

## **One Heart Tantra Massage Practitioner Training – Level 1**

**10th - 16th October 2013, Co Wicklow, Ireland**

A six day course in the sacred art and application of Tantra Massage. The aim of the course is to provide the training to practitioner level of sacred tantra massage to enable the student to practise this professionally.

Tantra Massage when practised with sacred, conscious touch has the ability to reunite the body with the Spirit to bring wholeness into Being.

The course will take you through learning how to facilitate a session from start to finish: room preparation, client procedure and vetting, boundaries and agreements, rituals and massage of a full session, closing and follow-up. The course includes an easy to follow manual for the massage step-by-step strokes and techniques as well as other study material, exercises and information.

This course is the foundation course (entry level) for our further training courses and modules and will be restricted in number of participants to allow for individual attention.

“The One Heart Tantra difference is our emphasis on leading people into an empowering experience of Love itself. Rather than recycle the traditions of the past, our intention is to marry the individual with a direct experience of their own essence as Love and sourced from Divine nature. It is through the heart, not the mind or mind-centred rituals, that we arrive into wholeness and peace.”

### **Pre-Requisites:**

If you are considering taking the course in order to practise professionally:

Previous experience in massage, or another holistic or body centered therapy is not essential, but is useful. If you do not have any pre-training knowledge or experience with working with clients in a holistic therapy, and also do not have a solid grounding in tantric practise, spirituality and energy work, it should be considered that you may not be proficient to practise professionally following the course, and that further training and personal development will be necessary due to the deep nature of this work.

### **All applicants:**

With a deep love to share this sacred work we welcome all genuine applications.

Please note that in order to ensure a high standard of training and experience for all concerned, potential participants are screened as part of the application process. It is necessary for all participants to be familiar with the concepts of creating and taking responsibility for their own life-experiences.

If you would like to discuss how this applies to your circumstances, please get in touch.

### **Course Syllabus:**

How to facilitate a complete Tantra Massage session:

- Creating & holding sacred space
- Opening and closing rituals
- Tantric breath-work
- Conscious energy connection and merging
- Grounding energetically and centring methods
- The concepts of devotional touch
- Tantric massage, touch, strokes and various techniques
- Meditation and Stillness practise
- Awareness & moving of sexual/spiritual energy (life-force).
- Yoni/lingam massage

Additionally and relative to tantra massage we will also touch upon: setting healthy boundaries, human energy system and senses, concepts and aim of unconditional giving and receiving, business and promoting, other aspects of tantra, practicalities of facilitating a massage, benefits of tantra massage, energy clearing, ethics, self-care and support.

**Facilitators:** [Lynn Paterson](#) and [Isaac George](#).

**T&C Agreement:**

The nature of the work we will be doing is sexual and spiritual; this is dealing with some of the most challenging issues within human consciousness. Personal issues may come up and we ask that each participant take full responsibility for their experience. The course emphasis is on training, and is not a forum for therapeutic processing of individual experiences. By enrolling participants are agreeing to participate fully in the course and to take full responsibility for their experience. Your boundaries are always respected.

**The Course is suitable for:**

- Those individuals who are called to work with sacred sexuality.
- Massage or holistic therapists who wish to begin offering tantra massage.
- Tantra massage professionals who wish to deepen their work.
- Sex workers who would like to change the emphasis of their work.
- Committed individuals who wish to use this training as a spiritual way to explore their sexuality.
- Couples and partners wishing to learn and share with each other.

**Class Structure:**

Dates: Starts Thursday 10<sup>th</sup> October at 2pm and completes Wednesday 16<sup>th</sup> 2-4pm.

Daytime: We will be covering learning and practising the rituals and application that comprise a full tantra massage session.

Evenings: We will be going over other aspects, such the supplies needed for tantra massage, room prep and settings, music, theory, promotional and business, talking to clients etc.

One-on-one practise during the course is required.

Some homework and additional course study material will also be given.

**Certification:**

All participants are given a One Heart Tantra certificate of attendance at the end of your training. This is not given as a professional recommendation and authority to practise.

**Course Fee/Investment:**

Early Bird price (pay deposit immediately and balance by end July 2013): €1110

Full price: €1290.00

Deposit: €300 to secure your place.

**Enrolment:**

Please email [angels.lynn@yahoo.co.uk](mailto:angels.lynn@yahoo.co.uk) in the first instance with some information about your experiences and circumstances.

**Notes:**

Any student may re-take the course at any time in the future for a 50% fee reduction. We reserve the right to alter course material without notice as is appropriate to needs and circumstances.

**Our Venue:** Residential, full-board with delicious home-made organic vegetarian meals at Slí na Bandé. Easily accessible by car or public transport from Dublin city and Dublin Airport. Low-cost flights are available to Dublin from most major airports.

Slí na Bandé is, a sustainable living project located in the garden of Ireland, County Wicklow. A five-acre haven of peace and quiet, it's situated far from busy roads, and bordered by a forest on one side and views of the Irish Sea on another. Facilities include walking trails, a natural swimming pool, hot tub, sun deck, hammocks, and trampoline. <http://slinabande.ie/>

From previous courses...

*"I would highly recommend anyone who is interested in any aspect of Tantra to make time for this very professional Training Course ~ Lynn you openly share your knowledge and wisdom and help people feel safe and loved on every step of this wonderful journey. I have spent many beautiful times with you Lynn and it has been an honour and a joy to share sacred space together... with deep love and gratitude for all that you are and all that you do" ~ Namaste, Love you xx" - Lorna x*

*"Yesterday I was reminded just how amazing Lynn's training is - if anyone is thinking*

*about this and would like to speak to someone who has experienced training from Lynn, then I'd be very happy to give any information you'd like!" - Gillian A., Scotland*

*"Feeling so deeply and utterly moved by the profound beauty of each of the precious souls who shared this experience together. Thank you everyone for being so open to true intimacy... we created a beautiful sacred and sensual vessel in which we could be ourselves." – Arianne B., UK*

*"Tantra, as I have now learnt and experienced, is as sacred as we will it to be." – Y.L*

**Certificate for Professional Qualification:**

This is an additional process and fee that may be chosen as an add-on to your course. Please make a request at the time of booking for this to be considered. Certification will only be given after successful evaluation and this will be based not only on course work, but will additionally require homework and receiving & giving tantra massage with submission in writing of case studies. The time scale for this will be agreed on an individual basis and can not be more than 12 months.

Fee for Evaluation for certificate of Qualification: £500

**Video of Lynn giving Tantra Massage talk:**

Lynn gave a free talk at the South William Street Space in Jan 2012. The talk was on tantra massage and Lynn's experiences and realisations gleaned from following a practise of giving and receiving tantra massage.

[http://www.youtube.com/watch?feature=player\\_embedded&v=iw2JlqghCLo](http://www.youtube.com/watch?feature=player_embedded&v=iw2JlqghCLo)