

InnerCamp Tantric Embodiment Training

FACILITATOR TRAINING

2023 / 2024



Inspire and uplift others as they uncover their distinct journey and the transformative power rooted in Tantra's essence.

[SEE THE DATES & PRICES](#)

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.



Tantra helps

This course is for anyone who wants to expand their whole being through increased awareness of their senses, feelings and energies, and adopt a Tantric lifestyle to fulfill daily needs.

Through the Tantric Embodiment training, you can learn to develop an intimate relationship with your body and to use its energy as a tool for healing and transformation.

You will learn to recognize and honor your body's needs and to use it as a conduit for releasing stored up emotions. Additionally, this program will help you to create a deeper connection with your environment and other people.

- ✓ Release both emotional and physical toxins from the body
- ✓ Reduce stress, anxiety and depression
- ✓ Enhance love, intimacy and sexuality
- ✓ Increase your capacity for pleasure, experience joy and fulfillment as a lifestyle
- ✓ Accept yourself for who you are, feel confident and whole

Tantric Embodiment Training

- 🕒 500 hours in total
- 🕒 10+ hours effort / week
- 🕒 60+ hours of live sessions

InnerCamp is registered and accredited by the Complementary Medical Association.



The InnerCamp Tantric Embodiment program is a CPD-certified training.



This program amplifies your strengths, connecting them to individuals eager to enhance love in every dimension of their lives.

Study with ease

- flexibility to complete the course at your own pace
- live Zoom sessions
- unlimited video replays on our eLearning platform
- individual feedback on assessments
- lifelong membership in our Global Community



The course

The course is split in two levels.

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



Level 1

Level 1 (Specialist certificate) provides the knowledge and skills you need to deepen your Tantra experience and embody a Tantric lifestyle.

Upon successful completion of Level 1, students will earn the Tantric Embodiment Specialist Certificate that proves their active participation in the course.

Level 1 is for personal use only.

Tantra contains the knowledge of almost all major areas of our life: physical health, mental balance, emotional stability, and harmonious relationships. Normally our mind is not satisfied with what we have, it is in a constant search for something else. Any unfulfilled desire of ours is, in fact, excess energy that can be used for self-destruction, and/or for self-development and growth.

After completion of Level 1, you will gain the tools to recognize, understand and appreciate the many aspects of life and learn how to apply tantric principles to the various relationships you have with others and yourself.



Specialist Certificate

Level 1

Program at a glance

Tantra fundamentals

- History of Tantra
- Tantra and boundaries
- Tantric core principles
- Tantric tools
- Compassionate sharing
- Mindfulness in intimacy
- Cultivating and trusting your intuition
- The Feminine Principle in Tantra

Tantra & breathwork

- Pranayama
- Connected breathwork
- Breathing practices to achieve Oneness

Healing practices

- Awaken the three centers
- Healing trauma

Tantric tools

- Grounding practices
- Transfiguration
- Consecration
- Desire as a Tantric path
- Heart expansion
- Polarity

 **200 hours of theory**





Specialist Certificate

Level 1

Program at a glance

Energy work

- Polarity work
- Chakras
- Energy work
- Healing Masculine distortions
- Healing Feminine distortions
- Healing sexual energy
- Awakening sexual energy

Tantra is a way to learn to feel your energy and transform it into a blessing.

Physical touch

- Physical touch
- Boundaries and physical touch

Tantra & death

- Death Awareness
- Tantra and Death



The course



Level 2

Level 2 (Facilitator certificate) 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.

The goal of Level 2 is to equip you with the entrepreneurial tools necessary to set up and run your own Tantra business. This includes covering topics such as marketing and business models, legal and financial aspects of starting a business, and ethical considerations when working with clients.

Finally, you will be given the opportunity to explore your unique talents and gifts as a Tantra facilitator and develop a business plan tailored to your own style and needs.

By the end of Level 2, you will have the necessary skills to establish and maintain a successful Tantric Embodiment practice, as well as gain confidence and expertise to facilitate your own events and help others on their journey of self-growth and healing.

Facilitator Certificate

Level 2

Program at a glance

Tantra relationships

- Co-dependency
- Quality Relationships
- Inner marriage
- Essence & intimacy
- Patterns of Relationships
- Authenticity
- Anchoring love, safety and belonging
- Transactional and Transformational Relationships
- Emotional Relationship
- Authentic Relating and Conscious Connection

Healing work

- Healing the Womb / Hara
- Healing sexual energy
- Healing the inner child
- Freedom from fear, guilt & shame
- Releasing love addition & love avoidance
- Clearing money blocks with tantra
- Shadow work

 **300 hours of theory**

Tantric massage

- What to consider in a tantric massage
- Contraindications
- Preparing the space
- What work can be done with your partner





Facilitator Certificate

Level 2

Program at a glance

How to be successful professional

- What to expect as a tantra teacher
- What you need to know before offering your one-on-one sessions
- How to host a women/men circle
- How to present in a tantra festival
- How to organize an event
- How to organize workshops and retreats
- How to hold space

Tantra & shamanism

- Tantra vs. Shamanism
- Sex magic and divination
- The Five elements in Pleasure
- The Nine Purification Breaths

Energy work

- Tao Tantra and Microcosmic orbit
- Kundalini Awakening

Tantra for modern world

- Neo-Tantra
- How apply tantra in daily life
- Tantra and trance states



What this course is NOT

- ✗ Our Tantric Embodiment training is not a Tantra-Yoga course and we will not practice asanas.
- ✗ Our Tantric Embodiment training is not a sex training course and no sex will be performed during class.
- ✗ We don't follow any religion or cult. We are not gurus.



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.



Live Sessions

Live sessions are an integral part of our Tantric Embodiment training. During a live session, you will have the chance to put the theory you have learned into practice in a safe, interactive and supportive environment.

You will be encouraged to experiment and explore different tantric techniques, and will receive guidance on how to use them to achieve the best results.

Live sessions are designed to give you a hands-on experience of tantra, and help you to develop a deeper understanding of the practice. Our instructors will provide feedback and support, and share their expertise on how to refine your skills and become a confident facilitator.

Live sessions also provide the opportunity for students to learn from each other, as the instructor facilitates group discussions and activities. This allows students to explore their own experiences and gain insight from their peers.

Facilitators



Alexis Alcalá

Alexis is an internationally acclaimed breathwork master and bodywork & tantric embodiment coach. He is renowned for his depth of study and ability to communicate ancient wisdom in a practical, encouraging manner, combining extensive science with spirituality. His deep connection with somatic therapies, coaching, tantra, energy work, transpersonal psychology, and breathwork inspired him to create his signature method that promotes healing, transformation and the awakening of people's potential. Over the past decade, Alexis has worked with thousands of people around the globe, and supported them in returning to their innate power, wisdom and love. Alexis is a true mentor of hearts and minds that seek abundance, happiness, and fulfilment. He generously transmits his knowledge and shares his beautiful gift with a global holistic community. Making a conscious effort to improve life is a full-blown journey. With Alexis' expertise, honesty, light, and empathy, you can bring the highest vision of yourself to reality in the gentlest way possible.



Marjolein Van Ommeren

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.

Facilitators



Sara Tonini

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.



Sara Mosadegh

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.

Facilitators



Luisa Kubaschinski

Luisa is a former civil engineer, who started to discover holistic practices during her own healing journey. She is now a certified yoga, meditation teacher, tantra and breathwork facilitator.

"If you consciously work with your body and its energy on a daily basis, it will be easier to turn supposed weaknesses into strengths," says Luisa. As a trainer, she is determined to mix various holistic techniques to achieve mental clarity, lightness, and learn to understand yourself better.



Nkechi Oba

Tantra, yoga teacher, and acupuncturist. Nkechi has been studying Classical Indian Tantra in London since 2013. Alongside her Yoga and Tantra teaching qualifications, Nkechi qualified as an acupuncturist in 1988. In the early 2000s Nkechi lectured on Chinese Medical Theory and Qi Gong Massage at Westminster University. Nkechi's approach to Tantra is very experiential and brings together both Classical Indian and Taoist Tantra. In 2022, she completed the Feminine Sexual Alchemy training with Maire Ni G who trained with Mantak Chia.

Enroll now!

We strive to make our trainings a good fit for all and match their schedule. We understand that our students have busy lives, that is why we provide flexible timings such as morning and evening sessions to accommodate your schedule.

[SEE ALL UPCOMING TRAININGS](#)


We recommend scheduling a free discovery call with our expert to learn more about the Tantric Embodiment training and answer any questions you may have. During the call, you will have the opportunity to discuss the objectives and content of the training, as well as the expected outcomes. We believe this call will help the student make an informed decision about enrolling in our trainings.

[SCHEDULE A DISCOVERY CALL](#)


We are on a mission to provide a great price-quality ratio so that everyone can benefit from our services. That is why we offer flexible payment plans to ensure our trainings are affordable for a wide range of change makers.

[SEE PAYMENT PLANS & PRICES](#)


Who we are

By joining InnerCamp, you become part of something bigger, a community of like-minded people with similar intentions.

You will also embark on a transformative journey that is designed to make a positive shift in your holistic career and boost your personal growth. We create a quality learning environment and experiences that will equip students with up-to-date and trustworthy knowledge, as well as confidence to build a solid foundation for their holistic business.



We help you harness the power of Breathwork, Tantra and Bodywork to discover your higher self.

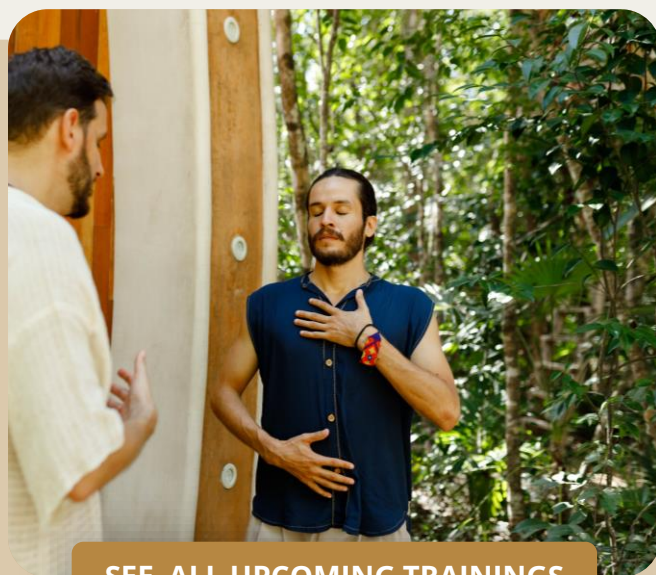
At InnerCamp, our focus is on blending the spirit and science of holistic health to build a strong and trustworthy foundation. Our Research Department ensures that the content of our educational programs is always up to date and based on scientific study.

Our programs

Breathwork Method

The InnerCamp Breathwork Method training

This course will guide you to the frontiers of healing, spirituality and consciousness. You will gain a holistic understanding and the skillset needed to facilitate breathwork sessions to help people heal, relax, and experience their full potential.


[SEE ALL UPCOMING TRAININGS](#)

300 hours

in total

30 hours

of live sessions

65+

theory videos

10 hours

weekly effort (incl. live sessions)

Level 1 (Specialist certificate) is a self-healing journey that provides a knowledge on breath science, psychology, inner child work, trauma healing, healing your breathing pattern and learning the main breathwork techniques.

Level 2 (Facilitator certificate) focuses on learning how to guide one-on-one sessions, group sessions and couple sessions, holistic coaching, techniques to hold the space, music composition and how to organize breathwork workshops and retreats. In this module, we will dive deeper into the breathwork techniques, and you will learn how to facilitate various breathwork modalities to others.

Our programs

Bodywork & Somatic therapies

The InnerCamp Bodywork & Somatic therapies for healing trauma training

Through Bodywork and Breathwork techniques you can let go of stored negative energies and achieve physical and emotional healing. Discover 4 components of our Method:

breathwork + movement + touch + sound.


[SEE ALL UPCOMING TRAININGS](#)

120 hours

in total

20 hours

of live sessions

100+

videos

10 hours

weekly effort
(including live sessions)

Our online training program is designed by trauma experts who will show you how to master your own emotions first in order to liberate others from their stress and suffering.

Level 1 comes in two parts. The first part explores the nature and impacts of trauma for better understanding of potential recovery mechanisms. While the second part is focused on trauma recovery through our signature Bodywork Method and its powerful components, as well as emotional, legal, and ethical considerations of working with trauma. Level 1 is intended to help you in your own self journey to release trauma and gain skills to become a trauma-informed facilitator in case you are already working with clients.

In **Level 2** you will learn how to facilitate bodywork, breathwork and movement techniques to heal others.

Our programs

Cacao Ceremony

The InnerCamp Cacao Ceremony facilitator training

Introduce yourself to a centuries-old practice as a way to reconnect with your inner self, strengthen awareness, awaken your gifts, and feel present and loving.



[LEARN MORE & ENROLL](#)

Online course

at your convenience, study whenever and wherever you want

50 hours

in total

30+

videos

4 weeks

duration

A Cacao Ceremony is a sacred ritual to look inside your soul, and warm up your whole being with a heart-opening plant medicine.

You will learn the history of cacao and its natural benefits, how to prepare ceremonial cacao to help the body heal and become a vessel for intuitive messages and wisdom.

This training is designed to help you find clarity and open up the energy in your heart chakra.



Frequently asked questions

Why should I join InnerCamp?

InnerCamp is your school to become a Tantra facilitator because:

- We have trained over 1000 people in the last 5 years.
- Our training program include a comprehensive online Tantra course (500 hours).
- We have accreditations from 3 international organizations.
- Our trainers have more than 10 years of experience working with people.
- We don't see ourselves as gurus, and what matters most to us is the healing and transformation of the world.
- We provide trauma-informed training so that you don't harm your clients or leave them worse off than when they came to you.

What does this training include?

Online classes with senior teachers, lifetime access to the online course, videos, exclusive reading material, weekly tasks, personalized advice, access to all of InnerCamp's virtual workshops for 10 months, discounts for InnerCamp experiences, templates for your events, lifetime access to monthly mentoring calls, study partner meetings, membership in the global community, a Diploma to facilitate sessions using the InnerCamp Tantra Method, and inclusion in the InnerCamp Facilitators Directory.

What are the certification requirements?

To be eligible for Facilitator certification, please ensure you meet the following requirements:

- Maintain a minimum attendance rate of 80% for the required live sessions.
- Successfully complete the course (Level 1+Level 2) on our e-learning platform and obtain approval for all assignments from InnerCamp.
- In order to participate in Level 2, you must have completed a minimum of 75% of Level 1, including lessons and assignments.
- It is mandatory for students to facilitate in all students facilitating sessions.
- Keep the camera on in the live sessions and actively participate in the class and the practices.

We encourage you to stay committed and engaged as you progress through the program. Completing the course and earning your certification is a testament to your dedication and achievement.

Does the Online Tantra Facilitator Training include examination?

Yes, each level of our Online Tantra Facilitator Training comes with a final exam. The purpose of this examination is to ensure students are able to recognise, recall and show understanding of knowledge; select, organise and communicate relevant information in a variety of forms; present and organise material clearly; use relevant terminology; and apply knowledge to real-life situations.

Are the assignments mandatory?

Yes, they are. All assignments are designed to evaluate your knowledge and understanding of theories, concepts, studies and methods. The reflective work is for your personal benefit to understand yourself better.

Should I turn my camera on during live sessions?

To ensure active engagement and participation, we kindly remind you that it is mandatory to have your camera turned on during live sessions. It is important that the cameras are facing you, providing clear visibility. We kindly ask that you refrain from engaging in any other distracting activities during the session. Please note that live sessions where the cameras are off or you are not visible on the screen will not be considered as attended.

We understand that you may face challenges attending sessions due to various circumstances, including work hours or other commitments. We empathize with these situations and encourage you to communicate your availability or constraints in advance.

Can I move at my own pace through the course?

Yes, you can take your time with the material, as it can help you to retain the information better. However, it is important to be aware that this course requires you to attend live sessions in order to stay on track. This will ensure that you don't fall behind and also allows you to interact with the instructor or other students in the course.

Is there any deadline?

You have up to 3 months after the program has officially ended to complete the course on the platform and get certified. This is the final extension for the completion of the program.

Is it a must to participate in Students Facilitating Sessions?

It is mandatory for students to facilitate (online and onsite) in all students facilitating sessions. The course incorporates 2 live sessions where you will have the opportunity to guide your fellow students in breakout rooms for 15-20 minutes each. This hands-on experience will help solidify your learning and boost your confidence in real-world application.

What if I cannot participate in students facilitating sessions?

If you cannot participate in the students facilitating session, you will need to send a recording and pay the 100 EUR admin fee per recording. The admin fee is mandatory and non-refundable; Recordings are allowed in exceptional cases and only with the written approval from InnerCamp (*Terms of Service - Art. 3. Additional Fees apply). All requests should be sent to contact@innercamp.com and a resolution will be issued and sent to students within 24-48 hours.

What if I cannot keep up with my current course, can I move my spot to the next edition and start over?

We understand that sometimes life can get in the way of our educational pursuits and that it can be difficult to keep up with a course. If the program has started already and you'd like to move your spot to the next edition, you can do so for an additional fee of 300€ plus the price difference if any, according to our [Terms of Service](#). Alternatively, you can keep the credit and join a future program just by paying the price difference when signing up.

What do CMA, IBF and CPD logos stand for on the InnerCamp diploma?

Those accreditation demonstrate our commitment to continuously create and provide the best learning opportunities to our students. InnerCamp has been awarded the “CMA Registered Training School” status, which means our courses are registered and accredited by The Complementary Medical Association (The CMA) that contributes towards the development of the complementary medical and natural health industry. InnerCamp is a member school of the International Breathwork Foundation. This status acknowledges our achievements in influencing a healthier, more fulfilling, and purposeful life.

Our courses are accredited by leading independent CPD accreditation institution, the ‘CPD Certification Service’.

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How can I claim CPD activity?

If you wish to claim CPD activity, the onus is upon you. The InnerCamp cannot be held responsible for the claiming or validation of hours or points. We note that any CPD certificate issued by the Member is evidence that the individual who completes this course will have undertaken the training and passed the Members own assessment criteria.

My training program has not started yet; can I cancel and get a refund?

If you cancel your participation 30 days (or more days) prior to the event, you are eligible to request a full refund minus a 150€ administrative fee (non-refundable).

If the training program has not started yet and there are 29 days or less to the start date, you can cancel it before the start date and get a 50% refund. You can also keep the credit and move your paid amount to any other INNERCAMP's service of your choice just by paying the price difference (if any applies). In case you only paid the deposit of the training, this deposit is non-refundable. In case you have chosen the monthly payment plan and only paid the first instalment, this payment is non-refundable.

What if I cannot keep up with my current course, can I move my spot to the next edition and start over?

We understand that sometimes life can get in the way of our educational pursuits and that it can be difficult to keep up with a course. If you'd like to move your spot to the next edition, you can do so for an additional fee of 300€. Alternatively, you can keep the credit and join a future program just by paying the price difference when signing up.

My training program has started; can I cancel and get a refund?

If the training program has started but you cannot participate, you can change your enrollment to any upcoming program for an additional 300€ fee. You can also keep the credit and join a future program just by paying the price difference when signing up.

My training program has finished but I didn't participate; can I get a refund?

If the program has ended and you did not participate for any reason, the payment is non-refundable. In this case, you can still move your spot to the upcoming edition in the following 3 months after the program ended by paying a 600 EUR admin fee. If you request to move your spot after the 3 months have ended, a full payment is required meaning that you will need to pay the full current price of the course edition that you'd like to attend.

How much effort is required per week?

A range of time you should spend on the course including live sessions is about 10 hours per week. We also encourage you to engage with discussions and other collaborative activities.

Should I attend all live sessions?

To be eligible for a certification, please maintain a minimum attendance rate of 80% for the required live sessions.

Who is a study buddy?

Upon enrollment, all students are matched with a study buddy to support them on their journey. A study buddy is an online partner you study alongside with, offering each other mutual support, discussing concepts and working together on assignments.

What happens if I fail the quizzes?

No problem! You can retake the quizzes as many times as you need at no additional cost. Please handle each module's assignments seriously, revise your notes, and study all materials on our e-learning platform.

Will I continue to have access to the course even after I complete it?

Yes, you will have a lifetime access to the course. So, if you wish to review a specific topic from the course after you finish it, or take it all over again, you can.

What are those virtual workshops that are included in my membership?

Virtual workshops provide the opportunity to explore various tantra, breathwork, bodywork, and shamanism techniques with the guidance of experienced facilitators. You can join live sessions or access recorded sessions to get the most out of your experience with the InnerCamp. Each month we offer 10+ virtual workshops for you to try.

Will I receive a certification?

Absolutely! Upon completion, you will receive a certification from us. Notably, our diplomas hold international recognition.

I want to become a Tantra teacher, which program and school is a good fit for me?

Nowadays the misrepresented idea of Tantra misleads the majority into solely focusing on sexuality and the art of pleasure. At InnerCamp, we teach Tantra as a pathway to self-love, transformation, healing, and bliss. Both scientific and spiritual approaches lead us to conclusion that Tantra is a modality that redirects our energy to bring the ultimate awareness into our lives. By doing so, we cultivate openness and curiosity towards the human experience.

Our mission as holistic educators is to distinguish true purpose of Tantra from its controversial representation in a modern day culture. It is a vast science that embodies wisdom of Ayurveda, yoga, Vedanta, Jyotish astrology and spiritual practices. The ultimate goal of Tantra is to create a life that is fulfilled and complete. We intend to create a new vision of Tantra that blends both traditional and modern techniques into a powerful method for self-growth, honoring the true essence of this beautiful ancient philosophy. Our program sets focus on providing heart-based solutions for emotional support to everyone who seeks it.

Especially to individuals who lived through traumatic experiences and need reassurance, acceptance, and encouragement.

The InnerCamp Tantra Method is designed to shed a new light on the practice of Tantra and set aside all unhealthy narratives. This unique program stands out due to its practical, religion-free, contemporary teachings, which principles are applicable to everyday life. Yes, you heard us right – our techniques can be implemented into daily routine to elevate your well-being. We believe that Tantra is an emotional and spiritual instrument that should serve everyone.

What will you find when you join one of our programs?

By joining InnerCamp, you become part of something bigger, a community of like-minded people with similar intentions. You will also embark on a transformative journey that is designed to make a positive shift in your holistic career and boost your personal growth. We give you the tools, the safe space and the time to integrate all the teachings in your own pace.

Once you are enrolled in InnerCamp program, you join our global community of holistic practitioners and teachers. Each training is intended to assist students in forming their own opinions regarding the role of holistic practices in overall well-being and in developing skills to guide others in one-on-one / group sessions. We create a quality learning environment and experiences that will equip students with up-to-date and trustworthy knowledge, as well as confidence to build a solid foundation for their holistic business.

Our educational content is presented in form of articles, downloadable materials, pre-recorded videos, and live sessions. Assignments and quizzes will help you integrate the teachings and do some personal introspection to better utilize all InnerCamp techniques. Apart from the live sessions, we also invite our students to all our weekly workshops and monthly Q&A calls, where you will gain all the tools you need to become a skilled facilitator.

Will I be able to run workshops and retreats after I am certified?

Our goal is to enhance learning by integrating theory and practice. We will not only teach you how to run events and what needs to be considered, but will also provide opportunities to collaborate with InnerCamp. Our recent graduates have been facilitating online events to put their newly acquired skills into work.

I've never taken an online course before. Not sure if it's for me.

If you have never taken an online course before, rest assured that it can be a great option for you to study. Our online courses are designed to provide an engaging learning experience and simulate the feeling of an in-person course. Through a combination of video lectures, discussion boards, and live sessions, you will have the opportunity to ask questions, receive feedback, and build connections with your peers. The online learning environment provides you with flexibility, allowing you to work around your schedule and complete coursework at a pace that works best for you. You can also access course content and resources anytime, anywhere, so you can study and learn when and where it's convenient for you.

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

o via WhatsApp at **[+351 912 553 980](https://wa.me/351912553980)**