

An invitation to be the love that you are



THE POWER OF THE SUBTLE: AN INVITATION TO BE THE LOVE THAT YOU ARE A DEEP TANTRA WORKSHOP led by Godfrey Devereux

This two day workshop will invite you deep into the pleasure nature of your body by way of your sexual feelings. Pleasure and desire will be used to dissolve unwelcome boundaries, allowing you to surrender through your sexuality into the love that you most deeply are. This step by step process begins with a series of tantric techniques practiced solo. You will be taught how to use subtle and overt pleasure to pacify the mind while clarifying awareness. This will be followed by partner exchange. This begins with practices that allow you to recognise and honour boundaries, both your own and those of your partner. These usually work better when practicing with someone with whom you have no history to generate misleading assumptions. You will then be supported in a progression of tantric practices with your partner that amplify the presence of the pleasure and the love that you are.

While these practices do not involve sexual intercourse, they will invite you to acknowledge and express your sexual feelings through the nourishing subtleties of sensitive and honest exchange with your partner. There will be no requirement for you to do anything other than what you feel to be right, as the essence of tantra is recognising the perfection of what actually is. This process depends on nothing other than your willingness to feel. This being the case you must be willing to experience and acknowledge the presence of any energies within you: not only pleasure, desire and love, but also anxiety, doubt and confusion. All of these energies can be used to access deeper frequencies of pleasure and love. There are no predetermined destinations nor outcomes, other than a deepening intimacy with yourself and another. Nevertheless you will be invited to surrender as deeply as possible to the love that you are by way of the pleasures that it generates.

Godfrey has been facilitating somatic, cognitive and awareness training for almost forty years. Unintimidated by any ideologies, he has undertaken a deep exploration of the subtle nature of the human body as a localisation of consciousness. A master of the art of communication his teaching is both direct and powerful in its subtlety and simplicity. One of his great gifts is to be able to create a dynamic, safe space within which people can feel, acknowledge and honour themselves as they actually are.

More info about Godfrey Devereux and his teaching www.dynamicsyoga.com

Date: 21 – 22 October 2017.

Time: 10.00 – 19.30 both days.

Price: 3000 SEK

Contact: Mia Lehndal. Questions and booking bodyloveyoga@gmail.com.

Place: Central Stockholm