



BABAJI'S TANTRA
KRIYA YOGA

UK EVENTS 2009

IPSALU TANTRA KRIYA YOGA / COBRA BREATH
SATSANG / TANTRA WORKSHOPS & FESTIVALS
PRIVATE TANTRA SESSIONS FOR COUPLES & SINGLES

Om Kriya Babaji Nama Aum

UNITY CONSCIOUSNESS
SELF-REALISATION
SACRED RELATIONSHIPS
SEXUAL HEALING
EMOTIONAL BALANCING

Welcome to our
programme of
events for 2009

www.sacredsexrevival.com

**Bookings & cancellations for all
events in this brochure**

You are strongly advised to book in advance and pay a deposit or the full amount to secure your place. Some workshops have limited numbers and early booking is advisable.

Cancellations made up to two weeks before any event will be repaid, minus a £20 administration fee. Later than that, we can offer a credit note for a subsequent event. All major credit cards accepted.



Cosmic Cobra Breath – Babaji's Gift to Humanity

The key to Ipsalu Tantra is the Cosmic Cobra Breath, a precious gift to humankind from the Supreme Yogi Matavatar Babaji Nagaraj. This ancient breath practice was long held secret because of its great power. It prepares mind and body for the safe movement of kundalini.

Kundalini is life force or consciousness. When it moves upward it enlightens you. In conventional sex, energy flows downward, draining you. Cobra Breath reverses the flow, alchemically transmuting sexual energy into spiritual awakening.

The breath pulls Shakti (magnetic) energy into the spine, changing the electromagnetic properties of the cerebrospinal fluid, allowing kundalini to move up the spine. As the brain bathes in this magnetized fluid, the nervous system is transformed, accessing higher consciousness.

Four levels of Cobra Breath are taught through Tantrika International, each opening a certain energy channel and certain chakras. As long as these openings occur in sequence, the process is safe. Kundalini is dangerous only if activated before mind and body are prepared.



Cobra Breath is the cornerstone of the science of Tantra Kriya Yoga. “Kriya” means “action,” and refers to the conscious direction of energy through the subtle channels of the body. You feel it work immediately but it requires consistent daily effort. The more practice, the faster you will evolve. Other yogic tools used in support of Cobra Breath include mantras, yantras, bandhas, mudras, pranayam, meditation and maithuna. The results are predictable and repeatable.

The ideal way to learn Cobra Breath is in a Level 1 weekend intensive with our accredited and inspiring facilitators. Cosmic Cobra Breath is an oral tradition and not to be written. Level Two Cobra Breath is a deeply transformative personal journey and takes the student to a profound level of emotional clearing and understanding.

Cobra Breath Initiations

Level One Cosmic Cobra Breath

March 20th-22nd Stroud
March 27th-29th London
July 24th-26th London
August 5th-9th Family Camp, Beds.
October 16th-18th London
October 23rd-25th West of England

Cobra Breath Initiation times are usually Friday evening (7:30-10:30pm), Saturday (9am-7pm), and Sunday (9am-6pm). You will need to bring some lunch, a notebook, comfortable clothing (like a track suit), and an open heart! You will be asked to sign an agreement before you are initiated that you will not show it or teach it to others without express permission.

The booking fee for the Cobra Breath

Initiation Level One Workshops is £285, which includes a £30 fee for membership of Tantrika International, follow-up mentor sessions with your facilitator and a practice CD to help you integrate the programme into your daily spiritual practice. A £100 deposit secures your place. **Book Level One & Two together and save £50!** Details on www.ipsalutantra.co.uk

The area sponsor will send you venue details and travel directions when you book your workshop.

For LONDON bookings + FAMILY CAMP call Clare 020 8541 1305 or contact clare@sacredsexrevival.com All major credit cards accepted, or cheques payable to Angel Love, The Beacon, 42B Richmond Rd, Kingston upon Thames, KT2 5EE

For STROUD & WEST OF ENGLAND contact Gerry Russell on ipsalutantrawest@googlemail.com

Level Two Cosmic Cobra Breath

October 7th - 11th

Location:
Tofte Manor, Sharnbrook,
Bedfordshire
www.toftemanor.co.uk



You are required to undertake 1,008 Cobra Breaths – more than 40 consecutive days of full Level One Cobra Breath practise – before this course is open to you.

Booking Fee: Approx. £900 including accommodation
Contact... Cathy Rowan on catherine.rowan@tiscali.co.uk

Antoinette & Richard Asimus are the senior teaching faculty of Ipsalu Tantra Inc. and founders of Tantra Heart, based in Cincinnati, Ohio, USA.
Contact: www.tantraheart.com



Through their joyful and down-to-earth approach, they have inspired thousands of people around the world to explore sexuality, the potential of absolute love and the farthest reaches of consciousness. What a combination!

A person who explores the hidden world of sex-love-consciousness is fascinating. Sex accelerates energy and creativity. Love opens acceptance until the disconnects of life re-connect. The world reveals itself in total awareness. How beautiful life is.

Married for more than 40 years, Richard & Antoinette describe how they came to Tantra: "We were committed to keeping our relationship exciting and alive. Knowing that sex was important for us, we began reading books and watching videos about 'better sex' and, in our exploration, Tantra appeared. Wow! Sex and the divine! In the subconscious we knew that high pleasure, intimacy and orgasming were as God would be. We never imagined that all of cosmic existence was available through the Tantric practices of uniting sex, heart and spirit."

**FOR ALL BOOKING DETAILS:
SEE PAGE 4**

EVENTS: Learning to Live in Bliss:

Level One Ipsalu Tantra
including Cobra Breath Initiation

March 20-22nd

Location: Stroud **Price:** £285 [price includes Initiation and practice CD.]

March 27-29th

Location: London **Price:** £285

October 16-18th

Location: London **Price:** £285

October 23-25th

Location: West of England **Price:** £285

October 7-11th

Bliss of Inner Union:

Ipsalu Tantra including
Cobra Breath Level Two
Participants must have Cobra
Level One for minimum of 40 days

Location: Tofte Manor

Price: Approx. £900 (including accommodation)

The Art of the Sexual Heart

April 4-5th

Location: Surrey

Price: £250 [non-residential]

All Levels. Partner not required

In this weekend we will explore the application of Tantra to daily life with discussion, meditations and exercises to integrate the energies of consciousness, love and sex. This is an advanced personal development workshop that assumes prior psychological and spiritual work. The content aims to deepen an existing Tantra practice while also being suited to those who are sympathetic to Tantra but have not done any training.

Bookings:

Contact Cathy Rowan

catherine.rowan@tiscali.co.uk

What is Tantra Kriya Yoga?

Come and meet Richard & Antoinette

7.30pm - 9.30pm

March 24th

Location: London

October 14th

Location: London

These are both Free Events.

Booking is advisable.

Private Sessions & Personal Guidance

March 25-26th

Location: London

Price: £90 for a 1.5 hour session.

April 2-3rd

Location: Surrey

Price: £90 for a 1.5 hour session.

October 15-16th

Location: London

Price: £90 for a 1.5 hour session.

October 20-21st

Location: London

Price: £90 for a 1.5 hour session.

Satsang and Mentor Programmes

Mentor Services are designed to support both new and experienced students of Ipsalu Tantra Kriya Yoga. Explore the power of your sexual energy as a tool for self transformation and Living in Bliss within a coaching relationship.

Satsang evenings are a great introduction for beginners and no experience is necessary but also create a fabulous community to allow group practise for those who have been initiated.

Satsang evenings are held monthly and a typical evening costs £10 and might include a selection from:

- * Meditation
- * Mantra
- * Kriya Yoga
- * Massage
- * Emotional Flow Practice
- * Dance
- * Breath Work
- * Cobra Breath or alternate transmutation breath

Babaji Satsang

Central London: The Meeting Room,
Neal's Yard, Covent Garden, WC1.
Monthly on Fridays, 7.30-9.30pm. £10
March 13th/ April 17th/ May 8th/
June 12th/ July 10th
September 11th/ October 23rd /
November 13th / December 11th

The Beacon, Kingston: 42B Richmond
Rd, Kingston KT2 5EE. Monthly on
Fridays, 7pm - 9.30pm. £10
May 1st / June 5th / July 3rd/
September 4th / November 6th /
December 4th.

Farnham, Surrey: Last Sunday of the
month, 4.30-6pm. £10
26 April/ 31 May/ 28 June/ 26 July/
27 September/ 25 October/ 29
November

See the full programme and further
information at www.ipsalutantra.org

For further information and to book a Satsang contact:

Cathy Rowan 07753 982264
(Surrey)

Gerry Russell 07715 161178
(West England)

Celeaseh Kumara 07832 194011
(North England)

Bernadette & Alex 020 8541 1305
(London)

Tantra Team

Cathy Rowan

Based in Surrey, Cathy has committed her adult life to personal and spiritual development and has worked with both corporate and private clients. Following a career coaching and leadership development background in business, she studied Taoist practices, yoga, and several Tantric and Shamanic traditions. Now qualified to teach Chi Kung, meditation, Women's Taoist practices and Ipsalu Tantra Kriya Yoga, Cathy is also a qualified shamanic healer/coach. She has a special interest in women's sexuality and healing and has researched the sacred women's practices of a number of traditions.

Contact: catherine.rowan@tiscali.co.uk



One-day Workshops for Women

Location: Kingston Goddess Temple

Price: £125

Foundations of an Orgasmic Life for Women

May 16th

Join me to expand your knowledge of the powerhouse of your emotional and sexual energies. Learn practices that support a loving, self directed and orgasmic life. The tools to achieve and maintain hormonal and emotional balance, physical vitality, mental clarity and a peaceful spirit are within your grasp!

Remembering the Heart/Sex Connection for Women

Sept 19th

Based on wisdom from Shamanic, Taoist and Traditional Tantric traditions, this day will focus on journeying, meditation and a self administered abdominal massage for healing energetic residue from past relationships and traumas that women store in their wombs. Join me to connect deeply with the source of women's wisdom and power.

Gerry Russell

Based in Stroud, Gerry Russell is a member of the Council of Stewards for the worldwide Ipsalu Tantra organisation. His personal development work over the last 25 years has involved studying many spiritual paths, including more than ten years of experience with many of the leading schools of Tantric Yoga and eight years of Hatha and Raja Yoga. An accredited yoga teacher, affiliated to the Independent Yoga Network, he is currently exploring Nada Yoga (the Yoga of sound) with view to integrating into his

Celeseah Djhulia Kumara. Celeseah has dedicated more than 25 years to spiritual development, initially as a Holistic therapist, diving deep into the realms of Ascension Meditation and then exploring Tantra with a variety of schools. She has been a qualified Ipsalu mentor since 2007 and is founder of S.O.U.L.S (Sharing Our Universal Love Service), a Holistic Health and Education Project and Twinflame Tantra, which brings sacred messages and teachings from the Twinflame Ascended Masters and the Order of Melchesidek.

Contact: celeseah@s-o-u-l-s.co.uk



June 6th-7th

Diving Deeper – Spiritual Journeys in Sacred Sexuality

Intermediate/Advanced

Location: London

Friday 7pm – Sunday 5pm

Cost: £250

This weekend we will explore in Sacred Space The Mystery Teachings of Tantra of the Ancient Civilisations of Lemuria, Atlantis and Ancient Egypt. This weekend is designed for all individuals, whether in relationship or not. Everyone whose Soul wishes to Embody a Deeper Divine Connection and Re-activate the Sacred Seeds of Remembrance from these Ancient Traditions are most Welcome! This weekend is a practical energetic experience in the Now!



Ipsalu Tantra work. He is an experienced teacher of counselling skills, has led men's support groups, has been a pioneer in the use of play in counselling parents and children and is an endorsed tarot reader with the Tarot Association of the British Isles.

Contact:

ipsalutantrawest@googlemail.com

Tantra Team

Bernadette Vallely and Alexander Hay

have been practising Tantric Kriya Yoga since 2004 after studying other forms of yoga – including Hatha and Kundalini – for more than 25 years.

They are both devotees of Mahavatar Babaji Maharaj, and have been initiated in three lineages of Kriya Yoga to date. They have also been initiated in and practise Tantric Tibetan Buddhist practices. They are a devoted couple living in bliss together and are committed to helping people to awaken and weave the divine masculine and the divine feminine into their daily lives.

Alexander is also a Reiki healer, qualified masseur (ITEC) and trainee Tantra Kriya teacher. Bernadette is a Gaia healer and teaches Sacred Sexual Yoga, her own eclectic and unique form of yoga. She has been speaking and facilitating groups on sexual healing and sacred sexuality around the UK and abroad for several years and, has written several books, including *Sacred Sex*, (Piatkus 2003) and is the founder member of the London Goddess Temple.

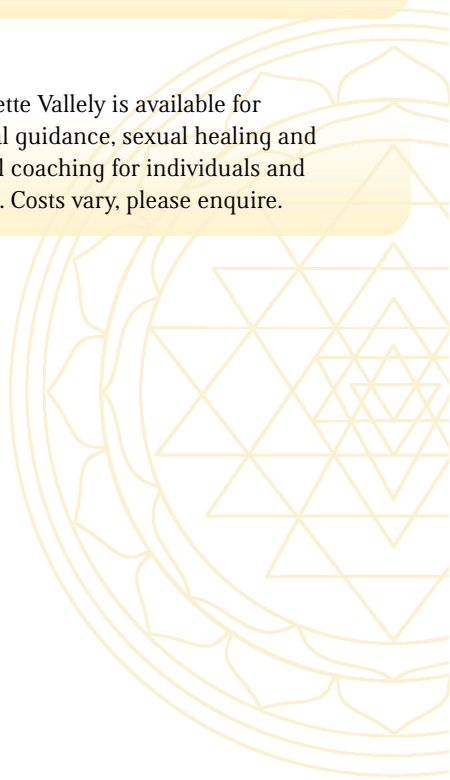
Alexander and Bernadette facilitate a unique men's only sexual energy and yoga class in Kingston and are the co-creators of the London Festival of Tantra.



Contact:

www.londonfestivaloftantra.co.uk
bernadette@sacredsexrevival.com

Bernadette Vallely is available for personal guidance, sexual healing and spiritual coaching for individuals and couples. Costs vary, please enquire.



WEEKEND COURSES

May 9th-10th

July 11th-12th

September 12th-13th

November 14th-15th

Introduction to Sacred Sexuality

Using Kriya and other yoga methods, meditation, mantras, honouring and sacred sexuality techniques this is a gentle, profound and spiritual way to connect yoga and sacred sexuality for beginners and advanced practitioners. These weekends explore deeply-held beliefs about sexuality and also cover unique practises such as Hello Yoga and the incredible Mantra Massage technique.

Two-day course: 10am to 6pm [bring lunch to share]

Location: London venues

Cost: £185 per person

ONE-DAY COURSES

March 21st

July 5th

December 13th

Kriya Yoga & Sacred Sexuality

One-day introductory course for all levels. Explores and uses mantras, meditation, movement, breathwork, Yoga and Shiva/Shakti honouring. A gentle and loving day. No partner required. Bring a yoga mat if you have one please, and comfortable loose clothing, notebook and pen, water and something for lunch to share if you can.

Location: London venues

Cost: £85 per person

For bookings

Contact Clare on 020 8541 1305 or clare@sacredsexrevival.com
£50 deposit secures your place.

Credit card payments accepted or cheques payable to Angel Love. Send to: The Beacon, 42B Richmond Rd, Kingston, KT2 5EE

Tantra Team

Rafa and Chelsea Zabala are inspirational Ipsalu Tantra teachers and students of Bodhi Avinasha – founder of Ipsalu Tantra – and co-author of the books ‘The Jewel in the Lotus’ (with Sunyata Saraswati) and ‘The Ipsalu Formula, a Method for Tantra Bliss’. Married for seven years, they teach Ipsalu Tantra internationally and initiate students into the practice of the Cosmic Cobra Breath, a gift given to the world by the immortal avatar Babaji Nagaraj. They visited the UK during 2008 and initiated more than 40 students to the practice. In addition, they support other Tantra, yoga and meditation teachers by assisting them to set up retreats in their home country of Costa Rica.



Contact:

www.OmBliss.com

Learning to Live in Bliss:

Level One Ipsalu Tantra
including Cobra Breath Initiation

July 24-26th

Location: Central London

Price: £285 [price includes Initiation
and practice CD.]

To book, contact Clare on 020 8541 1305
or clare@sacredsexrevival.com

£100 deposit secures your place.
Credit card payments accepted or
cheques payable to

Angel Love. Send to: The Beacon, 42B
Richmond Rd, Kingston, KT2 5EE

ADVANCE NOTICE

The First OMBLISS Festival of Tantra

20-30th January 2010
Costa Rica

To be held in a beautiful retreat centre on
the West coast of Costa Rica. Includes
accommodation in a luxury beachfront
tantra retreat centre in Santa Theresa.
Working with hosts Rafa & Chelsea
Zabala and their tantra team.
Costs & details from ombliss.com
application,
www.OmBliss.com

Tantra Kriya Yoga Family Summer Camp

Including Cobra
Breath Initiation

August 5th–9th

Location: A beautiful tantra retreat
in Sharnbrook. Beds.

www.toftemanor.co.uk

Facilitators are Rafa & Chelsea
Zabala, Celeseah Djhulia Kumara,
Bernadette Valley & Alexander Hay
and Cathy Rowan.

Also featuring spiritual musician
Nalini, special guest Maureen Ji
from Ibiza and Kwalilox and her
LoveHeart crew.

Includes Cobra Breath Initiation,
Taoist, Tantra, Kundalini Yoga, Massage
and Mantra exercises. Something juicy
for everyone. All ages and levels
welcome. Varied and respectful
programme. Children's and young
persons programme.

Price on application, family rates available.

Information and Bookings 020 8541 1305 clare@sacredsexrevival.com

August 1st–2nd

Northern Festival of Tantra

Location: Hull

Including special guests Rafa & Chelsea
Zabala from Costa Rica

One day of talks and entertainment
followed by a second day of deeper
workshops.

Contact: celeseah@s-o-u-l-s.co.uk

October 3rd

London Festival of Tantra

2nd Fabulous Year 'What Is Love?'

Location: Chelsea Old Town Hall, London
SW3 11am – 10pm

Featuring: Richard & Antoinette Asimus;
Cate McKenzie; Kwalilox; Solariss
Abakari An-Ra; Jewls Wingfield;
Mahasatvaa Ma Ananda Sarita; Robert
Osborn & Marta Emmitt; Bernadette
Valley & Alexander Hay.

This amazing all-day entry includes
discussions, lectures, music, workshops,
body paint & mendhi decorations,
hugging clinic, priestess footwashing
and healing. Restaurant, music,
therapies, exhibits, books and gifts.

Tickets: £50 in advance, £68 on the door.

Contact: www.londonfestivaloftantra.com

Tantra

“Tantra is an opportunity for Godliness to manifest through us, so that you, as limited beings, can share in the ecstasy of the Universe.” Osho

Tantra is a spiritual path for integrating body, mind and soul, utilizing the senses, sexuality and emotions to facilitate spiritual development.

Tantra means ‘liberation through expansion’. By expanding your awareness, you learn to distinguish your limited ego nature from your higher nature. As you begin to realise your own divinity, you can see the divine in your beloved, in all people, in all of life.

The workshops include meditation, mantra, Kriya yoga, massage, emotional flow practice, dance and breath work. A highlight is the initiation into level 1 Cosmic Cobra Breath. Key to the power of Ipsalu Tantra, this practice has remained secret, is not detailed in any books and can only be learned by transmission from a teacher.

By practising Tantra you can:

* **Learn to amplify and transmute sexual energy.** You can use sexual energy consciously to actualise your spiritual potential. Lovemaking becomes mystical communication.

* **Learn true intimacy.** Be fully present and authentic with your partner and friends. In relationships, you create separateness and suffer accordingly; by working consciously with your beloved, moving and sharing cosmic energies, you will experience a profound bliss. As you open your heart to the beloved, you transform physical energy into bliss. Connecting heart, mind, and sex, you merge into a greater “Self”.

* **Be profound, yet playful.** The soul is joyful; mediation is not serious business. Tantra is a celebration of the physical dimension, completely life-affirming. All aspects of your being are honoured and included. God gets to play at being human.

* **Honour and balance your inner male and female.** When your analytical, linear, verbal abstract side works synergistically with your intuitive, holistic, nurturing, sensual, practical side, you find the essence of creative genius.

* **Rejuvenate the body.** Hormones produced during sexual arousal are the real “elixir of youth”. By prolonging the arousal state in love-making or self-pleasure, you bathe your cells in youth-maintaining hormones. Tantric practices recycle sexual energy, using it for increased vitality and self-healing.

Ipsalu Tantra

Ipsalu Tantra focuses on realising your magnificence, attention to emotional clearing, and yogic techniques for safely activating your cosmic consciousness-kundalini. “Ipsalu” means “going beyond desires”. The ego mind believes having its desires fulfilled will bring happiness, but that is seldom true. The soul lives in bliss. By identifying more and more with your divine nature, you release your desires and discover who you truly are.

Ipsalu Tantra teaches you to:

* **Clear old wounds.** Ipsalu Tantra has proven techniques to dissolve energy blocks caused by repressed feelings. These stored “wounds” keep you bound to the past. You can learn to move quickly through old trauma, increasing your capacity for joy and delight. As energy flows more freely, Radiant Presence enters your physical temple.

* **Become inner-directed.** When you understand that you create your life, when you look within for answers and fulfilment, then your partnering can come from love rather than need. You see that the events in

**For more information
about Ipsalu Tantra go to
www.ipsalutantra.org**

your life reflect your beliefs and are an opportunity for your own growth. You see that all is in Divine Order.

* **Live in the present moment.** Ipsalu Tantra gives you tools to still the mind and be in the eternal now. Most people live in their thoughts, in the past and future. For some, orgasm is their only experience of present time. During orgasm, the Soul is fully present in the body. Masters have described Enlightenment as a perpetual orgasmic state. Love happens only in the present moment.

“You can choose to live in Bliss every moment. As surely as you can turn a radio dial to a different frequency, you can learn to attune your body to the frequency of Bliss.” Bodhi Avinasha



Limited Printing 2009

This brochure is precious.

If you have no need of it, please pass
it on to someone else. Om Shanti

Produced by Sacred Sex Revival

www.sacredsexrevival.com

The Beacon, 42B Richmond Rd,
Kingston, KT2 5EE