

9 month course

# Tantric Opening and Transformation

*An on-going deepening to your life*

This 9 month course is a multi-layered experience, creating an ongoing deepening to your spiritual self, connecting with authentic feelings, aligning to your true essence whilst providing you with tools that can be used for facilitating your own sessions and groups.

**The intention** for this training is to take you to your edge and learn how to gently and gracefully move into and beyond the edge, opening your life to greater joy, ecstasy and transformation than you could imagine.

**We will create deep and powerful spaces** of intimacy, transformation, realness, femininity, masculinity, power, love and feeling . . . Meeting each participant where they are at and encouraging them to be a little more raw, real and vulnerable in their expression of daily life . . . Creating transformation which goes home and flows back into everyday living.



## Details

### Dates (2010-11)

Oct 1-3	Lilyvale (long weekend)
Nov 6-7	Sydney
Dec 11-12	Sydney
Jan 21-26	Lilyvale (5 nights)
Feb 26-27	Sydney
Mar 18-20	Lilyvale
Apr 9-10	Sydney
May 6-8	Lilyvale
Jun 10-13	Lilyvale (long weekend)

### Investment

\$11,196 (payable under payment plan over 10 mths) or \$9,600 (payable in full by 15 September).

### What's included?

- A comprehensive journey to your inner personal development through tantric, energetic and breathwork practices
- All weekends as listed above
  - 2 long weekends at Lilyvale (3 nights accommodation and all meals)
  - 2 regular weekends at Lilyvale (2 nights accommodation and all meals)
  - 1 x 5 night stay at Lilyvale (5 nights accommodation and all meals)
  - 4 non residential weekends in Sydney (Saturday and Sunday lunches provided)
- 3 individual tantric breathwork and bodywork sessions with Martina
- Email and telephone support from Martina and assistants

“What you are doing is changing my life. I live for this – it is a much more beautiful way of being. Thank you. Mark, 42, Sydney

## This program is designed for:

- ▶ potential facilitators, to be able to learn valuable skills for creating and running your own tantric sessions and workshops
- ▶ men and women who choose to increase their consciousness through tantric breathwork and energetic practices
- ▶ an incredible way of diving deeply into a group experience and accelerating your spiritual and personal development.

During the 9 months we will create experiences which support you to dive deeply into your psyche, body and being.

The program will support your integration of emotional, sexual, spiritual, mental, physical and energetic bodies. You will experience a deepening of your capacity for feeling, love and presence as a MAN or WOMAN. This will flow into you being a deeper channel in all areas of your life—creating harmonious relationships, improving your work life balance, having a stronger connection to self, increasing your intuition, being able to hold space for others and much more.

The clearer we become as individuals, the more deeply we are able to hold space for others. The most valuable tool, any facilitator, healer, practitioner or anyone who works intimately with others, can have is the capacity to hold space clearly, freely, without agenda and without 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 unraveling.



### 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

*You will be supported by a team of assistants who have been chosen for their ongoing commitment to serving men and women to know themselves as love, truth and compassion. Each of them brings unique skills and personal qualities due to their variety of life experiences.*



### About the venues

The away weekends will be held at Lilyvale, which has been chosen for its natural high and supportive energy. It is situated in the National Park amongst native trees, with a creek and grassy areas for sitting, an ideal tranquil setting to hold us in the unraveling and transformation of the weekends.

The venue for Sydney weekends is yet to be confirmed.

### About the food

On all the weekends you will be served vegetarian, organic food. The menu will be developed for its capacity to support and nourish you, depending on what stage of the journey we are in – high energy food to create further expansion, and grounding food when it is needed.

**tantric**  
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