

Tantralife Professional Training

with Radha C. Luglio, Prem Agostino, Tarisha e Rupesh

in Tuscany

MODULE 1: February 4 - 11, 2023

MODULE 2: May 20 - 27, 2023

MODULE 3: August 26 - September 2, 2023

WHAT IS TANTRALIFE PROFESSIONAL TRAINING?

The Tantralife Professional Training is a training path that originates from the extensive experience of transmitting modern Tantra, developed by Radha C. Luglio over the last 30 years.

After working with thousands of people of all backgrounds and nationalities, Radha has finally decided to pass her method on to those who are deeply interested and ready to integrate her teaching into their personal and professional life.

It is a professional training that provides the understanding of Tantra techniques to be used while conducting groups and / or individual sessions. It is obviously also a profound process of personal growth and transformation through direct experience.

WHO IS THE TANTRALIFE PROFESSIONAL TRAINING FOR?

It is aimed at people working with people (doctors, sexologists, psychologists, nurses, educators, social workers, counselors, therapists, holistic operators, etc.), group leaders and those who wish to extend their skills and acquire useful tools to work with issues of sexuality.

It is also aimed at those who want to deepen these topics to improve their life.

ADMISSION REQUIREMENTS

- Previous participation in at least one course with Tantralife Japan
- Reading Radha's book
- Individual session with Radha or participation in at least one residential course with Radha
- Basic English

HOW DOES THE TANTRALIFE PROFESSIONAL TRAINING WORK?

The Tantralife Professional Training has been carefully designed to support your professional and personal growth path. It is divided into 3 residential modules of one week each, spaced a few months apart, for a total of 21 days in presence.

Study subjects are covered through lectures, practice, supervised conducting exercises, and question and answer sessions.

Upon completion of the entire training course, you will be issued with a certificate of participation.

STUDY SUBJECTS

MODULE 1: February 4 - 11, 2023 - with Radha and Tarisha

- Introduction to the Tantric model of pro-creative sexuality
- The energy system in Tantra
- Principles of meditation, mindfulness and active meditations applied to sexuality
- Techniques for activating and awakening sexual energy: breathing, grounding and conscious movement
- Techniques of anchoring to the body and expansion of sensitivity
- Orgasms: physical, energetic, spiritual
- Relaxation and letting-go techniques for energy expansion
- Filtering customers and targeting the right audience
- Speaking / presenting in public / How to talk about sex
- Exercises in groups
- Questions and answers and group sharing

MODULE 2: May 20 - 27, 2023 with Agostino and Tarisha

- Balancing male and female energy: the importance of polarity in Tantra
- Breath and Bioenergetics for sexuality
- Notions of psychosomatics
- Basic principles of an individual and couple counseling session
- Empathy, active listening and compassion
- How to read signals from the client
- Exercises in pairs
- Questions and answers and group sharing

MODULE 3: August 26 - September 2, 2023 with Radha, Agostino, Tarisha and Rupesh

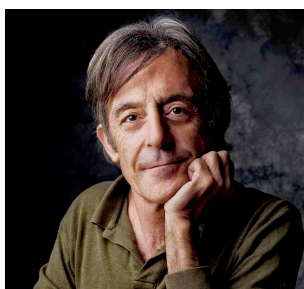
- Working with emotions in Tantra and the importance of the here-and-now
- Finding your center and creating healthy boundaries
- Working with trauma, mistrust, expectations and closure
- Leading group sessions
- Exercising with group conduction and exchanges of sessions
- Questions and answers and group sharing
- Notions of Marketing
- Creating the right atmosphere in groups or sessions: the role of music
- Final evaluations
- Graduation ceremony

THE TEACHERS OF TANTRALIFE PROFESSIONAL TRAINING



Radha C. Luglio

Radha is a **contemporary mystic** and internationally renowned **Tantra and meditation teacher**. Over the past 30 years, Radha has been teaching Tantra and meditation around the world and has helped thousands of people from all walks of life transform their energy from sex to the superconscious. Radha learned Tantra and meditation directly from Osho, having lived with him for over 20 years, meditating, studying and working as a "medium" in the transmission of energy between Master and disciples. Radha drew from her forty years of experience as a spiritual researcher, meditator and Tantra teacher to found the Tantralife and create an original method that would make the ancient esoteric science of Tantra accessible to contemporary people. Radha is often invited to radio and TV programs as an expert in Tantra and meditation. Her communication skills and abilities have led her to successfully collaborate as a sexual counselor at some medical clinics, and lectures at seminars and postgraduate courses in the medical field. Radha is the author of the book: Tantra. A Way of Living and Loving, translated into eight languages.



Prem Agostino

Prem Agostino holds a degree in Biology and worked in the pharmaceutical industry for 10 years before deciding to dedicate his life to **meditation** and the expansion of awareness. After meeting Osho in 1981, Prem Agostino applied his **scientific approach** to the inner world. He began an intense meditation practice and trained in NLP, Reiki, Bioenergetics and Gestalt. Prem Agostino has collaborated for 10 years with the Osho International Breath Energy School and is an expert in **breathing techniques**, body expression, emotion management and relational issues. Today Prem Agostino leads groups and individual sessions all over Italy. He loves hearing people's stories and understanding their inner blocks, and uses his knowledge gained over nearly 40 years to help people **live happier and healthier lives**. Prem Agostino brings a great **wealth of experience** to Tantralife. He conducts courses, workshops and part of the Tantralife Experience Training.



Tarisha

Tarisha is the director of Tantralife and an expert in Tantra, meditation and breathing techniques. Tarisha has a BA in Sociology of Communication. After working for several years in leadership positions in the pharmaceutical industry, Tarisha meets Radha and decides to completely change her life, leaving her career to follow the path of Tantra in the Osho lineage. Tarisha studied **Tantra and meditation extensively with Radha** and completed her education with training in body-oriented therapies and **conscious breathing**. For the past 20 years, she has helped Radha build the Tantralife school and is responsible for its general management. In addition, she leads Tantralife courses and masterclasses and is Radha's main assistant during courses, residential retreats and training. Tarisha loves to integrate the different skills acquired in her education with her personal experience to help people live a **more fulfilling and conscious life**.



Deva Rupesh

Deva Rupesh is a **Certified Tantralife Counselor, meditator and musician**. He has a degree in Environmental Engineering and since very young he has practiced as an engineer with great success. Gifted with a keen intelligence and curious by nature, he decided to leave his career to explore new ways to apply his skills, quickly becoming a professional poker champion and entrepreneur in the world of online gaming. His spirit of adventure soon leads him to begin his **inner search**. After meeting Radha and Agostino in 2010, he falls deeply in love with Osho, the Tantralife method and meditation; from that moment on he devoted himself completely to meditation and spiritual growth. Thanks to the profound transformation that took place on this path, Rupesh flourished as a musician and today he divides his life between meditation, love and music. An integral part of the Tantralife Staff, Rupesh offers Counseling sessions to bring awareness and clarity on issues such as: sexuality, relationships, personal growth, family, work, school and creative development.

PRACTICAL INFORMATION

Participation fee::

- € 2980 per person

DEPOSIT ON REGISTRATION: 50% + BALANCE ON ARRIVAL AT MODULE 1

Discounts:

- YOUNG PEOPLE UNDER 26: -30% discount
- EARLY BIRDS (please, ask us for the conditions)

The fee includes:

- all didactic activities and meditations (10 hours per day on average)
- teaching materials
- online follow-up meetings

The fee does not include:

- accommodation and meals: € 535 per person for each module +3 euro tourist tax
- annual membership card of the center hosting the course € 10

Venue:

The venue is a beautiful meditation center surrounded by nature in Tuscany (Italy), between Empoli and Siena, carefully selected to guarantee privacy and protection for the group. The center is well heated/cooled, luminous, spacious, and clean. The rooms are shared and the food is organic, vegetarian and delicious (we can cater for special diets due to allergies and food intolerances).

The exact address will be given after booking.

Nearest train station: Castelfiorentino (7 km).

Nearest airports: Firenze FLR (38 km) or Pisa PSA (68 km).

INFO & BOOKING:

Tantralife Booking Office

tel. +39 342 168 55 84

(Mon - Fri h. 09:30 - 13:30)

email: info@tantralife.com

www.tantralife.com

