THE INNERCAMP *TANTRA* METHOD

innercamp

PRACTITIONER
+ TEACHER TRAINING

10 JANUARY — 24 OCTOBER, 2022

Become a world class tantra teacher!

ENHANCE LOVE, INTIMACY AND SEXUALITY.

Guide others on a journey through authenticity and self-love, which unlocks the full potential of life.

Heart-based tantra will help your clients move beyond their emotional blockages and harmonize relationships.

This course is for

- ✓ **beginners who want to move into a new career**
- ✓ **professionals who desire to expand their expertise**

INNERCAMP TANTRA METHOD

InnerCamp is registered and accredited by the Complementary Medical Association

60+ hours
of live sessions

500 hours
of Tantra in total

100 hours
of teaching experience

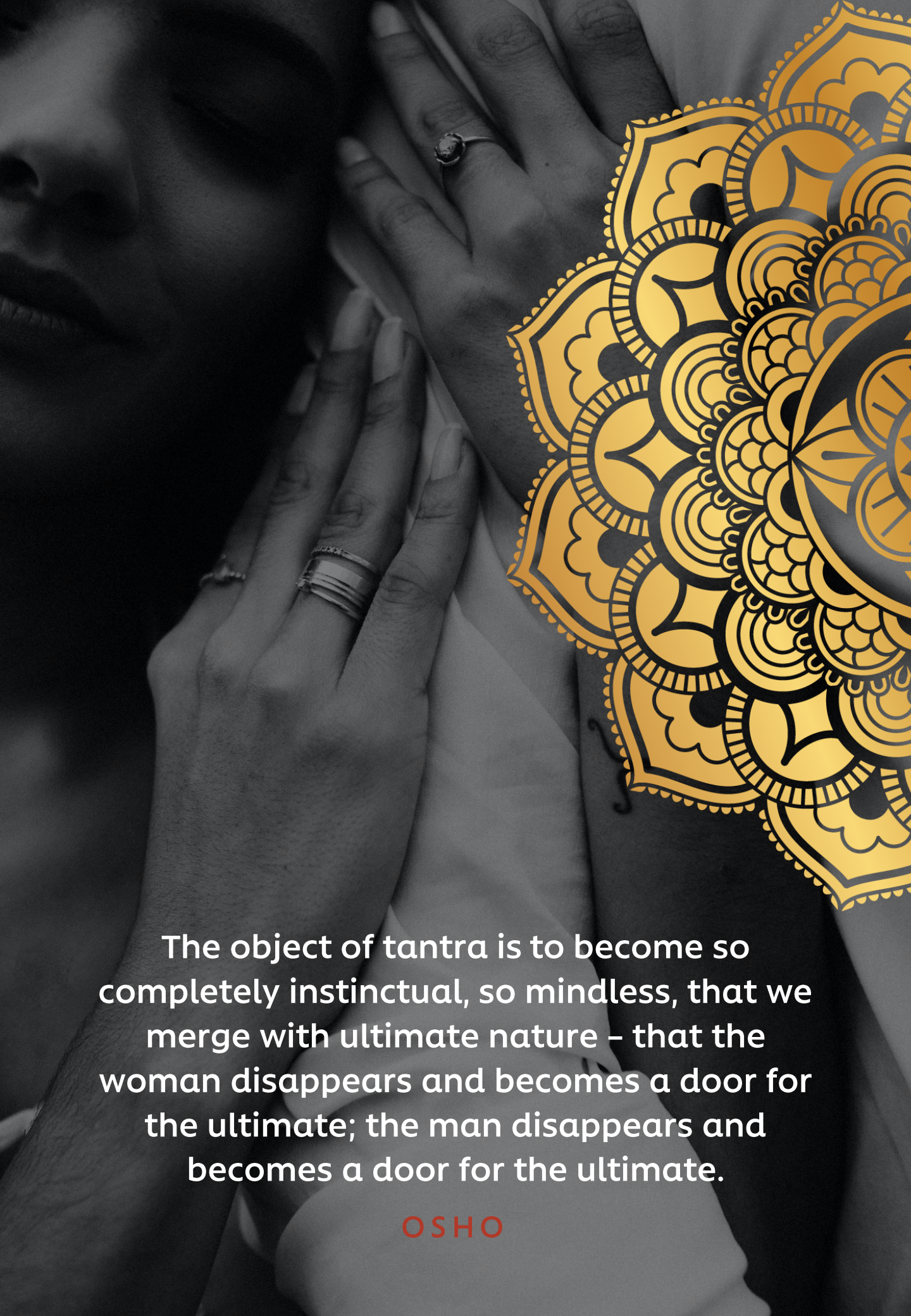
Our course is based on scientific and spiritual approach to Tantra practices and is split in two modules. For certification you need to pass 2 exams (1 per module) with a score of 80% or higher.

WHAT THIS COURSE IS NOT

- Our Tantra Method is not a Tantra-Yoga course and we will not practice asanas.

- Our Tantra Method is not a sex training course and no sex will be performed during class.

- We don't follow any religion or sect.



The object of tantra is to become so completely instinctual, so mindless, that we merge with ultimate nature – that the woman disappears and becomes a door for the ultimate; the man disappears and becomes a door for the ultimate.

OSHO

This course is for anyone who wants to expand their whole being through increased awareness of your senses, feelings and energies, and become a professional Tantra teacher.

Level 1 provides the knowledge and skills that you need to deepen your Tantra experience. Level 2 focuses on learning how to guide one-on-one sessions and group sessions, holistic coaching, techniques to hold the space, music composition and how to organize Tantra workshops and retreats.

In order to receive the Tantra Teacher Certificate and be able to facilitate their own events and work with clients, students need to successively complete both levels plus additional 100 hours of teaching practice (online and/or onsite) within the first year of your certification.

THE COURSE

LIVE SESSIONS

All sessions are conducted live via Zoom.
The rest of the content can be accessed online at
our educational platform.

Mondays

06:00pm — 08:00pm CET
Amsterdam, Paris

05:00pm — 07:00pm GMT
London

12:00pm — 02:00pm EST
New York

PRACTITIONER TRAINING LIVE SESSIONS SCHEDULE

10 January 2022	17 January 2022	24 January 2022
7 February 2022	14 February 2022	21 February 2022
7 March 2022	14 March 2022	21 March 2022
4 April 2022	11 April 2022	18 April 2022
25 April 2022		

TEACHER TRAINING LIVE SESSIONS SCHEDULE

6 June 2022	13 June 2022	20 June 2022
27 June 2022	4 July 2022	11 July 2022
18 July 2022	1 August 2022	8 August 2022
15 August 2022	5 September 2022	12 September 2022
19 September 2022	26 September 2022	3 October 2022
10 October 2022	17 October 2022	24 October 2022

FACILITATORS

ALEXIS

Certified executive and personal coach, breathwork master and tantra teacher who intuitively uncovers peoples' potential so that they feel empowered to unleash that power into their lives and the world. Alexis' work revolves around people coaching in different spheres of life. He has worked with different companies across Europe, Africa and Asia as a trainer, mentor, manager and coach. Alexis has made his mission to transmit this knowledge to anyone who needs it, and to present it with humbleness and honesty.

Marjolein is an InnerCamp Tantra Method master and a Sacred Womb Awakening and Shamanic Healing Practitioner. She strongly believes that we are all healers and her practices are based on this foundation. Her mission is to help people restore balance in their lives by reconnecting them to their inner light and to help people raise their vibration. All her practices are built on the foundation that everyone has a self healing ability. Womb/Hara Awakening are ancient, self-empowering practices which are returning into the awareness of the Western world, helping people to reconnect to their true purpose and aligning their lives.

MARJOLEIN

FACILITATORS

SARA

Sara is an InnerCamp Tantra Method teacher, a holistic coach in the Arts of Embodiment and a catalyst for Wholeness. Speaking the language of the body and listening to the heart's longings, she holds space for massive transformation and healing by guiding you into your most powerful and authentic expression.. Sara holds a Doctorate in Social Science and she now combines the most recent findings from neuroscience with the wisdom from ancient traditions to catalyse changes in the deepest level of the subconscious. Her mission is to bring stressed and overwhelmed humans back to their being-ness with wonder and soulfulness.

Marten was introduced to martial arts and Qigong in 2008. Since then, he has led many workshops and trainings, always paying special attention to the individual needs of each person. In recent years, he has become more and more involved with personal development, Shamanic programs and energetic work. Marten has learned to build bridges between scientific approaches and spiritual growth - transferring the knowledge he gained in enterprise consultancy to personal coaching in addition to spiritual/energetic knowledge. With these combined skills, he provides a holistic experience and transformative journey to his students.

MARTEN

January 10 – April 25, 2022

Practitioner Training

MODULE 1
100 hours

Introduction
Tantric sexuality
Tantra and breathwork
Tao Tantra
BodyMind Integration
Healing trauma
Sharing circle
Physical touch
The Feminine Principle in Tantra
Tools for Tantra
Shadow work
Awaken the 3 centers
Healing sexual energy

June 6 – October 24, 2022

Teacher Training

MODULE 2
100 + 100 hours

Healing Masculine distortions
Sacred boundaries
Inner child
Releasing love addiction & love avoidance
What to expect as a tantra teacher
Quality Relationships
Inner marriage
Tantra and Death
Sacred Activism
Healing Feminine distortions
Co-dependency
Freedom from fear, guilt & shame
Grounding practices
Clearing money blocks with tantra
Practicing tantric gratitude
What you need to know before offering your 1/1 sessions
Tantra and trance states
Tantra and Shamanism
Facilitating practice

April 28 – May 1, 2022 • October 13 – 16, 2022

Onsite Retreat in Málaga (Spain)

RETREAT

Upgrade your InnerCamp Tantra Method experience and practice your newly acquired skills at onsite retreat in Málaga. The retreat can be done on the dates you have selected during the booking.

Over the course of 4 days, InnerCamp will immerse you in the magic of Tantra through signature techniques and holistic practices. Truly transformative sessions will take place in a private Mediterranean villa surrounded by luscious green mountains and caressed by blue skies. This unique experience incorporates movement, breath, and meditation to assist your energy system, also known as chakras, to open. As this life force starts to pulsate and move in your body, it will help you transform and reveal your true identity.

The retreat includes plant-based meals by Pachamama organic.

Please note if you decide not to attend our retreat, you will be certified upon completion of a final assignment.

innercamp

The Complementary Medicine Association
Registered College

CMA

TANTRA TEACHER CERTIFICATE

KATERINA LOPEZ

for completing 300 hours of InnerCamp Tantra Teacher Training and graduating with honors.

With all rights and privileges ensuing there from:

17th of May, 2021

DATE

CERTIFIED

Alexis Alcala

ALEXIS ALCALÁ
DIRECTOR

APPLICATION

If you feel the calling, enroll in the InnerCamp Tatra Method training at innercamp.com

For more information,
please contact us at
contact@innercamp.com