



Tantra Retreat

Basic Tantra Classes

Schedule and Plan



Rules and Responsibilities

1. You should avoid smoking, drinking, non-veg food from 2 days before to 2 days after of this Retreat. These weakens your concentration power and control of your body energy and converts all positive energy to negative energy.
2. Avoid heavy diet in all meals. Eat as much as a little hunger left behind.
3. This Retreat is of daily and regular classes, don't be absent in any class.
4. Be present for class 15 min prior.
5. Listen carefully to your teacher, No class(es) will be arranged repeated.
6. Daily Notes (Understanding) is mandatory to be submitted to your Teacher.

Do's

1. Take a shower (can be hot water)
2. As you reach 15 min before the class, take a shower (can be hot water).
3. Phone is strictly not allowed during class so put it in silent mode or in your room with all your belongings.
4. Respect your Teacher and the subject body. Listen and watch carefully to your teacher.

Don'ts

1. Never be late for your class.
2. never do smoke, drink, and non-veg eating during classes and 2 days pre and 1 day post.
3. Never take heavy diet.
4. Never let feel your teacher any disrespect.



About AAdi's Studio

It's been mal-practised tantra in India from a long past due to lack of awareness and its definition. Many unidentified people were/are doing 'whatever they want' (hypocrisy) on the name of Tantra. Spiritual practices were myth and no true instructor was there to teach and specially no true learner was there. And whoever practising on the name of Tantra they mixed sexual fantasies to fulfil their own flesh-greed, and it resulted to turn tantra a taboo in modern and past population.

In 2010, we established a genuine and legal platform for the true art of Tantra and its practitioners and save it from vanishing away from world. We proved and explained to the world that tantra is not a taboo but a holy practice which is performed with the essence of the Lord Shiva and Goddess Shakti. It always has been a Touch Therapy and the meditation sessions with Breathing exercises and Chakra Practices and all. We filtered the true practitioners and given the opportunities to practice and so we started a candid and authentic treatments for all the tantra seekers.

Our Mission is always to make achieve Tantra its original recognition as a healing art, through which all many people can realise its worth and use. Tantra needs to be trended as a different medical dimension like allopathy, homeopathy, Ayurveda etc so that the Conceptual victims of negative energy could get healed. Spreading awareness about its use and technics and describe how it is different from sexual thoughts.

We see the future of Tantra as a reputed medical dimension which heals the patient without no machines and no medicines but only Touch Therapy and Meditation. Tantra has different courses which can make a person immune to all type of mental damages and illness may happen in future. It will be a good medium to stay stress-free and depression-free in future, which will help in development and stay happy. It will not remain any taboo and every person will see it in a respectable way.





Welcome to AAdi's Tantra Institute

We are glad you have shown interest for Tantra Retreat to explore Tantra in your life and expect your promise to fulfill life of others who want to experience and explore. During 7 Days of Retreat, 4 hours each day, you will go through below processes.

Day-1 Meditation + Literature and Q&A + Understanding

Day-2 Intro to Partner's Body and the Tantra points + Understanding

Day-3 Meditation + Chest Palpation + Practice + Understanding

Day-4 Meditation + Bliss Point Palpation + Practice + Understanding

Day-5 Meditation + Managing Energy Flow + Practice + Understanding

Day-6 Meditation + Full Body Tantra + Practice + Understanding

Day-7 Doubt Session + Full Session Practice + Understanding

Day-8 Certification Distribution

You are suggested to keep continue meditation during your practice.

Please feel free to ask any query if you have; we will be happy to answer.

Thanking You



the spiritual bliss



Day -1



MEDITATION

Duration: 30 Min

Dress : Completely undraped.

In a closed room, must be a huge hall, minimum 15x12 sq ft. area, containing no heavy furniture or equipment, with a comfortable mattress or carpet. Remove all body cloths and Lie-down on mattress in complete flat in face up position. Do not use any pillow or any support for head.

Close your eyes, relax your body.

Now concentrate to feel of air in room over your body hairs, on goosebumps. At start, it will feel nothing but sooner you will start realizing the air pushes over your body even in this closed room. During the concentration, do not let your mind to lose into any other thought, that will make you sleep. And sleep is the most powerful enemy of meditation.

30 Min is too long duration to practice this meditation if it is done in proper way as defined.

LITERATURE, ORGASMIC SENSATION AND Q & A

Duration: 3 Hours

Dress : Moderate Dressed for easy movement.

This part will describe you the uses of touches on Subject body. Use of Fingers and palms, lips for different Touches, pressures and energy flow and routing. Explanation of orgasmic sensation, the Extreme self-bodily pleasure.

During the lecture you can ask for your queries and seek for their answers.

UNDERSTANDING

Duration: 30 Min

Dress : Moderate Dressed for easy movement.

This part is to know what you have learned. You will be provided A notebook and a pen, You need to write down your Understandings from class of this day.



Day -2



INTRO TO SUBJECT'S BODY AND TANTRA POINTS

Duration: 3 Hr and 30 Min

Dress : Moderate Dressed for easy movement.

This part will describe you different touch points of Subject body. Skin is said to be one of sense organ in human body. They have two parts in Tantra, one is sensual and other in non-sensual. When we, at first, touch sensual parts, non-sensual parts automatically starts behaving as sensual, same way when we touch non-sensual part, sensual parts turns to reflect uneasy and anxious. You understand here about different Sensual points, their touching methods, the notational reflections and what will be the use of those reflections. You understand results of use of fingers and palms on those sensual points as well as non-sensual points. Use of lips where and when, for extreme sensation.

During the lecture you can ask for your queries and seek for their answers.

UNDERSTANDING

Duration: 30 Min

Dress : Moderate Dressed for easy movement.

This part is to know what you have learned. You will be provided A notebook and a pen, You need to write down your Understandings from class of this day.



Justus

Day -3



MEDITATION

Duration: 30 Min

Dress : Completely undraped.

As described on Day 1 (page 2)

CHEST PALPATION

Duration: 2 Hours

Dress : Moderate Dressed for easy movement.

in Females, breasts are the symbol of Female self confidence and dignity. While in Males its symbol of strongness. Along, they are the start point of the orgasmic sensation too. Hence You learn to give respectful touch and easy massage over all the area from lower neck to upper diaphragm, Read the reflections.

PRACTICE : BREAST MASSAGE

Duration: 1 Hours

Dress : Moderate Dressed for easy movement.

You will be asked to perform as you have learned into the supervision of a High Practitioner. S/He may guide you for proper practice and better learning.

UNDERSTANDING

Duration: 30 Min

Dress : Moderate Dressed for easy movement.

This part is to know what you have learned. You will be provided A notebook and a pen, You need to write down your Understandings from class of this day.



Trance

Day -4



MEDITATION

Duration: 30 Min

Dress : Completely undraped.

As described on Day 1 (page 2)

BLISS POINT PALPATION

Duration: 2 Hours

Dress : Moderate Dressed for easy movement.

In Tantra, The bliss points are where most on the sensual energy is hidden. In females it is Yoni (Vagina) which is the symbol of sacred door from heaven to this world. And in Males it is Lingam (Penis) which is symbolic representation of the formless Universe Bearer. You will learn about different parts for external Those bliss points and other part of organ. Understand the way and methods of touches over there and read the reflections.

PRACTICE : BLISS POINT PALPATION

Duration: 1 Hours

Dress : Moderate Dressed for easy movement.

You will be asked to perform as you have learned into the supervision of a High Practitioner. S/He may guide you for proper practice and better learning.

UNDERSTANDING

Duration: 30 Min

Dress : Moderate Dressed for easy movement.

This part is to know what you have learned. You will be provided A notebook and a pen, You need to write down your Understandings from class of this day.



Day -5



MEDITATION

Duration: 30 Min

Dress : Completely undrapped.

As described on Day 1 (page 2)

MANAGING ENERGY FLOW

Duration: 2 Hours

Dress : Moderate Dressed for easy movement.

In this lesson you will see and learn that how to flow your touches over subject body so energy (positive or negative) follows the hand movements. This way we fill the positive energy in whole body and concentrate the negative energy. We know that Positive energy, itself, just scatters without any medium, while negative energy, being materialistic, needs medium. We use that science collect the whole negative energy to orgasmic liquid.

Carefully watch the steps and Understand the effects.

PRACTICE : ENERGY FLOW

Duration: 1 Hours

Dress : Moderate Dressed for easy movement.

You will be asked to perform as you have learned into the supervision of a High Practitioner. S/He may guide you for proper practice and better learning.

UNDERSTANDING

Duration: 30 Min

Dress : Moderate Dressed for easy movement.

This part is to know what you have learned. You will be provided A notebook and a pen, You need to write down your Understandings from class of this day.



Day -6



MEDITATION

Duration: 30 Min

Dress : Completely undrapped.

As described on Day 1 (page 2)

FULL BODY TANTRA

Duration: 2 Hours

Dress : Only Undies are advised.

Full Body Tantra covers all body parts, sensual and non-sensual both. You learn to know how we start from non-sensual parts to arouse little sensation and go forward to sensational parts. You learn how to make feel comfortable your partner before start by giving general touches in different areas of body and then increase the orgasmic sensation.

PRACTICE : FULL BODY TANTRA

Duration: 1 Hours

Dress : Only Undies are advised.

You will be asked to perform as you have learned into the supervision of a High Practitioner. S/He may guide you for proper practice and better learning.

UNDERSTANDING

Duration: 30 Min

Dress : Moderate Dressed for easy movement.

This part is to know what you have learned. You will be provided A notebook and a pen, You need to write down your Understandings from class of this day.



Day -7



DOUBT CLEARENCE (Q & A)

Duration: 30 Min

Dress : Moderate Dressed for easy movement.

Now, You have completed all basic lessons, you must have many queries and unsolved understandings. You are here to know all answers and solutions in this session. Feel free to seek all answers you have collected in all lessons before, So that you get full openness for final practice.

FULL SESSIONS PRACTICE

Duration: 2 Hours

Dress : Only Undies are advised.

You will be now into full practice of each sessions in Full body Tantra which includes Chest Palpation, Bliss Point Palpation, Energy Flow along with full body to body skin touches. Supervision of High Practitioner may/maynot be suggested

UNDERSTANDING

Duration: 30 Min

Dress : Moderate Dressed for easy movement.

This part is to know what you have learned. You will be provided A notebook and a pen, You need to write down your Understandings from class of this day.

CERTIFICATE DISTRIBUTION

After successful completion of all the 8 days lessons, you are awarded with a Certificate signed by High Practitioner and Convener of this 7 day Course on Behalf of Aadi's Tantra Institute.



Teachers



AADITYA

AAdi (birth name: Vijai Kumar) is practising Tantra from Last 10 Years in Gurgaon. Founded AAdi's Tantra Studio, now is a Brand in India and Middle East. He made Tantra easier to get, learn, practice in your life. He identified the original way to surrender and flow the energy through pores of fingers and palms which makes too easy to experience the spirituality.

EMILY

Emily, (birth Name: Meenu Verma) is practising Tantra since 7 years. She has practised more than 2500 Tantra Sessions and as she says, she lives Tantra. She is a best mentor for Tantra ever one can get. She helps in practicing well in Breathing Exercise and concentration maturity. Tantra is her speciality.

CONCEPT

Tantra, a Touch Therapy, lies on the principle of Geo-physical science of magnetism. It is proven that all our emotions are controlled by hormones. In Tantra, practitioner gives sensual touches on different points of body and arouses blood pressure to a targeted level and push over to the hormonal release points to regulate them.

Tantra aims to use of various techniques, deep breathing, relaxation, connecting exercise to help drop you into 'reality' to truly see, feel and experience the sensation in the body, senses and energy. There are seven principles within Tantra These principles are Surrender, Awareness, Movement, Breath, Sound, Intention and Acceptance.

IT FILLS POSITIVITY

1. Tantra removes negative energy and fills positive energy in body, which helps seeing routine problems like a simple puzzle you always enjoy to solve.
2. Tantra is done through feathery touches (of course no pressure at all) which gives immense pleasure and sensation on body. It activates maximum cells of body to feel the lavish soul.
3. Tantra works through regulating hormonal release to restore its health. It has been proven the best naturopathy to heal when all other methods get failed.

Thank you for Interest!

Please feel free to ask more information about
Registration, Course Fee & Available Dates

1800-123-2234 | info@aadistudio.com