

FAQ

Who are the courses for and what can I get from them?

Our workshops are for open-minded people of all sexual orientations and ages (18+), from beginners to advanced, those interested in self-discovery and the exploration and cultivation of sexual energy. The workshop can help you to:

- Better understand yourself and the unconscious patterns of your behaviour
- Transform dysfunctional life attitudes
- Deepen intimacy and love in partnerships
- Increasing life energy and expanding consciousness
- Opening up to 'superconscious'; experiences (sources of intuition, inspiration, creativity and transpersonal, ecstatic experiences)

How do the courses work?

The courses are experiential, which means that everyone actively participates. It includes theory, sharing and various exercises and techniques related to the topic. We also work with rituals and meditations. Any feelings, needs and boundaries are respected and no one is forced into anything. It's all about enjoying and learning about ourselves in an interesting, experiential way.

What kind of people attend the classes?

Generally, our courses are attended by people from about 20 to 60, the average age is about 35-40, so you will find your age group at most events. Participants include people from all walks of life.

Is nudity required on the course?

No. At Tantra Institute events, nudity is never a mandatory part of the class. Undressing is always voluntary and participants are always free to do what they feel comfortable with.

Is there intimate contact?

There is only what you want. Sexual intercourse is not part of the exercise. The encounter on the level of energy and the senses (eye contact, breathing exercises, touch, etc.) is worked with. It doesn't happen in Tantra Institute workshops. Not because it is forbidden, but because through guidance and intense experiences of a different quality, people do not have this need.

Do I have to have a partner to attend a course?

No. In mixed groups we make sure that the number of men and women is balanced as far as possible. Mixed groups are therefore open to couples and singles. If we prefer or require couples to attend a course, this is stated in the course description.

I am interested in both Tantra and Conscious Kink, but have no experience. Can I participate?

Yes. Unless otherwise stated, beginners are welcome at the workshop and you will certainly not be the only one. The only real requirement is that you actively participate and try to get in touch with your feelings and experiences instead of just watching what others are doing. More important than technique is the ability to be with yourself, to be present and attentive especially to the partner you are working with. However, we are not evaluating anyone and there is nothing to be afraid of. We understand your feelings, as we too were once on a similar course for the first time.