

# Heart Tantra

## Loving Relationships

October 14-17, 2010.

*We (Nicholas and Susan) are familiar with the challenges of keeping love and passion alive amongst the pressures of modern life (including running our own business and parenting our two young sons). After being together for over 12 years Heart Tantra helps us to keep the spark of love and passion in our relationship. Heart Tantra gives us a lovely, enjoyable way to continue to deepen our intimacy and connection".*



Dare to Love Fully

### What is Heart Tantra?

Heart Tantra is a way of building deep, loving relationships that are rich and fulfilling on all levels of being: physical, mental, emotional, sexual and spiritual.

Tantra is based on transcending the duality of judgements of good and bad to find the divine in all things. Tantra offers us a healing of our shame (I am bad, wrong or inadequate) and the opportunity to experience the richness of living in the present moment, savouring our life.

True Tantra is a way of living that is continually opening our hearts and enriching our experience of wholeness and aliveness.

### There are eight aspects of Heart Tantra:

1. Cultivating love: Creating spaces for Love to flourish.
2. Living in the present: free of expectations, open to the unfolding of the moment.
3. Happiness: living with more peace, love, enjoyment, fun, playfulness and ease.
4. Heart Centred Relating: with open hearts connecting deeply with oneself, others and life.
5. Savouring sensuality: heightening the experience of greater pleasure through the senses.
6. Increasing Aliveness: Raising and circulating life force (Kundalini) energy through the body
7. Liberation: Transcending the ego by going beyond the 'me-me' into the 'I' that is we.
8. Honouring: Living with respect, gratitude and devotion to self, others and life.

### Learning Outcomes:

Learn specific attitudes, postures, breathing patterns and movements to raise Kundalini (life force) energy, expand consciousness and use this awareness and energy to:

- \* Move out of scarcity, struggle and discomfort to one of abundance, ease and pleasure.
- \* Open your heart: feel more connected, happier and deepen your experiences of love.
- \* Reverse the negative impact stress is having on your health, work and quality of life.
- \* Create deep and fulfilling relationships: Connect more deeply, communication skills.
- \* Recharge your life and relationships: add passion and vitality.
- \* Heal the past, heal shame and experience more lightness, innocence and freedom.
- \* Experience a greater sense of blessing in your life.
- \* Celebrate the beauty, power and innocence of our sexuality.

### Some Background

It can be easy to fall in love, but after the honeymoon period wears off, loving relationships need lots of nurturing to keep them alive.

In order for love to continue to grow it helps to develop ways of continuing to build connections, to nurture the love in your relationship and gain skills to keep the love alive.

Heart Tantra assists relationships to become a forum for celebrating life, a catalyst for growth and deepening our experience of heart opening, empowerment and love.

### The program is suitable for singles and couples

- \* Intimacy, relationship dynamics and creating loving relationships
- \* Healthy and dysfunctional communication patterns
- \* Healing sexual shame and rediscovering the joy and innocence of our sexuality

### Logistics

Time and Date: 7.30pm Thursday till 5.00pm Sunday October 14 -17

Location: 'Hazeldell' Forest Retreat in Melbourne Dandenong Ranges

Fees: (including food and accomodation for 3 1/2 days)

Regular Rate: \$1570

Early Bird Discount: \$1270 (if booked 2 weeks in advance - by September 30th)

**To Book:** Phone the Institute of Heart Intelligence on 03 9739 8889.

**Institute of Heart Intelligence**

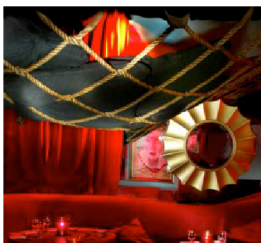
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Facilitated by Nicholas and Susan de Castella: who share a 13 year passionate, alive and loving relationship with space for each to grow into the fullness of their potential.

