



THE INNERCAMP *TANTRA METHOD*



PRACTITIONER
+ TEACHER TRAINING



26 MARCH — 17 DECEMBER, 2022

Your path to transformation and healing

THE INNERCAMP TANTRA METHOD

Heart-based Tantra has self-realization as its ultimate goal and this course will take you on a journey through Traditional Tantra with modern approaches. Our course is based on a scientific and spiritual approach to Tantra.



Level 1 provides the knowledge and skills you need to deepen your Tantra experience.



Level 2 focuses on learning more advanced tantric tools, how to guide one-on-one and group sessions, holistic coaching, techniques to hold the space, the art of teaching and how to organise Tantra workshops and retreats.

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 practice



The course is split in
two modules.

For certification you
need to pass 2 exams
(1 per module) with a
score of 80% or higher.

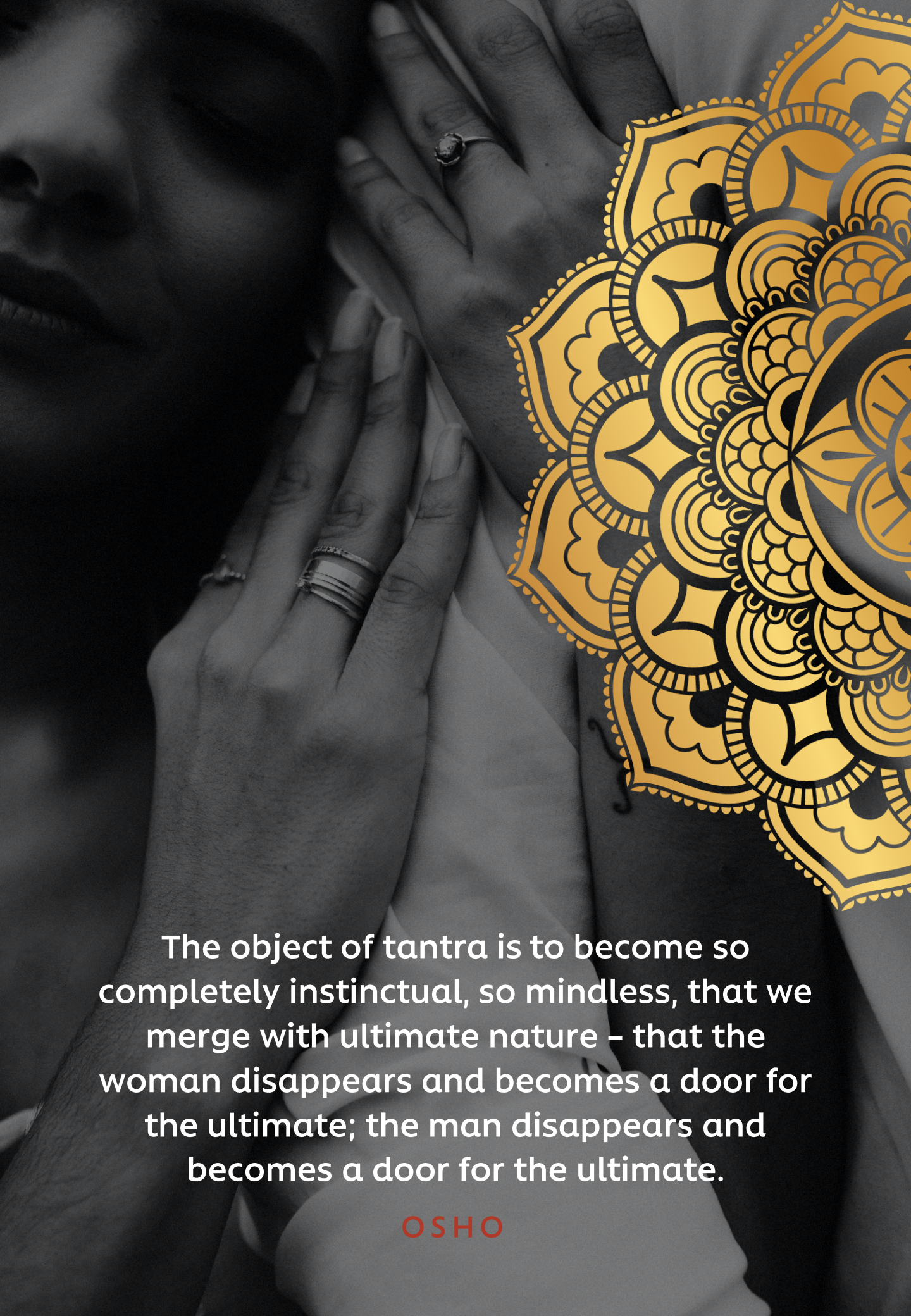
Plus complete 100
working hours of
teaching practice.





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.

A black and white photograph of a couple's hands and faces, with a large yellow mandala graphic on the right side. The hands are clasped together, and the faces are partially visible in the background. The mandala is a complex, multi-layered geometric design in yellow and black.

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.

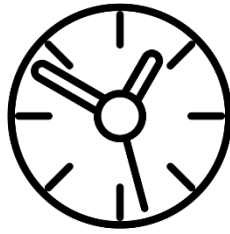
Level 1 provides the knowledge and skills that you need to deepen your Tantra experience. **Level 2** focuses on learning how to guide one-on-one sessions and group sessions, holistic coaching,

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.

6pm – 8pm CET

Amsterdam, Paris

PRACTITIONER TRAINING LIVE SESSIONS SCHEDULE

26 March 2022

2 April 2022

9 April 2022

16 April 2022

23 April 2022

7 May 2022

14 May 2022

21 May 2022

28 May 2022

11 June 2022

18 June 2022

25 June 2022

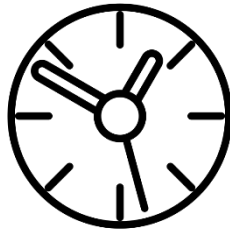
2 July 2022

9 July 2022

16 July 2022



Please [check](#)
against your
local time zone
to ensure you
join our
streams on
time.



TEACHER TRAINING LIVE SESSIONS SCHEDULE

20 August 2022

27 August 2022

3 September 2022

17 September 2022

24 September 2022

1 October 2022

8 October 2022

22 October 2022

29 October 2022

5 November 2022

12 November 2022

26 November 2022

3 December 2022

10 December 2022

17 December 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.

Nomadic Nurse Educator and Trauma-Informed Tantrika Sara integrates her academic and clinical background in Nursing Practice (pediatrics, oncology, end-of-life care, and pain management, global and cultural health) with holistic integrative and complementary therapies to help clients identify their mental and physical triggers, patterns, or blocks to shift perspective and heal. With a trauma-informed therapeutic approach, Sara combines a broad set of traditional and non-traditional modalities to highlight mindfulness and self-awareness. Sara is also a certified InnerCamp Tantra teacher.



SARA



March 26 – July 16, 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



August 20 – December 17, 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.

Selection of fine tea to support your wellness needs is provided by **YogiTea**

Organic plant-based menu is provided by **La Pachamama**





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