

# certificate in tantra & sacred intimacy

commences Sat 11 Aug 2018

## overview 2018

### What is tantra?

Tantra is a lifestyle based upon spiritual traditions found in both Hinduism & Buddhism.

It is in our human quest for understanding the meaning of intimacy that we begin our own Divine journey to becoming whole.

Polarity is key in accessing & unlocking our body's inner wisdom, allowing us to heal our wounds and make space for Sacred Union.

Tantra is this conscious relationship, and intimacy is the achievement of self-love and healing.

**NOTE:** *As this is an experiential and deeply integrative learning, students are advised that they may activate core beliefs (often laying dormant in the base and sacral chakras). In doing so, you may experience shifts related to your perceptions around abundance, creativity and family of origin. Resistance is common when we begin to expand upon what we do know. This is where the mentoring sessions can come into play to support you through this process.*

\*\*Please note that all classroom activities are completed fully clothed with no sexual touch involved.

### What does a session with a Tantra Practitioner involve?

There are 5 keys to tantric relational practices which include energy activation - not specifically arousal through genital stimulation, nor is pleasure the only goal. It is through various tools of meditation, sensory awareness, breath, movement and body energy work that clients learn how to harness healing & energy activation. They may experience a Kundalini awakening, emotional release (chakra blocks, old emotional/cellular wounds especially but not exclusively sexual repression, abuse, illness, highly sexed, shamed, guilt) and discover many parts of

their existence that may have been under-valued.

Post session debriefing is conducted to clarify feelings, outcomes and ground the client, assuring they are safe to leave and integrate with the outside world.

### Who is this program for?

This program is suited for anyone seeking to learn the fundamentals of tantra and how this can awaken and/or expand upon their own psycho-spiritual, sexuality transformation.

Tantra creates an easier, natural – and often quicker and much more soothing pathway to healing & nourished relationships.

### Course structure

**1. Certificate in Tantra & Sacred Intimacy** can be completed over 3 months and includes the following:

#### Tantra Philosophy & Practice:

2 x 1 - day weekend workshop

#### Sacred Intimacy & Healing:

2 x 3 -day workshop

Plus a minimum of 1, individual session with Taryn .

This program consists of theory, explanation, demonstration, workshops.

### Subjects

#### Tantra Philosophy & Practice

Are you keen to understand more about this widely popular practice? Our 2 x 1 - day workshops will give you an overview of the origins of Tantra and how it has become linked into the Western view of sex. Sacred Sexuality will be explained and core Tantric practices will be explored within a safe, non-threatening and non-invasive environment. Comfy clothes are recommended for the exercises. Movement is at beginners level.

This is an informative and very valuable component of understanding the principles of Tantra & its origins. You will be taken back into a time of the Gods and their attributes; we will explore the origins and aims of Tantra and look at the wonderful and many colourful parts of this artful science of 'being'.

**(Philosophy, ritual and Evolution toward Intimacy Today)**

Attributes and Mantras and all Deities in sound/vibrational form will be practiced. We will visit the Kundalini concept and touch upon the magic of Chakras & energy philosophies.

Including but not limited to teachings in Kaula school of Tantra, we will expand upon the many modalities to gain a wider understanding of its birthing into the Western domain, and the idiosyncratic play on perspectives.

**Pre-requisites:** none  
**Facilitator:** Taryn Harvey

**Sacred Intimacy & Healing:** 6 days  
 This 2 x 3 - day workshop includes:

**Conscious Relationships:** Many of us desire to experience more joy, love and compassion. But how aware are we of what makes our relationships rich and rewarding?

Having worked in the sex industry and as a Sex and Relationships Therapist, Taryn will be drawing upon years of practical experience and research to show how by being 'conscious', a person becomes more dynamic in relationship to self and others.

**Tantra 5 Keys:** Key elements of Tantra will be explored individually and experienced in group practice. Much of this modality will be highly experiential yet infused with fun to ensure expansion and creativity.

**Tantric Healing:** You will learn about breath (pranayama / chi) and be introduced to many various breathing exercises adapted in teachings today ('fire/cobra/ocean' to name a few). There will be an introduction to yogic (kundalini) sutras that are at the core of Tantra, along with energy clearing rituals; communication and sensory (eye gaze etc), movement that make up the effective

practitioner's tool-kit. In these teachings we will review the nature of our physical body and sexual behaviours. We will be discussing how our community and education has impacted upon health and intimacy most people are trying to sustain in today's world.

Sacredness is about empowerment, so we will delve into the many workings of the energetic connection and how this aligns with the mental & emotional body, how to use integrative psych based practices around cellular memory, emotions & beliefs. Coaching & Counselling techniques will be explained in terms of functionality when working 'hands on'.

Healing begins at a core soul level, so once the source of wounding is uncovered, you will be shown how to identify, guide and nurture the individual in consciously activating their own desire to acknowledge and accept what is revealed.

We will be learning about the whole body, specifically working with the understanding of biological framework around the human genitals.

This unit will comprise theoretical review of anatomic descriptions and there is NO NUDITY NOR TOUCH other than 'reiki based energetic bodywork' techniques taught in these units.

**Pre-requisites:** Tantra 5 Key Practices  
**Facilitator:** Taryn Harvey

**Mentoring sessions**

A 1:1 Individual mentoring session with Taryn Harvey is required. All individual sessions are to be booked directly with Taryn Harvey.

**Exemptions**

No exemptions are offered for the Tantra specific courses unless previously studied with Taryn Harvey.

**Who is Taryn Harvey?**

A qualified Tantra Teacher and Relationship expert, Taryn has run her own successful practice on the North shore for over 8 years. Prior to this, she was a successful PR Manager in Pharmaceutical Healthcare, working on the launch of Viagra which leveraged her focus on men's & women's health strategies.

Today she runs global workshops, and is known for her passion & vision of human sexuality, health and pleasure as our birthright. Taryn honours Tantra and Sacred Sexuality in it's authentic nature & true practice; recently developing a Tantric Bodywork tool - The Polarity Key™.

She holds Diplomas in Transformational Life Coaching, Holistic Counselling, certified in Tantra Teaching plus Chakra (Energy) healing and is a successful author of "Trust; a memoir about spiritual awakening and healing sexual shame".

### **Recommended Texts (Tantric, Historic, Relationship & Psychology)**

Tantrik Texts – Shiva Shakti Mandalam

(online [www.shivashakti.com](http://www.shivashakti.com))

Kundalini Yoga for Strength, Success & Spirit

(Ravi Singh)

Sex Matters (Osho)

Dear Lover (David Deida)

Intimate Communion (David Deida)

Sex at Dawn (Christopher Ryan & Cacilda Jetha)

The Body is the Barometer of the Soul (Annette Noontil)

Owning your own Shadow (Robert A. Johnson)

The Heart of Tantric Sex (Diana Richardson)

Atlas of Anatomy (Taj Books)