



TEACHER'S TRAINING

INTERNATIONAL
TRAINING
FOR GROUP LEADERS

SKYDANCING™ TANTRA

Margot Anand's International School

International SkyDancing Tantra Teacher's Training

This Teacher's Training is offering a program of certification which is going to prepare those who want to teach Tantra SkyDancing in the world, in a complete and coherent way.

You can also follow this training for your own personal growth.

"I expected to learn techniques to enrich the work with my clients and what I got was tools for my life, relationship and work. I have deep appreciation for what I received."

Judy Conrads, Yoga Teacher, Massage Therapist

Whom this training is made for ?

This training is a unique opportunity to learn, step by step, how to share with others, techniques and processes from SkyDancing Tantra, the most advanced and scientifically researched method in the field of ecstatic sexuality and Tantra today. This training is designed for people who work with others to facilitate personal growth and enrichment in the area of relationships, sexuality and spirituality.

This training is open to all the people having already followed a Tantra training, with SkyDancing (LET) or with an other school.

This training is an adventure and a unique opportunity to explore, practice and integrate SkyDancing Tantra in ALL aspects of your life, **even if you don't plan to become a teacher.**

This Teacher's Training will be the last one lead by Margot Anand in Europe!



- Are you interested in learning tools that you can incorporate in your professional practice?
- Are you curious about the connection between sex, heart and spirit?
- Would you like to gain inspiration to design your own programs touching upon sexual awareness trainings and improve your skills in counseling and facilitating?
- Do you want to become a great and dynamic group leader in the field of Tantra ?
- Are you considering to become a Certified Teacher of SkyDancing Tantra and leading SkyDancing Tantra workshops, representing Margot Anand's methods?

In this training you will develop the skills to:

- Understand and work with group dynamics when teaching a Tantra group
- Teach in a dynamic and attractive way about delicate subjects regarding sexuality
- Help your clients move beyond resistance and fears regarding sexuality

At the end of each module, you will receive a blueprint for each teaching program based on the material you learned that week. You will be encouraged to teach these together with other participants of this training. In the next cycle, you report your results and evaluate your strong and weak points so as to achieve learning, understanding as well as broadening your skill base.

Certification: At the end of this Training, participants will receive a certificate, attesting that they intended all 6 cycles of the SkyDancing Teacher's Training. Among them, Margot will choose some teachers whom she will specifically authorize to teach under the SkyDancing label, according to conditions still to be defined.



CYCLE 1



Do you have a passion for practising and teaching Tantra?

Margot Anand and Michael Hallock

November 11 to 18, 2012

Venue: Chateau de Bellevue, Dôle (FR)

In this cycle, we are going to the core of our being, to find our passion for helping others to give birth to themselves, through a spiritual and grounded sexuality. We discover our true values: art, motivation, commitment and clarity needed to become a genuine SkyDancing Tantra leader.

Margot will bring into light the origins of the SkyDancing Tantra lineage. She will go back to the historical teachings of Buddha Padma Sambhava. We will do personal and deep work on ourselves, and we will go deeper into new meditations linking Sahasrara (crown chakra) to Anahata (heart chakra), so that we open ourselves to silence and inner revelation.

In this cycle, you will explore:

- The energy map of SkyDancing Tantra: the seven chakras and the Inner Flute
- The SkyDancing Tantra rituals: how to create powerful and transforming rituals
- How to be a good leader: guidance and suggestions, and how to handle feedback
- Body, heart and soul ecstasy: how to keep up with it in your daily life
- Beyond your resistance: how to support the personal growth of participants
- Meditation and spirituality: how to create a better sexual life
- Difference between therapy and SkyDancing Tantra

The art of teaching SkyDancing Tantra, Transformation of energies through breathing and chakras

Vasanti Vachet and Jim Benson

April 6 to 13, 2013

Venue: Hameau de l'Etoile, Montpellier (FR)

During this cycle, we will explore the art of:

- Leading a group and managing energy and emotions
- Finding out our own color and identity in the teaching
- Learning to map our territory with clarity, to respect others, to know our priorities, and to act accordingly, to feel self-reliant
- Studying the specific SkyDancing Tantra teachings (see books by Margot Anand)
- Teaching and supporting the deep meeting of all the aspects of our being: body, emotion, mind, energy and spirituality
- Using the body and the 3 keys in an intense way
- Using different types of breathing, waking up memories, along with the various aspects of your vital energy. Conscious breathing sessions will also contribute to crystallize exercises
- Following our passion on the tantric path
- Practicing through leading and situations under supervision,
- Learning how to receive feedbacks.



CYCLE 3



The art of understanding and teaching the base of SkyDancing Tantra: polarity Yin-Yang

Laurence Heitzmann and Laurent Lacoste

June 29 to July 6 2013

Venue: Hameau de l'Etoile, Montpellier (FR)

During this cycle, we will explore:

- The art of teaching the SkyDancing structures which are related to the understanding, the differentiation, the harmonization of the Yin and Yang aspects of our nature, the feminine and masculine polarities in us
- The role and the game of the inner man and the inner woman in our life and in our sexuality
- The SkyDancing Tantra specific teaching on this subject (see books by Margot Anand)
- How these polarities can help us creating a harmonious relation with the other
- The art of teaching the interaction between the Yin and the Yang in our relationships, and the «Yin Yang game»
- The art of evaluating how and in what proportion we play out the masculine and the feminine aspects in our daily life
- Presentation and analysis of the polarities of the chakras
- How to create breathing structures using those polarities



Roots of the orgasm: how to teach the secrets of the circulation of orgasmic energy

Leaders: Surabhi Fischer, Liliana and Robert Baillot (CA)

November 4 to 11, 2013

Venue: Hameau de l'Etoile, Montpellier (FR)

In this cycle, we shall continue to study and to teach certain original structures of the SkyDancing Tantra method:

- Teaching the Fire Breath Orgasm - The roots of the orgasmic energy by the dynamics of the vibration. The opening of the Inner Flute.
- Teaching the anatomy of pleasure
- The «M.O.R.E» or multi-orgasmic response session
- The tantric work in couples and in his/her private life. How to help and support participants living as a couple.
- Understanding the dynamics of erotic transference and counter-transference between the tantra teacher and students. Training the capacity of holding erotic projections as a teacher working with sexual energy and dealing with them in a constructive way. Exercising challenging situations in roleplay between teacher and students
- The questions of professional ethics and the importance of role clarity getting a deeper understanding for the ethical rules; the difference between private, personal and professional relationships.



Essential tools for teaching SkyDancing Tantra

Steve and Lokita Carter (USA)

April 5 to 12, 2014

Venue: Hameau de l'Etoile, Montpellier (FR)

In this cycle, you will improve your SkyDancing Tantra teaching skills and learn more essential keys for teaching a deep, successful and enriching group.

Among other subjects, the material presented in this cycle will include:

- Group Dynamics: managing and guiding the energy and interactions within a group
- Challenges & Meltdowns: managing and working with participant's emotions
- Transitioning between teaching segments: from mental work to emotional exploration
- The role of the mind, the heart and the body in SkyDancing Tantra experiences
- Touch & Massage: learn vital tools for creating trust and intimacy between participants.
- How to facilitate the intimacy of heart between participants
- The importance of body language and the use of your voice in the teaching environment
- Setting the group energy with music and sound in SkyDancing Tantra
- How to lead visualizations and induce deep relaxation
- Demonstrations: learn the art, role and significance of live demos to set the stage for teaching the SkyDancing practices
- The Guardians: how to create a strong team of support for group participants and teachers. The roles and rules of guardians
- Schedule & Time management: how to flow within the structure of time and schedule.

The art of rituals in daily life and the magic of SkyDancing Tantra in the environment

Margot Anand and Michael Hallock (USA)

July 27 to Aug 3, 2014

Venue: Shangrila Oceanside retreat, Bali

This cycle will be presented by Margot Anand and her teaching partner Michael Hallock. Both live and organize groups in Bali. This trip will be the most precious touch of your Training. Margot will teach you the secrets of advanced Tantra:

- The art of feeling your subtle body
- The art of creating rituals
- The art of finding sacred grounds in Bali, sacred ceremonies in Bali Temples
- The art of creating a magic, ecstatic and tantric style of life
- The art of the «mindfulness» meditation helping us to have a more balanced and ecstatic life

You will enter into the world of sacred temples and their secrets. You will experience moving Balinese ceremonies and receive the benediction of priests and healers from Bali. Margot will transfer to you her spiritual initiation with a very powerful personal mantra. It will protect you and will be a companion in your life of teaching and leading groups.





Margot Anand

Margot 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.

Her popular books are available in numerous languages and include "The Art of Sexual Ecstasy", "The Art of Everyday Ecstasy", "The Art of Sexual Magic". Margot has released a 3-disc DVD trilogy, "The Secret Keys to the Ultimate Love Life", to inspire a whole new generation of lovers as well as offer a refresher with some fun new twists to longtime students of her classic methods.

Over the past two decades, Margot developed and taught "The Love and Ecstasy Training (LET)", a powerful and proven method for healing and enhancing our love life, and cultivating meditation. Margot is the founder of eight SkyDancing Tantra Institutes worldwide. In 2007 Margot moved to Bali, where she built her dream house by the sea and engaged in a 3-year sabbatical to find out "Who is In" when she did not come out into the world as a teacher or speaker. During this time of introspection, Margot developed new work in the realm of spiritual ecstasy, creative power and manifestation.





Surabhi Notburga Fischer

Surabhi Notburga was born in 1961. In her five years of experience in the education and training of therapists at the “Akademie für Physiotherapie” (Academy of Physiotherapy) in Salzburg, Austria, she developed Core Pulsation – a method to activate the vital energy via the bone marrow. She has been running her own practice for Integrative Body Psychotherapy, Couple Therapy and Sexual Therapy since 1989. She is educated

and trained in methods of Humanistic Psychology (IBP and others) and Spiritual Therapy, IBP Life coach, teaching coach (“Lehrtherapeutin”) and supervisor, licensed SDI Tantra teacher, Sexual Grounding® therapist and trainer.

Surabhi Notburga Fischer is married to Robert Fischer and they have two daughters. Together with Robert, she has been leading international trainings for women, men and couples in Western Europe, Russia and the USA since 1989. They are teaching professionals in further education in Sexual Therapy and sexual counselling. They also create and lead rituals of life transitions.

Her work is directed towards greater understanding of polarity men-women, to recognize the resources acquired by the lineage of generations and bring more awareness and love in the relationship. For more than 15 years, Surabhi Notburga Fischer has been teaching with passion cycles of the LET – Skydancing Love and Ecstasy training in the USA and in France.

FACILITATORS





Steve and Lokita Carter

A powerful, fun, dynamic and loving teaching team, Steve & Lokita are lauded for creating in their SkyDancing Tantra events a safe and sacred environment, filled with love, humor, sensuality, respect and depth, allowing profound learning and healing.

Promoting Margot Anand's events in the US since 2000 and studying extensively with her, in 2007 Steve and Lokita established the USA SkyDancing Tantra Institute after Margot empowered them as her lineage holders and representatives in the USA.

Steve combines his extensive training and experience in SkyDancing Tantra, massage therapy, group and emotional healing work, hypnotherapy and group facilitation with a respectful, playful and loving approach to teaching. He is also a certified Watsu and massage teacher.

Since her late teens Lokita has devoted her life to personal and spiritual growth, Tantra and meditation. She studied under the guidance of several spiritual mystics, particularly Osho. Lokita is an accomplished aquatic bodywork therapist, rebirthing therapist, published writer, and accounting software specialist. To them, SkyDancing Tantra is a lifestyle in which celebrating and harnessing our sexual - life force - energy can transform our whole life into a spiritual experience. Steve & Lokita have taught hundreds of SkyDancing Tantra workshops since 1999 to over 15,000 people in North & Central America.



Michael Hallock

Michael has been leading groups and retreats for over 10 years. Since 1995 his healing arts pursuits have taken him to Europe, Asia, and Australia to study and work in areas of health and wellness. He is trained in Watsu and aquatic bodywork, yoga, meditation, energy healing and numerous healing modalities.

In 1998 he moved to India where he lived continuously for 3 years in ashrams, dedicating himself to meditation and yogic studies, primarily at the Bihar School of Yoga, a leader in yoga and Tantra.

Michael has spent the last 10 years as a teacher, therapist, trainer and workshop leader for some of the most acclaimed retreats in the world including Chivasom Thailand, Golden Door Australia, and Fivelements Bali, where he met Margot Anand. They are now teaching together many groups in Bali and Europe: when they teach together Margot and Michael weave their backgrounds together seamlessly, offering a playful, insightful, and transformational environment to their students.

His international experience and yogic background has given him a unique and inspiring outlook and presence which he transmits in his sessions.

FACILITATORS





Vasanti - Véronique Vachet

Vasanti completed four years of training as a SkyDancing Tantra Teacher® through the SkyDancing Tantra Institute France. She has been teaching the “Love and Ecstasy Training” with Margot Anand and her team. She lives near Paris with her family: she is a mother of 3 children.

Vasanti is an experienced Body Psychotherapist who specializes in Sexual Grounding Therapy® from the International Training SGT. Rebirther for 15 years (Trained by Patrice Ellequain and Sandra Ray). She is also a practitioner of vegetotherapy (the original therapeutic approach developed by Wilhelm Reich).

She is a “practical mystic” who adds the profound “Bhakti” (heart-devotional) dimension in her work, inspired by her initiation into the Sacred Shivaïte Teachings of Babaji in India.

As a therapist, Vasanti has been teaching programs such as «couples mediation», «young adults initiation», meditation and harmonizing passion and Tantra for many years.





Laurence Heitzmann

Laurence is born in 1969. She is a body psychotherapist and certified member of the "Société Française d'Analyse Bioénergétique" which is affiliated with the "International Institute for Bioenergetic Analysis " in Zurich.

Her work in bioenergetic analysis derives from Wilhelm Reich and Alexander Lowen among other sources.

Her path led her to SkyDancingTantra® and different methods for spiritual awakening through the intermediary of a conscious body.

She teaches the LET "Love & Ecstasy Training" training with Margot Anand and her team, for a few years.

Laurence lives in Lyon (France), leads seminars and provides individual consultations, mainly in different region of France. She is skilled in creating a climate of confidence and trust necessary to a process of real and lasting transformation.





Jim Benson

Jim discovered Tantra in 1991. He studied with Robert Frey, David Deida and Margot Anand. In 2002 he attended two cycles of the SkyDancing Tantra Facilitators Training in California and the next year began co-leading and co-creating workshops with Margot Anand.

Jim is a professional Certified Coach since 1998 with the « International Coach Federation » and is a course leader for the « Authentic Man Program ». He has led workshops in communication, relationship, sexuality and intimacy in the US and abroad, both on his own and with Margot Anand. Jim has participated in and facilitated men's groups for the last 19 years, including the most established David Deida-based men's group in the San Francisco Bay area.

His «Awakened Masculine Groups», started in 2003, have helped hundreds of men make positive, lasting changes in their lives. Jim is dedicated to helping grow the healthy masculine force in the world.



Laurent Lacoste

Laurent has been studying Tantra intensively for more than 10 years with various teachers worldwide. His studies led him to SkyDancing Tantra and he became a licenced teacher. For five years he has been helping in the LET “Love & Ecstasy Training” in France.

For four years, he followed Geho and Sarita from the English "School of Awakening". He was certified by Charles Muir's school «Tantra Yoga» in the USA. Furthermore, he received the teachings of Jelle Bode for four years. He also studied Ayurvedic nutrition as well as Ayurvedic massage.

Laurent feels that Tantra is his «path of life». According to him, Tantra is a set of practices which supports the development of awareness. With awareness and practice, we can embrace life in all of its aspects to learn and become true, and to reinstate the state of joy which is actually the state of love and acceptance of what is. His mission of the moment is to try not to get out of it any more!

Laurent has a practice in Paris and leads Tantra workshops for men and for couples.



Teacher's Training Registration

- This training is composed of 6 cycles of 8 days: total 48 days
- **Venues:** cycle 1 at Chateau de Bellevue, Dôle (FR) • cycles 2 to 5 at Hameau de l'Etoile, near Montpellier (FR) • cycle 6 at Shangrila oceanside retreat in Bali
- **Dates:** Nov. 11-18, 2012 • April 6-13, 2013 • June 29 - July 6, 2013
Nov 4-11, 2013 • April 5-12, 2014 • July 27 to August 3, 2014

Training Fees:

- Eur 6'900.- commitment for 6 cycles
- Eur 1'300.- commitment for 1 cycle

Accommodation (full board)

from Eur 60.- to Eur 95.-per person per day (Hameau de l'Etoile 2012)

Suggested payment plan:

- Eur 1'150.- at registration • Eur 1'150.- on March 1, 2013 • Eur 1'150.- on June 1, 2013
- Eur 1'150.- on Nov 1, 2013 • Eur 1'150.- on March 1, 2014 • Eur 1'150.- on June 1, 2014

In case of withdrawal:

Until oct 1, 2012 : the full deposit will be refunded.

After oct 1, 2012 : the full deposit of Eur 1'150.- will be kept.

If withdrawal during the training, a fee of Eur 200.- will be charged.

Any cycles started will be paid in full.

To participate to this Teacher's Training, you should have attended a Tantra Training.



Teacher's Training Registration Form

☐ I am committed to 6 cycles

☐ I am committed to 1 cycle

☐ I am coming alone

☐ I am coming with my partner

.....
Last Name

.....
First Name

.....
Full Address

.....
Phone / Email

.....
Location, date and signature

Please print and return this registration form to this address:

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REGISTRATION

