



2018 - 2020

AN INTENSIVE
COURSE IN
SKYDANCING[®]
TANTRA

Margot Anand's International School

Love and Ecstasy Training. LET

An Intensive Training in SkyDancing Tantra® (in French & English)

Taught by **Margot Anand, Laurence Heitzmann, Laurent Lacoste, Fernando Manrique, Pascal Savatier.**

- Tantra Skydancing begins with you, as you are today, with the desire to know yourself better , to open your heart to the joy of loving, but also to better understand and enjoy your sexuality, source of life and ecstasy.
- Tantra Skydancing teaches that everything in life, can be discovered in a joyfull way!
- Tantra Skydancing teaches respect for the relationship - on the physical and emotional level. It is a meeting place and a sacred path of evolution.
- Tantra Skydancing uses simple techniques without special esoteric belief.

This training is based on solid tools, scientifically organized. It guides you to a deepening of the relationship to oneself, to each other and toward a new approach to sexuality through:

- the revival of humanistic psychology
- recent discoveries of sexology
- various techniques of meditation
- inspiration of tantric wisdom through various masters.

Training TEL 27 2017 - 2019

Cycle 4: oct 20-27, 2018 • 5) march 16-23, 2019 • 6) june 15-22, 2019

Training TEL 28 2018 - 2020

Cycle 1: oct 6-13, 2018 • 2) march 2-9, 2019 • 3) june 1-8,2019
 Cycle 4: oct 19-26, 2019 • 5) march 14-21, 2020 • 6) june 20-27, 2020



The Body Ecstatic & Sexual Healing

Taught by Margot Anand & Laurent Lacoste

The purpose of this cycle is to lead us to discover and release physical tensions, emotional and psychological blocks that prevent us from loving our body and living our sensuality and pleasure. We will begin by freeing the first two chakras in order to support the energy flow freely throughout the body. The more our body releases tensions accumulated during our lives, the more it can relax and be a source of pleasure.

In this cycle, you will:

- Celebrate our energy with freshness and innocence and become aware that the source of pleasure lies primarily within ourselves
- Learn to love and accept our body, awaken our inner lover
- Explore the art of tantric massage and gentle and respectful touch
- Learn the healing rituals of the Yoni and the Vajra - the sexual organs of women and men
- Enjoy and celebrate sacred rituals that honor and expand male and female energies
- Learn the art of preparing a tantric temple and the ritual of "sacred space"
- Discover the 3 Keys to sexual ecstasy: breath, movement and sound.



CYCLE 2



Love & Orgasm

Taught by Laurence Heitzmann and Laurent Lacoste

In this cycle we will cover one of the pearls of SkyDancing Tantra: The "Multi Orgasmic Response: MORE". Following the healing of the pelvic floor in the previous cycle, the MORE session will help the energy to flow through the inner flute, fully and consciously opening ourselves to pleasure and sexual energy.

SkyDancing Tantra teaches the celebration of love and life. The other is a mirror and a door to our own evolution. In the context of relating with the other, we deepen the art of feeling and finding the right distance that allows for the truest connection.

You will learn to:

- Open your heart to the other through genuine and profound communication, creating an environment of trust
- Discover and harmonize your inner woman and inner man (Yin and Yang)
- Develop your awareness of the inner flute and the seven charkas
- Relax in high states of arousal, opening your body to the possibility of a full body orgasm and of expanded levels of orgasmic pleasure
- Explore ways of channeling sexual energy to the heart and creating a loving circle of energy with your partner.



From Sexual Passion to Spiritual Ecstasy

Taught by Laurence Heitzmann and Laurent Lacoste

When the vital energy is awakened and flows freely, it is possible to melt into the silence of meditation. The energy of the first chakra is the energy of fire, which when released, will feed all other chakras and open the path to spiritual transformation.

The “Wave of Bliss” is an advanced practice of SkyDancing Tantra that teaches how, during the union of Shiva and Shakti in the Yabyum position, the ascension and the refinement of the sexual energy can be used for the expansion of consciousness. The wave of Bliss is the union of consciousness and energy.

In this cycle you will:

- Experience the ascending “wave of bliss”
- Channel the vital energy through the chakras to open the inner flute
- Learn to contain energy, opening to the expansion of consciousness
- Learn to relax in meditation with a partner, experiencing a fusion of energies
- Discover the healing power of the Vajrasattva mantra which is also called the «100-Syllable Mantra» in the Tibetan tantric tradition.

Who Should Attend this Training?

The Love & Ecstasy Training (LET) is for singles and couples, ages 18 to 80. Whether you come alone or with a partner, you will find this workshop to be an enlivening and nourishing experience. This training is for anyone wishing to deepen his knowledge and Tantric practice, anyone with the project to integrate the approach of Skydancing Tantra® in its professional practice.

Certification: a certificate will be issued at the end of the 6 cycles.

Logistics :

Prerequisite: a seminar of Skydancing Tantra® or of another Tantra school.

Location: near Montpellier (south France)

Tuition fees:

€ 5'100 .- commitment for 6 cycles

€ 2'970 .- commitment for 3 cycles

€ 1'090 .- commitment for 1 cycle

Starts first day at 11 am, ends on last day at 1 pm.

Accommodation: full board from € 67 to € 120 per person per day

Registration: Send registration form along with your deposit of 50% to:
IBAN: CH13 0900 0000 9163 7123 1 BIC: POFICHBEXXX



Institut SkyDancing

Nital Brinkley - CP 233 - 1066 Epalinges - Suisse - +41 24 442 20 33
skydancing@worldcom.ch - www.tantraskydancing.com

Maturity & Relationship

Taught by Laurence Heitzmann & Fernando Manrique

Maturity is the ability to stay in the flow of life, being able to cope with the unknown in the “here and now”. The root of our relational, sexual and spiritual maturity lays in the conscious acceptance of whatever life offers, relating to it with our inner strength in order to keep growing. As we become more familiar with our inner self, we transform, expand and gain confidence in ourselves and the present.

In this cycle you will discover and expand this capacity in order to dive deeper into your life flow!

Applying different Tantric meditations and other practices, we will invite you to fully experience the present moment. We will experiment leaving our usual comfort zone, letting go of old habits, judgments and attachments. We will dare to explore new and unexpected “waters” within ourselves and relating to others. We will also invite you to explore the notions of depth and emptiness - jewels from which the expansion of our body, heart and spirit can arise.

During this cycle, we will:

- Practice to approach life from a whole body experience
- Discover, welcome and develop areas of light and inner strength
- Become aware of, accept and transform our “shadows”
- Dare to follow our passion ...a little, a lot, or fully...!



CYCLE 5



Freedom in the form: Power of Being and the Roots of Orgasm

Led by Laurence Heitzmann and Laurent Lacoste

During this cycle we will strengthen and deepen what was addressed in the previous cycles, by bringing in additional tools. We will propose an evolutionary journey that includes a number of themes centered around pleasure, its limits and its transcendence through advanced body-psychotherapy practices.

We will journey together to bring awareness to the obstacles and limitations that settle in our ego and mind, preventing us from living our full potential and weakening our capacity for ecstasy and for joyful living. New practices will allow us to deeply explore in a relaxed environment the fundamental concept of freedom in the form, and how an individual, by going to the heart of one's feelings, can be released from the chains of one's conditionings to fully live one's pleasure.

You will discover how to:

- Create a new field of consciousness that invites our creative potential
- Get as close as possible to our feelings in order to know and understand our limitations
- Create the space of safety from which it is possible to learn by playing and flirting with these limitations
- Understand the limiting mechanisms of our beliefs and deprogram them in order to access our individual freedom
- Practice the exercises of pelvic laughter



Awaken your Light Body

Taught by Margot Anand and Pascal Savatier

When you awaken your light body it feels as if your "inner sun" is rising within. Your energy vibrates with a finer frequency, and becomes bright. It is the initiation into Bliss. When your internal light shines, you are transformed. Your trust in yourself grows, and your creative ability, your aliveness your clarity expand. As your inner radiance expands, your spirit shines and you become more attractive.

In this cycle, we explore how to awaken your inner radiance, how to channel it down from the crown to the root of your being.

Then we explore the complete cycle in Riding the Wave of Bliss, from the root of your being (the first chakra) to the crown (the seventh charka). You become the connection between heaven and earth. In this process, the polarities of Yin and Yang progressively dissolve and open your being to Oneness.

During this cycle, we develop:

- The mystical dimension of SkyDancing Tantra and of Tantric Sexuality
- The art of "Riding the Tiger ": thus enlivening each of our chakras
- The practice of the "Descending Wave"
- The power of Sacred Geometry in the art of balancing energies in the chakras
- Mantras which empower powerful healing rituals.



The international SkyDancing® Institute exists since 1990. It is run by Nital Brinkley and composed of a team of trainers selected and trained by Margot Anand.

MARGOT ANAND

Margot is a native of France, she received her degree from Sorbonne University in Paris and has spent decades studying with many of the world's prominent masters of Hindu and Buddhist Tantra, including the great mystic Osho in India. Margot also has extensive training in Gestalt Therapy, Bioenergetics, Massage, Meditation, Arica, and Integral Yoga. Margot's teaching style is a rare synthesis of French erotic humor, American pragmatism, and Indian mysticism. She is particularly appreciated for her ability to bring healing, lightness, fun, and passion to the workshop atmosphere. She is an internationally acclaimed authority on Tantra, best-selling author and much-beloved teacher and founder of SkyDancing Tantra®. Margot's books, videos, CDs and DVDs are widely regarded as the seminal teachings for integrating spirituality and sexuality and for cultivating the art of Ecstatic living.



LAURENCE HEITZMANN

Laurence is a mind-body therapist and a workshop leader. She is a member of the French Society for Bioenergetic Analysis (SFABE), which teachings are based on the work of W. Reich and A. Lowen. Her "golden thread" is anything that makes her feel physically, emotionally and energetically vibrant and, therefore, more alive. This is how her path led her to Skydancing Tantra, an approach that invites to spiritual awakening through the intermediary of a conscious body.

Based in Lyon (France), she offers psychotherapy sessions to individuals and couples. Laurence also leads Tantra seminars and workshops for singles and couples during which she likes to create an atmosphere of depth and trust conducive to the process of expansion of consciousness and transformation.



LAURENT LACOSTE

Laurent has been studying Tantra for more than 15 years with different masters and teachers around the world. His studies led him to SkyDancing Tantra and he became a licenced teacher. He studied Ayurveda for many years in the field of massage and nutrition.

He has a practice in Paris and leads Tantra workshops for men, singles and couples. Tantrism for Laurent is a Path and a Philosophy of life. It is a conscious way that he tries to practice every moment of every day.



PASCAL SAVATIER

Since his first training in massage and kinesitherapy, he kept on growing in the field of medical biosynergy, vocal osteopathy, Theta healing. These modalities have expanded his ability to help others blossom on their life path. His own life was deeply transformed when he met Margot Anand and the Skydancing Tantra. He is in love with life, with his family, and with nature: he likes to sail and to hike in the mountains.



FERNANDO MANRIQUE

Fernando is a doctor specialized in psychiatry and psychotherapy in Switzerland. He has studied studied medicine in different countries: Peru, Europe and Australia. He also trained in various meditation techniques and ancestral traditions like Lomilomi, Romiromi, and Shamanism.... He has been practicing Skydancing Tantra since 2008. He is now an certified Skydancing Tantra® teacher.



www.tantraskydancing.com



REGISTRATION LET 28

This training is made of 6 cycles of 8 days : total 48 days

• The venue: « Hameau de l'Etoile », is a wonderful place near Montpellier (south France)

- Cycle 1: oct 6-13, 2018 • 2) march 2-9, 2019 • 3) june 1-8, 2019
- Cycle 4: oct 19-26, 2019 • 5) march 14-21, 2020 • 6) june 20-27, 2020

Payment:

- Eur 5'100.- commitment for 6 cycles (6x EUR 850.-)
- Eur 2'970.- commitment for 3 cycles (3x EUR 990.-)
- Eur 1'090.- commitment for 1 cycle (1x EUR 1'090.-)

Full board accomodation:

- from Eur 67.- to Eur 120.- per person /per day

Payment plan for 6 cycles

- Eur 850.- at registration • Eur 850.- fev 15, 2019 • Eur 850.- may 15, 2019
- Eur 850.- oct 15, 2019 • Eur 850.- march 1, 2020 • Eur 850.- june 1, 2020

In case of withdrawal:

- Untill 30 days before the workshop: the full deposit will be refunded
- After 30 day before the workshop: Eur 180.- will be charged
- Up to 10 days before the workshop: Eur 850.- will be charged
- If withdrawal during the training, a fee of Eur 200.- will be charged.

Any cycles started has to be paid in full.

To participate to this Training, you should attend at least to one Tantra workshop before.

Skydancing Training Registration Form - TEL 28

I am committed to 6 cycles

I am coming alone

I am committed to 3 cycles

I am coming with my partner

I am committed to 1 cycle

.....
First and Last Name

.....
Full Address

.....
Phone / Email

.....
Location, date and signature
.....
.....

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Please print and return this form to:

.....
Institut SkyDancing

Case Postale 233, CH • 1066 Epalinges • Switzerland

skydancing@worldcom.ch +41 24 442 20 33

REGISTRATION

