



**TANTRA FESTIVAL**

*A Sanctuary of Love*

**28th - 30th March 2025**

**London, EC1V 3QW**

# 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 spring, the Tantra Festival: A Sanctuary of Love 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 into the world!



## General Information

The Sanctuary of Love Tantra Festival activities will take place in two main areas - Hridaya on the lower ground floor, and Shiva on the ground floor (entrance level). You will find detailed descriptions of each activity on 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 to buy 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, a dedicated photo and video team 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 and Tara Yoga Centre.



# TANTRA FESTIVAL

## *A Sanctuary of Love*

**Friday 28th March**

**Hridaya Hall**

**7.00 - 10.30pm**

**Opening Ceremony - artistic show and workshop**

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! Presenters: Maria Porsfelt and Foca Yariv



# TANTRA FESTIVAL

## A Sanctuary of Love

### Saturday 29th March

#### Hridaya Hall

10.00 - 11.00am

##### A Sanctuary of Love - 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

11.15am - 12.45pm

##### The Art of Loving

Love is not just something we give or receive — it is a state of being, a path to awakening. In this transformative workshop, we will explore the sacred dimensions of love through Tantra, inviting you to move beyond conditioned patterns into a space of presence, devotion, and connection.

The school of love is interwoven with the school of life, and understanding the place of Dharma, or the rightful path, and Karma, the repeating of lessons and tests. Through wise teachings and practices, we will awaken the intelligence of the heart, allowing love to flow as a natural expression of your true essence. Whether in a couple or alone, love can become a path to the awakening that dissolves separation and reveals the infinite within and beyond. Join us in this intimate and soulful journey, where love becomes not just an experience, but an art that anyone can practise and become better at! Presenters: Aurora Georgijevic & Foca Yariv

#### Shiva Hall

11.15am - 12.45pm

##### Embodied Tantra: Awakening Through Presence

Discover the transformative power of the Tantric game between embodied practice and meditative awareness. In this immersive workshop, the focus will be on experiencing awareness in the present moment through the body, as a support for deepening into an intimate connection with yourself and others.

Through guided relaxation, working with the breath, slow mindful movement and exercises of intimate connection, you will be invited to reconnect with your innate sensuality and authentic presence, and to experience how your body becomes a gateway to self-awareness, deeper intimacy with others, and even to profound, sacred connection.

Presenter: Morgan Arundel

12.45 - 2.00pm

#### Lunch Break

2.00 - 3.30pm

##### The Modern Goddess: Awakening the Divine Feminine in Everyday Life

In the midst of a fast-paced world filled with responsibilities and demands, how can we embody the essence of the awakened, spiritual woman - the Modern Goddess? This workshop is an invitation to reconnect with your inner wisdom, sensuality and power, while navigating the realities of daily life. Through guided practices and soulful discussions, explore how to cultivate joy, balance, and deep fulfillment as women. Learn practical tools to integrate spirituality into your everyday life, awaken your feminine energy, and honour yourself in a way that feels authentic and empowering.

Join us on this journey of self-discovery and transformation, and reveal the radiant, awakened woman waiting to unfold within you! Presenter: Maria Porsfelt

2.00 - 3.30pm

##### Rising in Love, the Path of the Tantric Man To Love, To Dare, To Cherish and Care

Becoming a Tantric lover implies a zest of courage of personal expression, an opening to a new way of making love, and most importantly shifting to a heart-inspired life, in which love is the guiding force.

Explore three fundamental aspects of Tantric masculinity in this inspiring workshop: Adoration, Courage and Awareness.

Presenters: Foca Yariv & Bogdan Radasanu

# TANTRA FESTIVAL

## *A Sanctuary of Love*

### Saturday 29th March

#### Hridaya Hall

**4.00 - 5.30pm**

##### **Vital Development: The Vital EROS of Love Expression**

Sacred sensual movement and the music of the heart.  
Feel the pleasure to be Alive!

Love is a living force, an energy that moves through us, awakens our senses, and connects us to life itself.

Vital Eros of Love invites you to experience love as a dynamic, creative power that fuels passion, joy, and connection.

Through subtle and poetic movements and deep exploration, rediscover love as an essential life force - that permeates our entire being in all forms: the love of self, of others, of existence, and of the pure vitality that animates us. Discover a new energy of love, awaken your senses, and allow Eros to guide you towards a deeper, more vibrant way of feeling your body.

**Presenters:** Vital Development (Patricia Martello & Marcelo Di Matteo)

**6.00 - 7.30pm**

##### **Conscious Touch: The Sacred Foundation of Tantric Massage**

Conscious, loving and sacred touch is how the soul-nourishing, fulfilling and profoundly healing quality of any true Tantric massage is established. It is an art in itself and can be practised as such, developing the ability to touch and move in a way that offers a perfectly continuous and flowing heart-to-heart connection. Focusing in the present moment lulls the mind into stillness and takes both giver and receiver on a deep journey into themselves - a journey that is further deepened with the support of the erotic energies.

*You will need a partner for this workshop and to sign up together.*

**Presenters:** Iulia & Ben Carver

#### Shiva Hall

**4.00 - 5.30pm**

##### **Yoga of Love: Asanas 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, you will not only share your best qualities but 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. **Presenter:** Alina Chereches

**6.00 - 7.30pm**

##### **The Touch of Eros: The Art of Ecstasy in the Sacred Game of Polarity**

This workshop merges the esoteric science of Tantra and the path of Sacred Art. In this godly intersection there is an inner protected space of freedom and creative power, where we can edify a sanctuary of Beauty, Truth and Harmony. All acts of creation that emerge from this centre lead towards Love, in art and in life, that thus become a perfect mirror of each other. In this esoteric adventure ArtExtasia proposes that the Tantric principles are applied and learned in different artistic acts, where the stage and audience often become one. Where in one moment the participant is an observer and in the next an artist, and in the next perhaps both. Dance, singing, poetry, conscious touch, theatre... all come into one celebration of Eros and Love, where we are reminded that our main stage is Life itself. We welcome you to receive the touch of Love, by first learning how to offer it as a work of art in the light of Tantra.

**Presenters:** ArtExtasia (Maria Costa & Pedro Vieira)

**7.30 - 8.30pm**

**Dinner Break**

#### Hridaya Hall

**8.30 - 10.30pm**

##### **Tantric Heart Party**

This Tantric Heart Party invites you to dive into the euphoric, expansive essence of love. Together, we will move in rhythm with the pulsating heart of life, radiating our beauty and sharing it with the world. It is a celebration of being fully alive - a bold embrace of love, authenticity, and the sacred dance of existence. Dare to love, dare to be yourself, and dare to celebrate this extraordinary adventure! **Presenters:** Kirsty Pearse & Foca Yariv

# TANTRA FESTIVAL

## A Sanctuary of Love

### Sunday 30th March

#### Hridaya Hall

**11.00am - 12.15pm**

##### Women's Yoga for Orgasmic Awakening

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!

Presenter: Kirsty Pearse

**12.30 - 2.00pm**

##### Tantric Practicum

In this dynamic and playful workshop we will get hands on (but keeping clothes on) with techniques and practices to keep things very much alive in the bedroom! From daily stretches to warm-ups, to specific postures for activating particular moods and needs, we will cover it all - almost! Come with a partner, find one in the workshop or just come and take it all in to practise later. No experience necessary, but flexibility will help!

Presenters: Olga Korzhak & Kieran Martin

**2.00 - 3.00pm**

**3.00 - 4.30pm**

##### When Venus & Mars meet... An Offering of Love

The fundamental need of the soul to experience authentic Love has not changed over the ages. When it manifests in a couple relationship, Love is a formidable transforming force that can lead us to godly perfection.

The intense, sublime desire for a loving, erotic union with a being of the opposite sex is in reality a human longing for transcendence. It is a generous reminder of our Edenic origins. When Mars and Venus meet, they discover that Love is the face of the Sacred.

In this artistic, practical workshop, learn about the laws of love, erotic attraction and affection, and understand the nature of the mysterious force that sends man and woman into each other's arms. So that each participant can embark on the uplifting journey of love with their beloved... in a new level of consciousness.

Presenters: ArtExtasia (Maria Costa & Pedro Vieira)

#### Shiva Hall

**11.00am - 12.15pm**

##### Men's Yoga for Virility

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: Bogdan Radasanu

**12.30 - 02.00pm**

##### The Forgotten Art of the Sacred Priestesses

In the temple of love, the art of intimacy was not just seen as a pleasure playground for desire's sake, but as a portal into the most sacred chambers of the heart. Awakened to her innate feminine nature of giving, receiving and containing love, every being entering the temple was considered to be the emissaries of the gods, embraced in all their totality, and raised, through the energy of Eros, to the highest reality.

Join this journey of reviving the essence of the Sacred Priestess of Love, honouring the meaningful ways she transformed so many societies through her offerings of love and erotic guidance.

Presenter: Mojdeh Moasser

**Lunch Break**

**3.00 - 4.30pm**

##### The Ageless Love Story: A Workshop on Love & Relationships

Join us for The Ageless Love Story, a transformative workshop that brings to life the timeless dance of love - a dance that has played out across cultures and centuries. Through poetry, storytelling, and deep insights, explore the universal wisdom of love in a playful and meaningful way, helping you to cultivate deeper connections in your relationships and love life. Guided by Maria and Foca, embark on a journey of Tantric love and intimacy, engaging in practical exercises designed to awaken presence, vulnerability, and deeper connection. Whether you are single or in a relationship, this workshop offers a safe and inspiring space to rediscover the magic of love. Come with an open heart and leave with new inspiration, practical tools, and a rekindled sense of romance and intimacy..

Presenters: Maria Porsfelt and Foca Yariv

# TANTRA FESTIVAL

## *A Sanctuary of Love*

### Sunday 30th March

#### Hridaya Hall

**5.00 - 6.30pm**

##### Vital Development: Vital Happiness

Dance the sweet healing flow of your unique movement of life. Fall in love, connect with the regenerative source of the five Elements.

Happiness and love are energies that flow through us, filling our lives with meaning, joy, and vital connection. With the expression of the five Elements, the Vital Happiness Dances of Love invite you to awaken those amazing energies.

In this journey, dance becomes a celebration of life. Let love move you, let happiness uplift you, and let your body express the essence of your soul. Let yourself remove the everyday sensual apathy and passive indifference to get into a Love-active mood, guided by the five Vital Elements for Love in Life.

**Presenters:** Vital Development (Patricia Martello & Marcelo Di Matteo)

#### Shiva Hall

**5.00 - 6.30pm**

##### Portals to Eros: A Lucid Exploration of Conscious Intimacy

Eros is more than desire - it is a gateway to deeper self-awareness, refined pleasure, and awakened intimacy.

This workshop invites you to move beyond instinctual expressions of eroticism into a space of inner maturity, where sensuality becomes an art of presence and deep connection.

Through guided practices and embodied exploration, we will cultivate a refined awareness of pleasure, learning to savour intimacy with clarity and depth. Rather than being consumed by desire, rise above automatic patterns and step into a more expansive, soulful, and intentional way of relating.

Join us in this journey of awakening to yourself as an erotic being - lucid, sovereign, and deeply attuned to the profound beauty of intimacy.

**Presenters:** Aurora Georgijevic & Morgan Arundel

#### Hridaya Hall

**6.30 - 8.00pm**

##### Closing Ceremony

**Presenters:** Maria Porsfelt and Foca Yariv





## 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 speakers wish to share the wonderful benefits of Tantra with you. The festival programme for 'A Sanctuary of Love' has been created for those who wish to go deeper into the Tantric practices, and to explore the more intimate parts of the Tantric teachings.



Tara

### 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 daily life.



### 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 14 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.



### Aurora Georgijevic

Aurora has practised yoga and Tantra passionately for the last 21 years. Practising integral tantra yoga, she learnt to apply and discover the wise teachings of Tantra in daily life. Her teaching style is playful, full of wisdom, compassion, enthusiasm and deep love for the Tantric tradition. She teaches courses in yoga, Tantra, Tantra for women, and she arranges different events, workshops, retreats and festivals - mainly in Sweden but also internationally. Her soul ambition in this life is to spread the message of the transforming power of love, and to make the teachings of wisdom accessible to as many people as possible.



### 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.



### 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



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



### 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.



### 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.



### 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.



### Pedro Vieira / ArtExtasia

Pedro Vieira is a professional actor who has worked in theatre, cinema and television since 2003. He has taught art workshops and acting courses integrating esoteric principles since 2009. A practitioner of the Tantra Yoga path, Pedro has decoded the deep esoteric knowledge that influenced the great directors of western theatre such as Stanislavsky, Michael Chekhov and Peter Brook, among others. Making an osmosis between their distinct approaches and oriental artistic methods, as a member of the ArtExtasia team, Pedro develops methods that can lead the Tantric artist to an increasingly pure and inspired creative state, that allows him or her to generate a conscious and beneficial catharsis, both in him or herself and in the audience.



### Marina Costa / ArtExtasia

Marina Costa, actress, dancer and practitioner on the Tantric path, stars in "The Fabulous Heritage", "Hope Street N°6" and "The Prophecy", films directed by Aghora Vidya. In her work and life, through the combination of Artistic Creation and Tantra Yoga practices, Marina deepens her understanding that both paths require a process of continuous transformation, demanding an increasing level of awareness and presence from the artist, in the "here and now". Marina also guides Shakti (women's) groups.



### Olga Korzhak

Olga's journey through the ancient Tantric secrets of being a woman started 15 years ago. Being a practitioner of yoni healing she passionately shares the hidden mysteries of the most sacred part of the feminine body.



### Kieran Martin

Kieran has been studying Tantra at Tara since 2010. Initially drawn to Tantra by an interest in eroticism, it was the game of polarity that turned his curiosity into a passion. For Kieran the interaction of the masculine and feminine is the juice of life. And playing that game, we discover and enjoy much transformation and inner growth along the way. His approach is practical and down to earth.



### 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.