a business and marketing your services.

WEEKEND 9 – Living life with integrity and optimal wellbeing

Make life choices that are congruent with your inner being.

The above is a general outline and may change during the course of the training, depending on the participant's immediate needs. There are areas of overlap and so within each weekend, we may also include topics from the other weekends listed above or other areas as they arise.

Each weekend will include silent and active meditations, tantric breathwork and bodywork practices, journaling and self reflection, individual and partner enquiry processes for clearing, exercises for generating sexual energy, group discussions and sharing, and much more.

During each weekend, we will cover components for taking care of yourself and lifting the layers of past distortions in your body, psyche and feelings together with how to address these areas when working with clients.

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FAQs

Will I be able to hold workshops after completing the training?

Yes, you may choose to create and facilitate your own workshops after the training. You will notice a higher level of self awareness, depth and receptivity, which will give you the confidence in holding space for others. The training will also provide you with skills and experience to know how to create the workshops.

Will I be able to do one on one sessions after the training?

Yes, you will have the necessary skills and experience to hold individual and couples tantric breathwork and bodywork sessions. You will be able to connect with clients, feeling and understanding where they are. The space you will have created inside of yourself will allow you to feel comfortable in walking others through experiences such as discussing their past sexual history, teaching them how to generate sexual energy in the body, how to have conscious sexual experiences and guiding them through the breathwork and bodywork sessions.

Is there an opportunity for me to facilitate Tantric Nights or other Tantric Blossoming workshops?

During the training, you will be given an opportunity to facilitate at one of these events, as part of your opportunity for exploring and offering your gifts in a communal space. At the end of the training, Tantric Blossoming may offer some participants the opportunity to work in a facilitator role for Tantric Blossoming.

I live interstate and would love to participate in the training – is it possible for me to attend?

Yes, there are places available for interstate participants – the only requirement will be for you to travel for one weekend a month. And your one on one sessions with Martina can be scheduled before the weekend training, so that you do not need to do extra travel. For the non-residential weekends (4 training weekends being held Saturday and Sunday in Sydney) you may be able to arrange accommodation with one of the Sydney based participants.

Why 9 months?

The training is 9 months to provide you with the greatest opportunity for dropping deeply into your own process and revealing your deepest vulnerability in the group space. This will allow you to be an incredibly valuable facilitator as you relieve yourself of any and all restrictions around the expression of sex, love and intimacy.

What are the one on one sessions with Martina?

The training includes 3 tantric bodywork and sessions with Martina to support you in experiencing the depth of your sexual energy, alignment of your masculine and feminine energy internally and to open you up to fully feeling and experiencing your joy, love, peace, passion and more.

Will there be an opportunity to practise the tantric breathwork and bodywork in the training?

Yes, each weekend there will be an opportunity for you to give and receive tantric breathwork and bodywork with one of your fellow participants. You will be supported by myself and the assistants as you are giving sessions to others. There may also be opportunities later in the training for members of the community to come in and receive training from the participants.

Will there be homework?

Yes, you will be given some individual assignments to support you in moving outside your ordinary comfort zones in life. And you will be required to complete 20 tantric breathwork and bodywork sessions outside of the training with notes to be written up and handed in. There will also be one 15 minute segment of facilitation that you prepare and present at one of the Tantric Blossoming events (as determined by Martina).

Will there be even numbers of men and women undertaking the training?

There is no requirement for even gender numbers within the training. There will be partnered activities that can be done with an opposite sex or same sex partner. In the instance of requiring even gender numbers we will bring in extra people from the community for individual practices. At this stage, it looks like we will have more women than men participating in the training.

Do I need to attend all the weekends?

In order to receive your certificate you will need to attend 8 out of 9 weekends, receive your 3 sessions from Martina and complete all assigned homework tasks.