



tantrafestival

A Quest for Love & Pure Eros

For those who seek

21st - 23rd November 2025

Tara Yoga Centre, London

WELCOME !

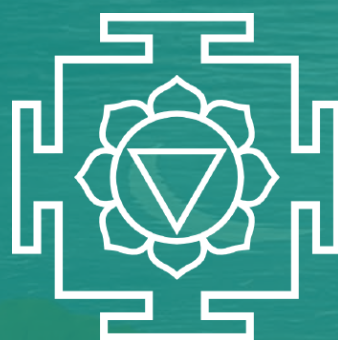
For over a decade we have been co-creating festivals that provide an oasis of beauty and wisdom in the heart of London.

This autumn, the Tantra Festival: A Quest for Love & Pure Eros invites you on a profound journey into the heart of life.

Whether you are in a relationship or seeking deeper connection, this weekend invites you to open your heart to new experiences of life, to embark on a spiral stairway to Heaven!

In the School of Life, Love is our compass and guide. If we are open to learning the intrinsic language of love, we can step into the portal of Eros – a realm in which we are showered by grace and light, so that our souls can blossom. During this Festival, through inspiring workshops, talks, yoga exercises, through dance and through beautiful, meaningful time together, this portal of Eros will open for each of us, inviting us to discover the miracle that lies within.

To be loving is to inspire love. Join the chain of inspiration at this Festival, and help to bring more love in the world!



General Information

A Quest for Love & Pure Eros 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 21st November

Hridaya Hall

7.00 - 10.00pm

Opening Ceremony - artistic shows and workshops

This Festival is dedicated to the celebration of love, in which love is not only felt but is lived, transcending all boundaries and uniting all souls. The Opening Workshop will gradually open all hearts to the magic of the weekend, setting the power of the heart free!

Saturday 22nd November

Hridaya Hall

10.00 - 11.15am

Morning Ritual

Let's dare to step into a new horizon of a life enchanted by the elevating light of love and eros! This ritual aims to open the beings of the participants to allow the sublime energies of love and eros to naturally flow, and to enrich every part of our lives through poetry, dance, meditation, the art of admiration and creative visualisation.

Presenter: Mojdeh Moasser

Hridaya Hall

11.30am - 1.00pm

Sacred Nudity: Return to Eden

What is so fascinating, beautiful, and arousing about the naked body? While many can feel awkward or inhibited about being naked in front of others, we are still intrigued by a revealing outfit or a nude body in film, art and advertising. In the eyes of a Tantric, nudity represents the naked truth. It is the symbolism of purity and the full openness of the soul. Explore Tantric perspectives on nudity, and how we can become more at ease with our own nakedness. In this talk and through practical exercises, we will uncover the sacred reality that hides beneath our clothes.

N.B. The workshop includes nudity, but there is no obligation to become naked to participate!

Presenter: Foca Yariv

Shiva Hall

11.30am - 1.00pm

Connecting through Yoga in Pairs

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 one another, 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!

Presenters: Elizabeth Mason & Morgan Arundel

1.00 - 2.00pm

Lunch Break

Saturday 22nd November

Hridaya Hall

2.00 - 3.30pm

Sacred Circle for Erotic Awakening *(workshop for women)*

This workshop invites women to return to the deepest source of their vitality, intuition, and inner radiance. Through gentle Tantric practices, guided embodiment, and sacred connection, you will learn to reclaim your erotic energy as a well-spring of creativity, confidence, and emotional freedom. As you soften into your inner landscapes, the erotic becomes a doorway: to intuition, to healing, to the luminous depths of your own soul.

This workshop is not about desire as the world defines it. It is about the erotic as a spiritual current - an inner life that guides you towards wholeness, self-trust, and radiant presence. Enter this circle to remember your magic and rise as the woman you were always meant to be!

Presenters: Maria Porsfelt & Magdalena Hau

4.00 - 5.30pm

The Erotic Vital Sounds of the Soul

A unique journey where sound, movement, and emotion weave together to awaken your inner sensuality, vitality and the pleasure of being alive. There is a music that does not come from instruments, but from the very heartbeat of existence. Through voice, rhythm, and subtle harmonious resonance, explore the erotic dimension of the soul as the raw force of life and love that desires to connect, to create, to express, to evolve. This is the Vital Journey to Ecstasy.

Presenters: Patricia Martello & Marcelo Di Matteo of Vital Development

Shiva Hall

2.00 - 3.30pm

The Art of Tantric Foreplay *(workshop for men)*

In Tantric lovemaking, foreplay is the passage through a sacred doorway, a first step on the path to the sublime union of body, heart, and spirit. In the ancient teachings of the Kama Sutra, foreplay is revered as an art to be mastered, a skillful dance of devotion and awareness.

Join this workshop as Bogdan and Foca guide you through the mysteries of this art of touch, of sensing and giving, learning how to love a woman as a living temple.

Together, we will explore the map of the erogenous zones of the body — primary, secondary, and tertiary — and discover the subtle ways of touch that awaken energy and connection. Above all, we will honour the value of sacred presence in every gesture, where true intimacy begins.

Presenters: Foca Yariv & Bogdan Radasanu

4.00 - 5.30pm

Your Erotic Map: An Astrology Playground

Each one of us carries a unique erotic blueprint — and the intimate dance of Venus and Mars in our birth chart reflects this beautifully. Venus reveals how we open to love and beauty, while Mars shows

the fire that fuels passion. Together, they weave the erotic map: an invitation to know yourself more deeply, to celebrate love as a sacred force, and to awaken the lover who lives within.

Explore these cosmic archetypes and the qualities of your erotic nature in a playful, embodied, and soul-nourishing way. You will be gently guided to discover your natural style of love and desire, and to connect with others through simple astrological insights and joyful, heart-opening exercises. No astrology background is needed — only curiosity, openness, and a willingness to play.

Presenter: Alina Chereches



Saturday 22nd November

Hridaya Hall

6.00 - 7.30pm

Tantra Tango: Dancing with the Fire of Love

The dance of Tango beautifies and enhances the interaction between the feminine and masculine archetypes. A mystical artistic game that keeps the flame of the heart alive, inspiring the experience of Elevated Passion, Sublime Love, and Pure Eros. Tango merges deeply with Authentic Ancient Tantra in many ways, and both exemplify universal existential principles in a unique way.

We invite you to experience an embrace like you have never felt before. Not just with spectacular steps and beautiful postures - we explore the possibility of living empowered states of deep connection between the masculine and feminine, that will lead us to the fulfilment and total happiness of the soul. Tantra Tango is an esoteric dance that creates a sacred opportunity to enter into and offer the wonders of our hearts.

Presenters: Camilla & Hridaya from ArtExtasia



Shiva Hall

6.00 - 7.30pm

Erotic Seeker

Do you long both for erotic fulfilment and spiritual awakening? Can we truly have both?

What if your longing, your desire, your very erotic nature was not a distraction from the spiritual path, but one of its most profound gateways?

Tantra is a unique path that invites us to see eros as a sacred force that can lead us towards spiritual enlightenment, but what does it truly take to be one who can use eros as a force of awakening?

In this session, we will explore the Erotic Seeker - the man or woman who dares to bring the fire of eros into their spiritual journey and walk the fine path, where erotic desire becomes a flame of spiritual aspiration.

Together we will explore the deeper meaning of eros on a spiritual path, and the qualities of the erotic seeker so that our erotic energy can illuminate rather than obscure the path of transformation and awakening.

Are you ready to be an erotic seeker?

Presenter: Morgan Arundel

7.30 - 8.30pm

Dinner Break

Hridaya Hall

8.30 - 10.30pm

Ecstatic Dance: Eros in Motion

Eros pulses through every breath, every step, every beat that moves us. In this conscious dance journey, we awaken the sensual intelligence of the body, letting movement become a gateway to presence, to connection, and to the subtle currents of erotic life force within.

This is a space to feel, to move, to meet—without words or expectations.

Let the body remember.

Let presence become the dance.

Let love move.

Presenter: Joel Culley

Sunday 23rd November

Hridaya Hall

11:00am - 12:15pm

Orgasmic Yoga for Women

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 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 more and more sensual, vital and filled with a zest for life? Join us and discover these unknown secrets of yoga!

Presenters: Kirsty Pearse & Inka Oravec

12:30 - 02:00pm

The Art of Tantric Lovemaking (For couples only)

The experience of erotic love in our lives is one of the most powerful keys to achieving freedom and the flowering of the soul. Only when we perform the loving fusion in a sacred way, with boundless love, with a state of expanded consciousness that embraces beyond the energies that are awakened, and we are able to direct these energies in an upward spiral in the right direction, only then are we walking on an authentic path towards the evolution of the spirit.

Let us prepare ourselves for a magical encounter, where we will learn by following an inspired, practical, ritualistic guide, to apply refined gestures, archetypal postures, harmonious attitudes, sublime caresses, states of adoration, and mindfulness in a sublime love encounter, that will lead us to the profound experience of awakening and revealing our souls.

Presenters: Camilla & Hridaya from ArtExtasia

2.00 - 3.00pm

Lunch Break

03:00 - 04:30pm

The Vital Caresses of Life

A Vital Caress is an energetic, creative and sensual exchange that nurtures the nervous system, awakens the senses, and restores our capacity for connection to the processes of Love and Life. Through gentle Flow movements, conscious poetic touch and deep soul listening, discover that vitality vibrates not only from within us, but also from the simple act of letting life touch us in every breath, every encounter, every moment of joy and love. This is a Vital Healing Force.

Presenters: Patricia Martello & Marcelo Di Matteo of Vital Development

Shiva Hall

11:00am - 12:15pm

Power Yoga for Men

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

12:30 - 02:00pm

Artistic Experience as a Path to Spiritual Ecstasy

In the Kashmir Shaivism tradition, one of the fundamental ways to enlightenment on the path of Energy is through conscious aesthetic experiences, in which a human emotion is transformed into a universal, cosmic experience. Delve deeper into this path and see how refined pleasure can lead to nuanced, erotic, spiritual ecstasy.

Presenters: Mojdeh Moasser & Nikos Frangi

2.00 - 3.00pm

Lunch Break

03:00 - 04:30pm

Awakening Together: Finding Heaven in Everyday Life

The tantric couple relationship is an invitation into a dynamic school of life — a sacred space where love, attraction, and the intensity of eroticism meet the challenges of authentic connection and growth. Every life experience invites us to discover something new and grow in the way we manifest and interact with it – in this way we realise more and more of the latent potential in our hearts, our qualities and virtues.

This experiential workshop will consist among others of exercises in pairs aimed at discovering how experiences of kindness, love, patience, generosity, intimacy, sharing and authentic expression can become special moments of awakening our soul.

Maria and Foca will offer the tantric perspective on relationships as a profound path of awakening. Together, we will explore the fundamental attitudes and understandings that can transform any experience into a real school of love and life.

This workshop welcomes couples and pairs of friends. Whether you are seeking to deepen an existing relationship or explore new dimensions of connection, this journey will invite you to rediscover the divine in the everyday.

Presenters: Maria Porsfelt and Foca Yariv

Sunday 23rd November

Hridaya Hall

05:00 - 06:30pm

Energetic Massage: A Path to Intimacy

This workshop is a chance to explore a more refined erotic touch, the touch of our energetic bodies without the distraction of physicality, so that we can tune into a more subtle, uplifting experience - allowing us to go deeper into the Tantric attitude of relaxation paired with full awareness, that can naturally help us to discover states of bliss.

This workshop involves an energetic form of massage without physical touch that can be a profound and intimate experience. You are invited to come with a partner, or you can pair up with someone there.

Presenters: Iulia Carver & Ben Carver

06:30 - 08:00pm

Closing Ceremony

Shiva Hall

05:00 - 06:30pm

A Tale of Love and Eros

From the dawn of creation, poets and mystics have sung of Love and Eros - not merely as passions of the human heart, but as divine forces shaping the universe. In every culture, from the myths of Greece to the sacred songs of India, the meeting of the Lover and the Beloved reveals the mystery of existence itself.

We will enter the living field of these timeless stories in this workshop. Through myth, poetry and creative expression, we will explore how the dance between love and eros speaks through us - as devotion, as desire, as beauty, as spiritual awakening.

The Tale of Love and Eros is an invitation to rekindle the sacred imagination - where the heart remembers itself as both the storyteller and the story told.

Presenter: Morgan Arundel

Shiva Hall

08:00 - 09:00pm

Conclusions, and how to take it forward

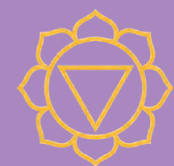


Presenters



Tantra Festival

Tantra Festival is a not-for-profit organisation, whose sole purpose is to raise awareness about Tantra and to share the benefits of a wonderful way of living with as many people as possible. With many years' experience of the profound life-changing effects Tantra has had on our lives, we as organisers, and the speakers alike, wish to share the wonderful benefits of Tantra with you. The festival programme for 'Sacred Eros - Dare to Love' has been created for those who wish to go deeper into the Tantric practices, to explore the more intimate parts of the Tantric teachings.



Tara
YOGA TANTRA
SPIRITUALITY

Tara: Yoga • Tantra • Spirituality

Tara is dedicated to exploring and teaching traditional spirituality in its essential form. From a holistic standpoint, we offer a complete and profound experience, weaving together fundamental theoretical principles with rich practical experience and methodology. Together, this comprises the basis of the Yoga and Tantra systems. Tara was founded in order to share a style of teachings that are based on the traditional systems of Yoga and Tantra. The methods used in our classes reveal the laws of spiritual science and encourage the application of these laws in our daily lives.



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.



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.



Alina Chereches

Alina immersed herself in many spiritual traditions, fell in love with 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.



Magdalena Hau

Dr. Magdalena Hau began her journey into the world of Tantra 22 years ago in India. Inspired by the profundity and richness of the Tantric system, she has discovered that this journey never ends, but becomes more and more beautiful.



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 helps others unconditionally. Expect a very down-to-earth and practical approach.



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.



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.

Presenters



Nikos Frangi

Nikos started his spiritual journey by joining the path of Tantra Yoga with Tara in 2000. With an open and warm heart, he loves teaching yoga (since 2004) and Kashmir Shaivism (since 2017) at Tara. He also coordinates the spiritual group for men Mahavira Ananda. In his free time, he enjoys walks in nature and photography.



Vital Development

Patricia & Marcelo, originally from Argentina, have dedicated their lives to the practice and promotion of new holistic forms of body-soul aimed disciplines, movement-therapy and art-expression in various spiritual events, retreats and health organisations. For many years they have concentrated their professional activity in training courses, workshops and seminars of Vital Development in Japan, Finland, Germany, Denmark, the US, Thailand, Russia, the Netherlands, Italy, Ireland, Greece, Spain and Argentina.



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.



Camilla / 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.



Hridaya / ArtExtasia

Tantra Tango instructor, actor, dance performer in the artistic group ArtExtasia. Hridaya was born in Argentina, the motherland of Tango. He graduated from the University of Tango in Buenos Aires in 2002. Along with his irresistible Latin charisma has danced and taught Tango magic worldwide for more than a decade. Inspired by the manifestation of the soul of his nation, the Tango, Hridaya initiated steps into the world of Tantra. Since 2011 he dedicated his life to the deep study of Tantra, and lives his life according to the principles and values of this transforming spiritual path. Since becoming part of ArtExtasia in 2013, he investigated the mystical amorous fusion that shines passionately between Tango and Tantra.



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.



Kirsty Pearse

Kirsty moved to London in 2017 as part of a search for more to life in a seemingly chaotic world. She soon discovered Tantra and an in-depth approach to spirituality, which began to bring coherence to both her inner and outer worlds. Since then, Kirsty's passion and enthusiasm for practising yoga and meditation and applying the Tantric tools in her life has been a continuous endeavour. And, through a deeper understanding of femininity, Kirsty realised the importance both of becoming a spiritual woman and the beauty of being a woman.



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 awakening the State of Shakti. Absolutely fascinated by the mysterious feminine nature and women themselves, Inka now uses all her knowledge and experience to guide other women on their journey of spiritual evolution towards happiness.