

**Tantra festivals I have learned are life changing for me. It's my first Tantra festival.... I'm not sure what to expect. I walk in- open heart, open mind, boundaries and curiosity engaged. I'm able to watch myself in each space. Sometimes I'm so triggered I leave the session and need space in nature. I can see exactly how my patterns show up in real life. I watch, I learn, I adjust. I cast the old version of me into the lake. I breathe in the new me and walk into the next session...now who am I attracting? Does this feel like sexual energy or love energy. Am I ok with sexual energy with a stranger? Can I feel the difference or am I distracted with words or looks? What is the truth of the energy I am in? Am I able to communicate my needs in each situation? What does my body want to feel? Are my boundaries clearly stated and being read or challenged? What is my saturation point for connection? When do I need to exit and integrate? What feels like misalignment for**

**me and what is just discomfort with something new?**

**When a tantra space is containered correctly it allows you to dive into all these questions and truly figure out who you are in partnership, how you show up in connection and what your patterns are in a very condensed timeframe when compared to life...For me I was able to sit in complete discomfort; I gave myself 10 min, recognizing that I was safe but wildly uncomfortable.....If I was still uncomfortable I would leave.... It was the growth edge for me- somewhere I don't fully understand, but I trust myself enough to lean in and I feel that the container has been set- that in that space I am ok to lean in and discover. For me, staying in that space gave me the greatest gift. In addition to having one of the best nights in my life (in completely non sexual space) I learned and unlocked more of who I was. Each tantra festival I have**

**attended has unlocked more and more of me, allowing me to be an upgraded version of the person who walked in. This in my world is priceless!**

**This is the most important part for me in tantra festivals, a rock solid container created to allow me to explore without having to worry about safety—Yaela who I know personally and has a deep passion for supporting people to open into heart space, I am confident will provide this. I have watched her step boldly into her vision for this festival, clearly articulating what is and isn't aligned for her vision. She has asked for help when she needed it, pivoted when something wasn't working in the direction she wanted, and is clear on needs/goals and expectations. This is the recipe for a great leader. This goes beyond a fun connective weekend though that is of course part of the magic. Could this space unlock pieces of you, you didn't know were hidden? I became unapologetically bolder, brighter, louder (at time), more**

**honoring of my introverted needs and energetic needs. I would walk into spaces no longer letting fear hold me back, trying on an activity, flashy pair of pants or a new dance move without regard for how others saw me and guess what life only got better. I also knew when to leave, when to say no and when to say “I need a break” and perhaps most importantly for me when to call others on their bullshit, which is always a reflection of pieces of me. Me unlocking more and more of me gives others the freedom to be whoever they are- bolder, clearer, speaking their truth and living an ALIVE life instead of the one society told us we should be content with. Want to hear more? Got more questions? I am open to having a deeper discussion with you over coffee if that feels like a fit.**

**I will be at the Tantra festival as one of the facilitators with my light, expanding consciousness through loving, supportive connection/touch and working with brain neuroplasticity via light and sound**

**technology. Tantra and in particular tantra festivals have been a gamechanger in my life, life changing everytime, and I would love you to be part of the magic.**