



 **tantrafestival**

**Detailed Programme
& Festival info**

Welcome

About our Tantra Festival

The Tantra Festival 'EroticSoul' is dedicated to deeply nourishing your being, quenching your heart's thirst for Oneness, and allowing you to feel the deepest longings that reside beyond ordinary life.

From 15th - 17th May, we will embark on this great endeavour of going within. Guided by a whole team of experienced teachers who will help us navigate this mystical terrain of the heart, through:

- interactive workshops
- Inspiring talks
- awakening femininity & yoga practice for women
- empowering masculinity & yoga practice for men
- dance & movement sessions
- tantric massage workshops
- yoga in pairs
- artistic moments

This journey invites both couples and individuals longing for knowledge and practical tools to transform their erotic life.

We will explore the magic of the erotic experience, the fullness of polarity, the dance of love, and the vividness of life that the tantric path abundantly offers.

Let the spring of life bloom in your heart. Join the erotic revolution and allow yourself to be guided by love's wisdom.

General Information

'EroticSoul' Tantra Festival activities will take place in two main areas Hridaya is on the lower ground floor, Shiva is on the ground floor (entrance level). You will find detailed descriptions of each activity in the next pages of the brochure.

Food & Drinks

There will be designated areas within the festival venue where you can find refreshments. Food, light snacks, cakes and hot and cold drinks will be available throughout the weekend.

Photography & Video

We kindly ask that all participants refrain from using personal cameras or phones to take photographs or film during the Tantra Festival. As always, we will have a dedicated photo and video team that will be documenting the festival throughout the weekend in a discreet and non-intrusive manner. Images taken will be used for future promotion of Tantra Festivals only.



FRIDAY

HRIDAYA HALL

7:00 – 10:00pm

*Stepping on the Journey of discovering the Erotic Soul
Opening workshop & Artistic Performance*

Please note! We warmly encourage you to arrive from the very beginning on Friday evening, as the opening is a powerful initiation into the sacred space of the festival. It features an initiatic artistic performance and integrative workshop that will set the tone and ripple through the entire weekend. This is a moment not to be missed!





SATURDAY

HRIDAYA HALL

10:15 – 11:30am

Soulful Morning Ritual - Presenter: Mojdeh Moasser

To set the day in motion, we will take a ritualistic journey through elevated sublime energies of pleasure, passion and spontaneity to directly experience the wonderful role they play in awakening the soul. This ritual will offer a symphony of ways of joyfully engaging with life while simultaneously expanding our consciousness and connecting with the highest reality. Let's embrace a new day enchanted by the light of love and Eros!

11:45 – 1:15pm

Where the Soul Meets Eros - Presenters: Aurora & Foca

What is the relationship between soul, intimacy & Eros?
How can the presence of soul affect the depth of erotic aliveness we are able to feel and experience?

Explore the living connection between these aspects of our being, and why the connection to our soul is vital for erotic fulfilment and intimate relationships. While many spiritual paths have taught us to fear, suppress, or overlook it, Tantra invites us to rediscover the erotic dimension as a vital, creative force—an essential language through which the soul expresses itself.

You will be invited into a space of openness, curiosity, and self-discovery. Together, we will explore how Eros is not separate from spirituality, but a gateway into greater aliveness, presence, and truth.

The workshop begins with inspiring insights into the meeting point between the awakened soul and Eros, offering a fresh and empowering perspective. In the second part, you will be gently guided through the "erotic gallery" and introduced to a simple yet powerful practice where you learn how to bring more soul into your erotic life, and how Eros helps us to keep our soul deeply alive.

SHIVA HALL

10:45 – 11:30am

Awakening of the Soul in Tantra - Presenter: Foca Yariv

Tantra offers an extraordinary path of awakening the life within life — a direct and embodied approach where love, Eros, and polarity become powerful forces that stir the soul into expansion.

In this talk, we will explore the journey of awakening through the timeless story of Sleeping Beauty. With a blend of humour, myth, and folklore, we will uncover how the "sleeping" aspects of the soul are gently called into awareness through Tantric practice.

This session lays a rich and inspiring foundation for the entire festival, inviting you to reconnect with your inner aliveness and step into a deeper experience of presence, connection, and awakening.

11:45 – 1:15pm

Yoga in Pairs - Presenters: Elizabeth & Alan

This is a date with the soul. In Couples Yoga, every posture, every breath, every touch becomes a bridge between two beings, creating a deep, silent connection beyond words. As you support, balance, and open to each other, not only will you share your best qualities, but you will awaken something new within yourself. Whether with your beloved, a friend, or someone you meet in the moment, this practice amplifies energy, deepens intimacy, and transforms the ordinary into the sacred. Come as you are, leave more connected, more alive, more in love!

1:15 – 2:15pm Lunch break



SATURDAY

HRIDAYA HALL

2:15 – 4:00pm

The Initiating Power of Shakti (workshop for women)

Presenter: Maria Porsfelt

Inspired by the timeless story of a woman whose presence transformed not only her own destiny, but the fate of an entire kingdom, this workshop invites you into the magnetic power of the feminine. Through her wisdom, mystery, sensuality, and deep intelligence, she awakened light in the heart of a brutal king and became a force for healing, inspiration, and transformation.

This is an exploration of Shakti as embodied presence - the subtle yet profound feminine qualities that enchant, nourish, awaken, and elevate life itself. Through guided practices, movement, reflection, and connection, we will cultivate the inner radiance, intuition, and sensual soft power that naturally inspire transformation in ourselves and others.

A space for women to reconnect with their unique feminine essence, deepen in authenticity, and awaken the initiating power within. Open to all women.



SHIVA HALL

2:15 – 4:00pm

Hero's Journey to Love (workshop for men)

Presenters: Bogdan & Morgan

Love is not just a feeling or an idea, it is a way of being. It is how we meet the world and express the abundance and joy in our hearts. The love offered by a man is specific and particular to the nature of the masculine - but most men have never been shown what it actually means to mature in love.

In this workshop we will explore the Tantric vision that reveals exactly what it is that shapes a man into someone who can love deeply, consciously, and fully. Discover the wonderful way that masculinity awakens through meeting the feminine.





SATURDAY

HRIDAYA HALL

4:30 – 6:30pm

Tantric Erotic Art Pt 1: Awakening Body & Soul Through Erotic Art - Presenters: Ákos & Camilla from ArtExtasia

This ArtExtasia workshop explores Sacred Erotic Art as a means of inner awakening, authenticity, and spiritual elevation. Through guided movement, breathwork, conscious interaction, and archetypal artistic exercises, you are invited to reconnect with the profound source of Pure Eros – not as mere sensuality, but as a transformative force that awakens the soul and elevates consciousness.

The work emphasizes listening to the body rather than 'performing', allowing authentic movement to emerge naturally from an inner state of presence, resonance, and invocation of certain energies of godly attributes.

Participants are welcome to attend either workshop individually or experience both as complementary sessions.

6:30 – 7:30pm Dinner break

7:30 – 10:30pm

Ecstatic Dance with Guy Barrington (Dj Colibi) plus Cacao Ceremony with Mojdeh Moasser

Join us for a fully embodied immersive experience of Ecstatic Dance, no steps to follow, no expectations, no judgment, just Freedom, Presence and Expression. When your mind is quiet, your body begins to speak. Through the Dance, you return to deeper layers of yourself. Simply expressing heals, releases stress and opens us to connect with our inner vibrancy, feelings and visions.

Ecstatic Dance invites a return to Aliveness, revitalizing all levels of your Being.

SHIVA HALL

4:30 – 6:30pm

Soulful Dating – The Art of Meeting Soul to Soul Presenters: Aurora & Morgan

All of us long, deep inside, to be met beyond roles, beyond performance, beyond judgment. Beyond shallowness. To be seen as we are by another, and to meet another from that same honest place. When we allow this kind of connection to happen, we experience a fulfilment and sense of homecoming. Walls drop, presence deepens, and what emerges is often surprisingly simple, candid and deeply nourishing.

In this workshop, we explore what it means to meet from the soul. How dating could look like in a way that our heart truly longs for. We will discover how to come back to our own hearts at will and not to allow history or future projections to stand in the way of our ability to connect to another soul. You will be guided through simple exercises and relational practices to shift you of from being in the head and landing into presence. Learning how to tune in to another one in a genuine way, discovering how connection can become less about effort and more about allowing.

We all know the kind of healing that happens when we feel truly met, where numbness gives way to aliveness. Love can only truly flourish in this space. The capacity to meet, to feel, to stay present with ourselves and another is a practice - one that grows with intention and care.

This event is open for both singles, but also couples who wish to learn to date each other deeper.

6:30 – 7:30pm Dinner break

SUNDAY



HRIDAYA HALL

10:30am – 12:00pm

Yoga to Feel Juicy - Presenters: Kirsty & Inka

Did you know that there are yoga postures that can enhance your erotic pleasure and help you to enjoy lovemaking more? Did you know that yoga can help you to release tension from your body and soul, so that you can love wildly and freely? Did you know that through yoga postures you can become increasingly more sensual, vital and filled with a zest for life? Join us and discover these unknown secrets of yoga!

12:15 – 1:30pm

Uncovered: A Soulful Exploration of Nudity

Presenters: Aurora & Morgan

Why is nudity such a thing? Why do we make such a fuss about it? And yet throughout time, culture and spaces being so irresistibly drawn and curious of the naked body...

What is it, in the naked body, that triggers so many reactions in us? Judgement, attraction, repulsion, taboos, lust, admiration, beauty... And why did tantrics make such emphasis on nudity, making nearly all feminine and masculine statues and artworks of deities depicted nude or half nude? What did they discover, when learning how to look at the nude body as something more than just skin and source of desire, but as a portal to the sacred and true?

This workshop invites you into a warm, grounded space where nudity is approached with care, presence, humor, play and sacredness.

We will talk, share, contemplate and explore our own attitude to nudity, in ourselves and others, through a tantric lens. There will be a beautiful short contemplative demonstration to anchor the experience, followed by a teachings that offers simple understanding on the power of nudity and how to reconnect with your natural state.

From there, an invitation opens: a shared moment where nudity can be explored in a light, playful, and entirely non-sexual way. Everything unfolds at your own pace, nothing expected, nothing required. Just a chance to experience freedom, ease, and perhaps even joyful holiness in being exactly as you are.

SHIVA HALL

10:30am – 12:00pm

Power Yoga for Men - Presenter: Austin Allen

Men - it is time to rise! Yoga is your path to becoming the lover you know you are meant to be. Through a regular practice of yoga, you can enhance your virility, deepen your sensuality, and bring greater presence and passion to your intimate connections.

12:15 – 1:30pm

The Courage to Transform in the Erotic Act

Presenter: Maria Porsfelt

Real intimacy asks for courage — not the courage to impress or perform, but the courage to be authentic. In this workshop we explore how honesty, feedback, and emotional openness can deepen our erotic connections and transform the way we relate to ourselves and others. Many of us have learned to protect our image, fear rejection, or avoid difficult conversations, especially in intimacy. Yet when we cannot openly express ourselves or receive another's truth, we slowly lose touch with the aliveness and depth that intimacy can offer.

Through guided reflection, movement, partnered exercises, and meditation, we will cultivate the courage to give and receive feedback with sensitivity and care. Together we will explore the difference between criticism and loving honesty, and how authenticity can open the door to deeper trust, freedom, playfulness, and connection. This workshop is an invitation to step beyond performance and into a more real and transformative experience of intimacy.

1:30 – 2:30pm Lunch break

SUNDAY



HRIDAYA HALL

2:30 – 4:00pm

Tantric Art Part 2: Manifesting Archetypes in Sacred Erotic Art
Presenters: Ákos & Camilla from ArtExtasia

This ArtExtasia workshop explores Sacred Erotic Art as a means of inner awakening, authenticity, and spiritual elevation. Through guided movement, breathwork, conscious interaction, and archetypal artistic exercises, you are invited to reconnect with the profound source of Pure Eros – not as mere sensuality, but as a transformative force that awakens the soul and elevates consciousness.

The work emphasizes listening to the body rather than 'performing', allowing authentic movement to emerge naturally from an inner state of presence, resonance, and invocation of certain energies of godly attributes.

Participants are welcome to attend either workshop individually or experience both as complementary sessions.

4:30 – 6:00pm

Rhythm of Ecstasy: Poetic unfolding of the Soul
Presenters: Mojdeh & Bogdan

Poetry has long been used to describe the indescribable, a creative route for decoding the unfathomable. Yet, in an age where we are progressively racing through life, we forget to honour the precious time needed to discover the deeper meaning hidden within layers upon layers of messages the universe so generously offers. This will be interactive workshop creating the ambiance and space to discover the power of poetry, to experience life through the eyes of a poet and to be an expression of the soul through sacred verses.

6:30 – 8:00pm

Closing Ceremony

SHIVA HALL

2:30 – 4:00pm

Conscious touch as an Introduction to Tantric Massage
Presenters: Iulia & Ben

Conscious touch is how a tantric massage travels to the very depths of the soul, bringing about the most profound healing and awakening. In this workshop we will talk about tantric massage and how to train in it, and then guide you into a profound experience of genuine connection through conscious touch, to feel the polarizing effect of each other's soul as we meet in the present moment where the mind ceases to interfere and deep fulfilment is to be found. **Please sign up at reception with your partner or someone you feel comfortable with because places are limited.** Although not obligatory, this workshop can contain partial nudity as touch is best received on the skin, but this will not include the intimate areas (genitals or breasts), so underwear will be a minimum requirement.

4:30 – 6:00pm

Soul-to-Soul under the Stars: Undress Your AstroChart
Presenter: Alina Chereches

What if the stars already knew how you attract, connect and love... and they've been quietly illuminating the path, so you can remember? In this playful, heart-opening workshop, we'll use your natal chart as a living map — a doorway back to yourself and into real, meaningful connection with others. Through games, soulful encounters and joyful guided interactions, we'll explore the values that shape who we're drawn to, the ways we give and receive love, and the beautiful, sometimes surprising, ways we each need to be heard and understood. You'll discover your own love language written in the stars — and learn to read someone else's.

Whether you're here with a partner or single, this space meets you where you are. Couples will rediscover each other through fresh eyes. Singles will find clarity on what they truly long for — and how to move towards it with more confident hearts. No astrology knowledge needed. Just bring yourself — exactly as you are.

8:00 – 9:00pm

Talk: Savouring the festival fully



Meet the Presenters

Maria Porsfelt

Maria Porsfelt has been practising Tantra and Yoga since 1999, and has been teaching Tantra and leading workshops, retreats and courses for over 15 years. Through her own practice, depth of knowledge and charisma, Maria makes Tantra accessible to all in an approachable, playful and eloquent way.



Foca Yariv

Foca Yariv has been studying Yoga and Tantra for over 21 years. His pursuit of knowledge and spirituality took him from his native Israel to the ashrams of Europe, India and then to the UK, which has been his home for the last 12 years. Foca teaches both Yoga and Tantra, and has a strong focus on running workshops for men.



Bogdan Radasanu

Bogdan has been practising yoga and Tantra since 1994. He has found that sharing his experiences on the spiritual path with others is the best way to teach, and a fast track for self-development and opening of the soul. Bogdan also believes that love, manifested in the most concrete way, is helping others unconditionally - the very core of Tara's mission. Expect a very down-to-earth and practical approach.



Morgan Arundel

Morgan Arundel is passionate about teaching and inspiring others on their own journey of spiritual awakening and transformation. A dedicated and enthusiastic practitioner of Tantra yoga for over 20 years, he has a unique ability to bring clarity to ancient teachings, combining his deep spiritual knowledge with broad life experiences.



Aurora Georgijevic

Aurora has practised yoga and tantra for the last 16 years and is a certified yoga and tantra teacher within AIFYM. A deep interest in health, awakening and personal development led her in an early stage of life to various spiritual teachings and further on to a university degree in Science of Public Health. Discovering tantra, she became deeply fascinated by the practical and all-embracing attitude of the tantric teachings, of applying and discovering this wisdom in daily life. Tantra helped her to discover that ecstasy is not reserved for special occasions but can be unlocked in every aspect of life. Her teaching style is playful, honest & direct, full of wisdom, enthusiasm and deep love for the tantric tradition.





Ákos from Artextasia

Ákos has been practising yoga and tantra for over 30 years, alongside an enduring love of esoteric art. Largely self-taught as an actor, musician and choreographer, he has found himself involved in many corners of Tantric Art, ranging from the poetic to the practical.

He works with various groups, teaching at the ArtExtasia Academy in Budapest, and playing a part in the group's ongoing artistic creation - wherever he happens to be most useful.



Camilla from Artextasia

Camila Camarano has been a member of Artextasia since 2018, where she learns and works with the mysteries of objective art. She holds a degree in Arts from the University of Belo Horizonte (Brazil), with a specialization in Movement Pedagogy and a degree in Body Expression from the National University of Argentina. She has been part of several professional dance companies, performing throughout Latin America. Since 2013, she has been studying Tantra in Buenos Aires, integrating her love for beautiful artistic and aesthetic movement into the direct practice of the spiritual principles on this tantric path.



Mojdeh Moasser

From a young age Mojdeh has been interested in finding the golden thread between a worldly life and spirituality, and the balance between the two has become more and more of a reality through a disciplined practice of Yoga and Tantra. Mojdeh has been a Tantra teacher for women for six years, while organising workshops, personal transformation programmes, retreats and festivals both in Denmark and the UK.



DJ COLIBRI (aka Guy Barrington)

Dj Colibri is a "Sonic Alchemist" who weaves together different genres, energies and musical intentions for the purpose of Transformation and Renewal. He works with the essence of the Colibri/ Hummingbird, our vibrating Heart, resonating frequencies of Love, Wisdom, Joy and Beauty.



He enjoys creating musical atmospheres and amazing soundscapes in which Awakening, Alchemy and Inspiration naturally occur. Through the medicine of Music and Dance we are invited to return to the golden state of our Sovereignty.

He has a background in Shamanism, Meditation, Mindfulness, Tantra & Conscious Creativity which weaves its way through the music he plays to impact dancers and inspire transformation, growth and the Celebration of Life.



Ben Carver

Ben has been practising Tantra since discovering it in India while he was exploring many aspects of spirituality in 1999. A musician, artist and former Steiner school teacher, Ben brings a creative and heartfelt approach to teaching, which he has always found deeply rewarding. The connection between Tantra and art has been a very important part of his life and he has been able to explore theatre, dance and music, as well as massage, as powerful ways to heal and awaken the soul.



Iulia Carver

Iulia discovered yoga relatively early in life which comes across in the strong sense of spiritual purpose, positive attitude and joyfulness she radiates. Since that beginning in 1993 she has travelled extensively while maintaining a rigorous practice of Yoga and meditation, enjoying and demonstrating the benefits of such practices for women everywhere.



Alina Chereches

Alina immersed herself into many spiritual traditions, fell in love with the Tantric philosophy and practice, Kashmir Shaivism, Advaita Vedanta and Esoteric Astrology. She weaves these together with Transpersonal Psychotherapy into one integral path. As a teacher of Tantra and astrology, Alina loves sharing her vision, in a playful and approachable manner, that life is our deepest meditation.



Austin Allen

Austin was fascinated by Eastern mysticism and the metaphysical from an early age. He practiced Martial Arts throughout his teens and later studied Psychology and the Healing Arts, before discovering the Yoga course (offered by our school) whilst traveling in India. As he practiced more, he soon realized that he had found his spiritual path and the desire was born to share the experience with others. Austin has been practicing Yoga & Tantra with Tara since 2000 and has been teaching since 2006.



Elizabeth Mason

Elizabeth has always been fascinated by different aspects of spirituality and found the courses at Tara answered many of her questions, put everything into perspective, and provided a comprehensive understanding of many spiritual ideas. She started with Tara in 2005 and began teaching five years later. She co-runs our Centre in Oxford, and very much enjoys welcoming new students to our community and seeing their inspiring transformations.





Kirsty Pearse

Kirsty discovered and started practising Tantra and Yoga in 2017, which began to bring coherence to both her inner and outer worlds. Through a deeper understanding of femininity, Kirsty realised the importance both of becoming a spiritual woman and the beauty of being a woman. Her aspiration is to share the Tantric methods and teachings with others, in the hope that their lives will be as enriched as her own life has been.



Inka Oravec

Inka has been on her spiritual journey for over 15 years, practising various modalities. However, none of them could fully answer her curious nature and the questions she felt within. Until she came across Esoteric Integral Yoga and authentic Tantra 8 years ago when she committed to the path of transformation. Inka now uses all her knowledge and experience to guide other women on their journey of spiritual evolution towards happiness.

