



Details about the Program



The seminar is suitable as well as for „beginners“ as for people with more experience.

During the seminar, we will have one free day for excursions or just to relax. But also on the seminar days, there will be enough time for relaxation, leisure, holiday fun or a great massage in the SPA!

In the first half of the seminar we focus on arriving and letting go all the stress of our daily life. We will also focus on the target to become more aware of the own body and be totally present with the soul. We achieve this by laughter yoga, breathing exercises, meditations, dynamic exercises, energy and chakra work.

The second part of the seminar will be focused on creating new visions. We will celebrate tantric rituals,

The Topic – “like in Heaven on the Island of the Gods”

The advertisement for Tantraur laube e.V. is divided into three horizontal sections. The top section shows a small boat with a canopy on a calm lake, with a forested shore in the background. The middle section features a blue banner with the text 'Tantraur laube e.V.' and 'Tantraur laube e.V. - Tantrastudien und Meditationen' below it. The bottom section shows a group of four people (three women and one man) smiling and posing together.

Elements of the seminar

- Balinese flower rituals
- Laughter Yoga
- Western Tantra
- Aqua-Tantra
- Tantra Massage
- Rebirthing and breathing exercises
- Meditation and Body Work
- Surprise Event – no more details – just be enchanted

In addition to the seminar itself there will be the option for some more common leisure activities: a dolphin boat tour (included), spending time together at the swimming pool or go swimming into the sea. There will also be the possibility to take part in the yoga lessons offered by the resort. And in the SPA you will receive the best massage ever!



Dates

Beginning of the seminar: Tuesday December 5th after dinner.

End of seminar: Monday December 11th with the farewell party in the evening.

Costs

Seminar fee: € 580,00 per person;

Accommodation: € 395,00 (half pension in double room during the seminar week, single room addition € 542,00).

Included: 1 Balinese Massage, Sunrise Dolphin Boat Tour.

Not included: flight, transfer and other leisure activities like excursions etc..

It is possible to stay longer in the resort before and / or afterwards (€ 57/ night half pension, in double room, € 72,00 / night half pension single room)

Please book the flight by yourself (destination: Denpasar, Indonesia). If you need support, we are in cooperation with a travel agency and can help you with the booking. Transfer from airport will be organized for you. Please send us your flight dates after booking.

» Online Anmeldung
