

Bali Tantra Meditation Retreat:

TANTRA



NECTAR

From Sex to Samadhi

20 March – 30 March 2020, Bali

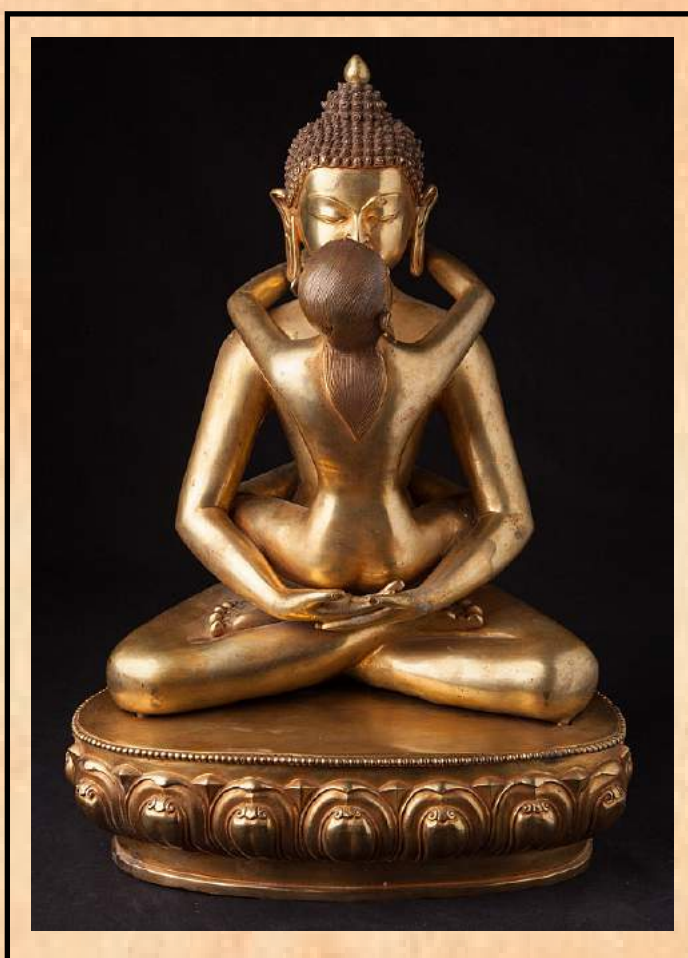
***To start your journey as a single person or alone on the path of tantra, it's very important to clean your body, mind and soul.
The first stage of tantra journey is to accept yourself and learn the art of enjoying solitude and loneliness...
the power of being comfortable when alone is unmatched...***

***I have travelled on this path alone for several years before meeting my tantric partner and I know how difficult and challenging this can be.
With the guidance and blessings of my master,
I understand the value of being alone and also of being together.
So in these 10 days of inner journey, I will share all my life experiences and methods which helped me to grow and become a blossoming flower.***

I'm inviting all of you, to come and travel with me on this golden path of Sex to Samadhi....

What is Tantra?

When people talk about Tantra, they only think about “Sex”, “Orgies” & “Nudity”. They are completely unaware about Tantra and how it's a path to Enlightenment using several methods and practices. It includes Yoga, Meditation, Mantras, Yantras, Breathing, Dance, Touch and several other healing arts. The beauty of Tantra is to accept all dimensions of life. Tantra sees “Sex” and “Samadhi” or “Enlightenment” as one. Yes, Tantra teaches you to explore sexuality in a conscious way so that you can become free from it and reach your divine source. Tantra connects “Sex” and “Divine” together so that we realize our true purpose and merge with its orgasmic nature.



From Sex to Samadhi

My beloved Master Osho, invented the phrase “From Sex to Samadhi”. He has given a series of discourses on this topic in Bombay in 1968 and that changed the whole world forever. On that day, a new era of Tantra began. I listened to this discourse series for the very first time in 2007 and since then till now, I listened to it several times. Every time, it opens a new dimension of understanding. This Tantra Meditation Retreat is based on Osho’s Teachings of Tantra and one of her disciple named Sarita’s life work.

During these 10 days of Tantra Retreat, we explore each chakra and understand more about it. We open up and go deeper within its nature using several meditation and practices. We start our “Sex to Samadhi Journey”... From First chakra and end with the Seventh chakra. In the Tantra Chakra Map, the first and seventh are not separated, It’s united! Remember there is no Lotus without Mud.

The Chakra System

Chakras are the reservoirs of Kundalini or sacred Healing energy. There are 7 Chakras in our body. They are said to be rotating disks of energy which serves as the meeting point of matter & consciousness.

These Chakras control our physical, emotional, psychological and spiritual state of being. It is essential for our overall health & happiness, that the Chakras stay open & aligned.

If there are any stagnation of energy or if the Chakras are not in sync, the energy cannot flow & there will be imbalances and disturbances in the mind & the body.

The word “chakra” means “wheel” or “circle” but they are actually triangles or like lotus. In our system there are 114 energy junctions of Nadis. The Nadis are the channel of prana in energy body. Out of 114 energy junctions, 7 energy junctions are the most important and the most fundamental. These 7 energy junctions are also referred as the 7 chakras and these are the main energy centres of our spiritual or energetical body. Chakras are the gateways to consciousness. Each chakra has its own purpose, association and connection.

In ancient times, tantric yogis or practitioners would awaken the Life force energy called kundalini energy by several meditation and tantric yogic kriyas. Kundalini energy is situated in the base of the spine in the form of a sleeping serpent. Once a yogi or a spiritual practitioner opens that energy then it will use that to cleanse the stagnation in the Chakra System. This will help to open the chakras receive the universal energy in the form of a waterfall.... to wash from crown to sex and down through legs to feet.

When the chakra system is open to the universal divine energy, it means that our chakra system is “vertically aligned” and we are becoming one with existence and living life blissfully and in a balanced way.

Our Sacred Space

The Tantra retreat will be held in Tejakula, a small village in North Bali. There is a Tantra yoga space known as Shambala Ocean Retreat Bali which is a beautiful beachside location.

Since the last 5 years, this place has hosted Tantra Masters from all over the world for their workshops as well as trainings. It's the hub for a Tantra retreat in Bali. We love this space and have lived here for a month almost every year.

We aim to combine Tantra practices and Meditation in a relaxing environment empowering you to live in a state of openness, certainty, joy and abundance in our Tantra meditation retreat.

Click here to know more about Shambala Ocean Retreat Bali:

https://www.tripadvisor.in/Hotel_Review-g1567365-d1557278-Reviews-Shambala_Oceanside_Retreat-Bondalem_Tejakula_Bali.html

Watch this video for a virtual tour of the Shambala Ocean Retreat Bali:

<https://www.youtube.com/watch?v=KQzPGjmTnsw>



Our Team

Our Tantra Retreat will be a life changing experience especially for couples mainly because of our team of facilitators. Satyarthi Prateek uses his learnings of years to help others enjoy the sweet nectar of Tantra using Healing Arts, Tantra and Meditation. The Tantra Couple i.e Vladmir and Katya are the perfect example to show the bond Tantra creates between two individuals. Satya Prem combines her learnings of the Wild Woman path and Tantra in her teachings. Satyarthi Prateek, Vladimir & Katya, and Satya Prem will each play a vital role in these 10 days to holistically improve your relationship with yourself as well as your partner.

Satyarthi Prateek

(Our Beloved Tantra Master)

As far as Satyarthi remembers, since childhood he has never believed in the orthodox way of prayer and superstitions. He had the deep thirst for learning spirituality since he was 15 years old.

Satyarthi Prateek's journey of meditation started in 2003 when he first met Guruji Shri Kamal Yogi, The Indian Tantric Yogi. But the major step he took in this direction was 2007 when he read an article on "Love and forgiveness" by Master Osho. In 2008, he took sanyas and devoted his life to meditation and for higher purpose with the blessings of his beloved Master Osho.

Satyarthi has always been passionate about Bodywork and Healing and has been learning many different types of bodywork, healing techniques, and Tantra and Meditative therapies from various spiritual schools since 2004. He is now sharing his love and passion for Healing Arts, Tantra and Meditation through individual sessions, seminars, workshops, retreats and corporate team building events in different countries all over the world like Bali, Europe, India, Thailand and Russia.

Through all these years of learnings and teachings, he has discovered that only Tantra offers the supreme understanding. It has the capability to merge all spiritual paths, accepting the totality of what the human being is. Tantra is his path to imbibe the nectar of Super Consciousness.



Vladimir and Katya

(The Tantra Couple)

Vladimir is a very deep and meditative man. His journey of meditation started 5 years ago and ever since then he never looked back. He spent some time in the Oceanic Meditation Centre in Brazil, and worked closely with the famous Tantra Couple and Masters, Homa and Mukto .

Vladimir will be a part of the Tantra Nectar Evening Event, bringing in his unique style of dance, emotional freedom and Zen meditative approach. He has also worked as a tantric masseur and performs the Tantra massage in its pure form.

He met Satyarthi two years back and since then they both have an amazing connection. He Loves Satyarthi as a brother, a Tantra Master, a fellow traveller; and now he is an important part of our Tantra Nectar Family.

Katya's path to spirituality is love and devotion. Her spiritual journey started long back. She has been with many spiritual masters as well as Tantra masters to grow in her individually. Like Vladimir, she also spent some time in the Oceanic Meditation Centre Brazil under the guidance of the famous Tantra Couple and Masters, Homa and Mukto. She's been working as a Tantra Masseuse carrying a unique touch of love and devotion.

She met Satyarthi two years back and since then they both have amazing resonance. She is also the main person to help Tantra Nectar grow in Russia. Satyarthi has an irreplaceable connection with her; she loves him as her brother, as her Tantra master and a fellow traveller; and now she is an integral part of our Tantra Nectar Family.

Vlad and Katya have been in a tantric relationship from the last few years and only going deeper into the relationship together. We are extremely proud to have them as part of our Tantra retreat since they are a real life Tantric couple. Tantra is the bridge that built their bond, love and care.

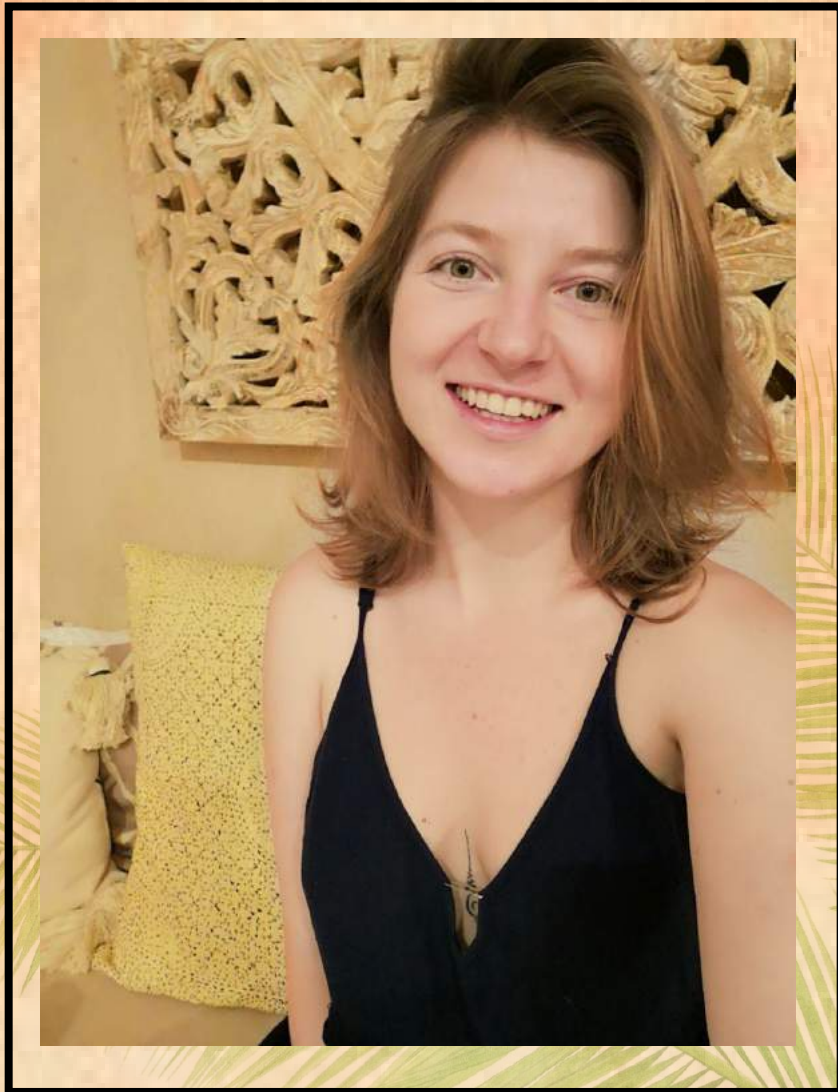


Satya Prem

(The Wild Woman)

Satya Prem's journey of self-realisation started four years ago, when she decided to leave the chaotic citylife and started exploring new ways of life by travelling alone to India. During her quest to spirituality, she met many masters of yoga, meditation and Tantra, that helped her to awakening of her inner wild woman. She is working very closely with Maya Mandla, her teacher who inspires her on the path of woman and with Tantra Masters Hariprem and Kaulika, who inspire her on the path of Tantra.

For our meditation workshop, Satya Prem will be facilitating Tantra nectar evening event for everyone and also wild woman workshops. She has also worked as a Tantra Masseuse and used her silence and deep meditateness for its effectiveness. She met Satyarthi two years ago. They share a very extra ordinary connection. They are soul friends and are helping each other to grow in the path of Tantra. She loves Satyarthi as her family, as her master. She has finally found her Tantra Tribe with the Tantra Nectar Family.



Musician And DJ

Music plays an incredibly essential and pivotal role in our life. Think about how quickly our state of mind and mood changes when you hear music. Music merges the mind bringing about cohesiveness in an individual. We are delighted to announce that we are sharing a live music experience in our Tantra workshop. Every night, we will have an ecstatic dance session to make your couple tantric journey even more exciting. We will also be having live meditative music daily for ancient tantric rituals to make your experience exquisite and divine. So get ready to find yourself in the rhythm and connect with your inner soul where the spiritual and the sensuous meet.

Modestas Stonkus ***(A Dance Teacher and Tantric Body worker)***

Modestas is a dance teacher, DJ & skilled body-worker on a quest to make everyone reach their authentic, fulfilling & meaningful life with a splash of smile. He believes in no-nonsense personal development practices that actually work using dance. Modestas shows you how dance & spirituality can be experienced together, that they are not separated from one another.

Since the age of 7, Modestas used to work as an altar server. During this he was introduced to the teachings of Kabbalah & Mukti. He then became a Reiki Master-Teacher in 2015. A year later he started on a journey around the world to intensively train with world's best teachers in dance & bodywork. In 2018, he started assisting at the yearly "Ultimate Tantra Mystic Massage Training" taught by Ma Ananda Sarita & Dharmaraj.

Modestas wants to help individuals create better relationships, a fulfilling life, build deeper connections and experience real intimacy. He wants to create a community of people who want to inspire each other to live their best life version.



Topics and Practices will be Dealt with in our Tantra Retreat in Bali :-

- Self Love

Self-Love and acceptance is the key to self-realisation . If you want that your lover starts to love you for you, it's very important to learn the secret of love and that is Self-Love. Self-Love is most important to live a tantric life and obtain the nectar of Tantra. The Tantra workshop in Bali will have a number of exercises to fall in love with yourself just the way you are.

- Re-Awakening of Chakra System

To enter in to the path of Tantra , is most important to nurture the chakra system. The chakra system is made of seven energy centres located along the spine and ending in the brain. Our Tantra meditation retreat will help you to activate and balance all 7 chakras.

- Works on the Energy Blockages

We will find out the energy blockages that are causing difficulties in their energy centres. These energy centres are nothing but the 7 Chakras and are responsible for delivering energy into the physical, mental, emotional and spiritual bodies.

- Re-Awakening of the 5 senses

Most of the us are struggling to find the fire, the attraction.

We will use our five senses to perceive what we need or want from the world. Our Bali Tantra Retreat, will help you to perceive the world in its true sense.

- Introduction of Tantra Asana, Pranayama, Mantra and Bandha

The Tantra Asana will inspire you and help you understand lifestyle benefits for each Pranayama. It will make you aware of it using a specific series of mantras and bandhas. To dive deeper in the Tantric Couple journey, physical fitness is a must.

- The Tantra Way of Breathing

we need to understand the bonding between the body and breathe, and this starts with Practice and give awareness to your body movements.

Breathing right is the key to a fulfilling life. The Tantra way of breathing ensures that you do it perfectly. This way of breathing is not limited to the upper part of the chest meaning we learn to breathe from our whole body.

- Tantra Massage

In our Tantra Workshop in Bali, we are sharing very beautiful Tantric Massages for each chakra which will help to open up and balance each chakra.

- Deeper understanding of the true meaning of Shiva Shakti

This is not just an expression, it is an experience. We are sharing ancient knowledge of Shivaism with practical practices which will help you to find and balance both the Shiva & Shakti energies within you.

- Tantra Meditations, Rituals, Osho Mediations and Contact Dance Exercises with Combining Tantric teachings and practices, paired exercise, sacred land-journeys.

Here's What You Will Gain from our Tantra Nectar Retreat:

- 1. Bali Tantra Retreat will help you deeply understand yourself and that will give you a chance to rise in love with trust and help to nurture your every relationship in an extraordinary way.**
- 2. You learn to communicate in a way that works for yourself and also with your partner in your daily life.**
- 3. You learn the secret art of tantric self love making and unlock your power of full body orgasm and joy.**
- 4. It will make you feel alive again by awakening your vital energy and senses**
- 5. It will give you a better understanding of your body, so you can feel your body and tune in better with the surroundings**
- 6. It will bring back playfulness and creativity in your Life.**
- 7. It will balance your Chakra system and clear the energy stagnation in your vertical plane.**
- 8. It will restore the Shiva & Shakti energy inside of you.**
- 9. It will improve your overall health and will help you foster a deep connection with your body**
- 10. Our Tantra Retreat in Bali, will help you to grow into a mature individual so you can first balance yourself physically and emotionally.**
- 11. Gives you a chance to come out of your sexual shame and accept yourself so you live your life in your full potential.**

Schedule

Beloved Friends, this is a tentative schedule and it could change according to the group requirements.

Morning Session: - 7:30 am to 8:30 am

Breakfast – 9:00 am to 10:30 am

Afternoon Session: - 10:30 am to 1:30 pm

Lunch: - 1:30 pm to 3:00 pm

Beach Time: - 3:00 to 5:00 pm

Tea and Fruit Time: - 5:00 pm to 5:30 pm

Evening Session: - 5:30 to 7:30 pm

Dinner: - 7:30 to 9:00 pm

Ecstatic Dance Night: - 9:00 pm to 10:00 pm (With Our DJ)



Program Guide :-

Day – 1: Friday, 20 March 2020

Arrival day – Registration at Reception of Shambhala Ocean Retreat Bali, between 1 pm to 3 pm Our Tantra Meditation Retreat starts from 5 pm.

Day – 2: Saturday, 21 March 2020

Chakra 1

Day – 3: Sunday, 22 March 2020

Chakra 2

Day – 4: Monday, 23 March 2020

Chakra 3

Day – 5: Tuesday, 24 March 2020

Optional: Bali Jungle and Waterfall Trip –

(Charges will depend on Shambhala Retreat's rules and regulations)

Day – 6: Wednesday, 25 March 2020

Chakra – 4

Day – 7: Thursday, 26 March 2020

Chakra – 5

Day – 8: Friday, 27 March 2020

Chakra – 6

Day – 9: Saturday – 28 March 2020

Chakra – 7

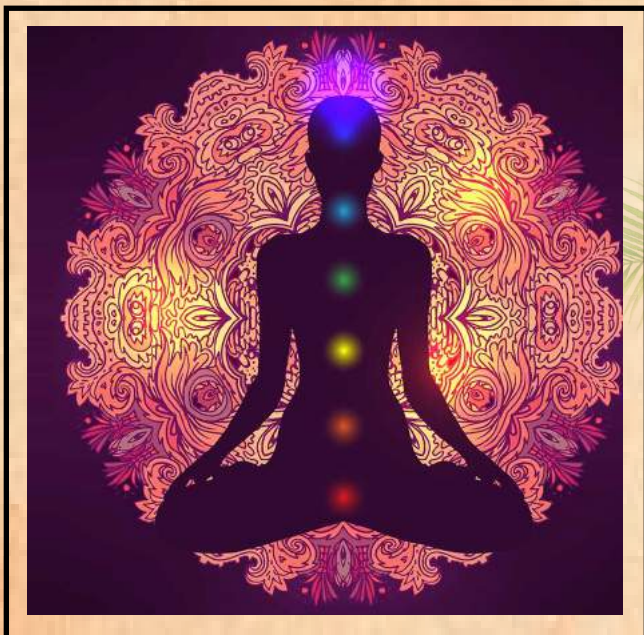
Day – 10: Sunday – 29 March 2020

Integration

Day 11: Monday – 30 March 2020

Closing Ceremony Departure Day –

Everyone must pack their luggage at 10 am and we will complete by Lunch.



Food and Stay

In Tantra, food is very important. So, we will be providing you with very high-quality food.

Vegetarian Food

Dairy Free and Gluten Free options are available

Strictly No Meat, No Sugar, No use of artificial food oils

No Alcohol, No Drugs and No Smoking during this sacred retreat

No Sweets. Fruits and tea will be available throughout the day.

In the Shambhala Ocean Retreat Bali, all rooms are amazing and very beautiful.

Rooms provided will be:

Large and Spacious

Double bed with very beautiful bathrooms attached

We only have 12 double rooms, so we can register only 24 participants.

Prices

Stay + Food (3 Vegetarian Meals + All day Tea + Fruits and Water)

For Individuals – 1600 Euro

For Couples – 3200 Euro + 15% discount

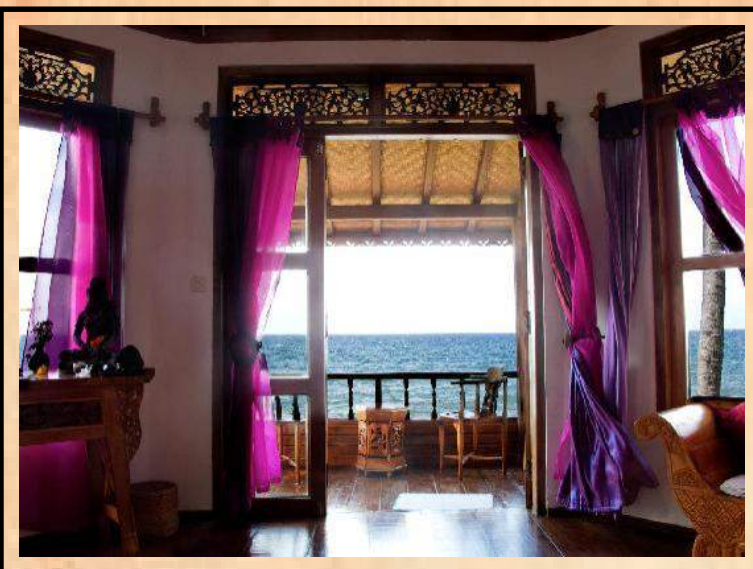
Terms and conditions: -

10 % Early Bird Discount if you book by Aug 2019 with 100% Payment in advance.

You can book your space by paying 800 Euro at the time of booking,

and that amount goes directly to Shambhala. If you cancel due to any reason, this amount will not be refunded.

The remaining 800 Euro can be paid by the end of November 2019.



How to reach there

Bali Ngurah Rai International Airport, also known as Denpasar International Airport, is located in southern Bali, 13 km south of Denpasar. It is Indonesia's second-busiest international airport. All the major cities have a direct flight here.

From Denpsar Airport to Tejakula is 100 km.

Shambhala Ocean Retreat Bali is situated on the seaside in a village.

**The Full address is
Shambala Oceanside Retreat
Pantai Bondalem, Bondalem, Tejakula 81173, Indonesia.**

**It will be a 3-4 hour drive from the airport to the resort.
We will have pick-up and drop arrangements for all participants.**

It will cost 5,50,000 IDR – 35 Euro per person approximately.

**This needs to be paid directly to the Driver.
We will share his contact number once you book the retreat and send your flight tickets, photo and full names.
He will come to pick you at the airport with a sign board of your name.**



Bali Visa Information

Here is the information about Indonesia/Bali Visa. The Visa situation is fairly relaxed compared to some other countries, it's nothing to be worried about, just need to follow a few guidelines.

Almost all of you will be able to get an *Indonesia 30 day Visa Free Entry (for 169 countries) and most of you have the option of *Indonesia 30 day Visa on Arrival (for 67 countries).

You can check this website for what type of visa your country and your passport is eligible for: <https://www.topbali.com/indonesia-visa/>

Indonesia Visa is not like Thai Visa, if you overstay in Bali it is not illegal (up to 30 days overstay), you just pay a fine of 300,000 IDR in cash at airport to immigration officer (approx. \$21 USD/18 EUR) per day. In contrast, in Thailand it is illegal to overstay for even 1 day and you can be blacklisted or jailed.

The 30 day Visa Free Entry is FREE, but you CANNOT apply for a visa extension. I would recommend this if you are only overstaying by 1 week or less, and just to pay the fine. If you are overstaying more than 1 week (38+ days in Bali) than I would recommend the type of visa below.

The 30 day Visa On Arrival is \$35 USD or foreign currency equivalent, and is extendable 30 Days if you pay and go to the embassy. Check if your country qualifies for this type. You CAN apply for another 30 days extension with this type of visa. If you want this type of Visa, when you arrive to Indonesia you must make sure you pay the \$35 for the VOA. Then, you need to hire an agent (for around \$75-\$100) to bring your passport to and from the embassy (1st and 3rd visit) and the 2nd visit you must go to the embassy in person for fingerprinting and picture taking.

If you don't hire an agency then you must go to the embassy 3 times yourself, which is impossible during our training. It is possible, however, to hire a visa agent and just go there 1 time on a day off (it is 1 hour drive from our venue).

3) Another option is a Visa Run, meaning you take a cheap flight to another country (usually Singapore or Kuala Lumpur) in the morning, and return on a flight in the afternoon that same day. It could conceivable be done on one of our days off (it would be a very long day!). If you do this, then you must receive an exit stamp from Bali, an entry stamp into the other country, an exit stamp from the other country, and a new entry stamp into Bali. When you arrive back to Bali you get a fresh new 30 days Visa Free Entry or Visa on Arrival. If you have already extended your VOA once and want to stay in Bali more than 2 months then you must do a visa run and exit the country, and then return again.

4) 4th Option is to apply for a visa in your home country for a 60 days Social or Tourist visa.

Most of you are not staying much more than 30 days, so I suggest just get a Visa Free Entry and pay the fine, which would for most of you be cheaper and lesser hassle than dealing with a visa extension.

What to Bring :-

Lots of Love and Positivity.

Organic Cold-Pressed Coconut Oil (for internal use) at least 16 oz. or 500 ml

Surgical gloves, non-latex, recommend at least 10 gloves

if you are too sensitive for internal use

Disinfesting gel, recommend at least 8 oz. or 250 ml

Disinfecting wipes, recommend at least 50 wipes

Large towel suitable for massage

Two Massage Sheets (reasonable thickness, not just thin like a sarong)

Notebook and pen

Water bottle

A few Sarongs

Shawl

Blindfold

Dance clothes

White clothes for ritual

Red clothes for ritual

Some Party and sexy Wears for Dating

Swimming costume

Optional: Snorkel and goggles

Comfortable clothes such as for Yoga or similar

Women bring a mirror large enough to see her whole face.

Not allowed in the group room:

No recording device is allowed!

No Cell phone or computer in the meditation hall.

No chemical perfumes, light essential oils ok, natural deodorant recommended.

Join us on a Tantra retreat for couples with 10 Nights/11 days of living close to nature,

eat beautiful healthy food, dance, Live Music, Massage, Meditation, Play,

Tantra Practices to explore blissful existence. Bali awaits you, and so do we!