

# Tantra 'Play'shop : The Art of Loving

Sunday March 27<sup>th</sup>, 1-4pm  
\$65 in advance / \$75 at the door

This Tantra Playshop is a 3-hour introduction to the White and Red Tantra and understanding the difference between the two. The main aim being to uncover the Art/Heart of the matter, our Eternal Nature and "Body of Nectar". For us sexuality and sensuality are part of our life and is deeply connected to our loving. Thus this 'play'shop is a mixture of internal reflections and explorations in a playful and joyful manner. You will come out of it with knowledge, skills and a shift in attitude in your personal relationship within yourself and the other, connecting and circulating energy via your chakra system to strengthen your mental/physical and spiritual abilities. Cultivating a strong body of nectar is of utmost importance to assume our role as loving human beings here and now on Earth. Conscious sexuality is one of the most amazing paths to bringing human beings to the fe/male harmony.



**Fabrice Renaudin** moved from France to Los Angeles at the age of 20 to study Psychology. After exploring the mind he discovered that the body could be seen as a map, a vessel in which an amazing and essential knowledge could be reawakened, to then discover how human beings can regain their place and sovereignty on Earth. For the last 18 years, Fabrice explored, practiced and taught different body and mind modalities, including yoga, many types of bodywork, breath-work, red and white Tantra, dance and martial arts. Fabrice has led "Well Being" and Tantra seminars in France, Hawaii, Los Angeles and Ivory Coast. The Well Being seminars included Hatha Yoga, 5 Tibetan Rites, Tantric technics and Chi breathing. He is currently writing a book on men's sexuality.

**Eva Renaudin** is a passionate and joyful facilitator in Group Dynamics in highly diverse and complex multicultural contexts. She has more than 12 years field experience in Africa, the Middle East and South East Asia using Art, Breathwork and other creative tools for conflict resolution. She brings a Feminine approach to Tantra's technique Inspired by her own practice from Caroline Richardson and Osho's tantric transformation. She is an intuitive healer, basing her practice on Tai Chi, Chakra Yoga, Qi Gong, Reiki and Energetic Body Flow. She has led Theatre and Dance plays, Qi Gong and Tai Chi workshops in Brussels, Burundi, Congo and Ivory Coast. She seeks to inspire, uplift, connect and Share, giving birth to the loving Authentic Self that we all have within.

**Call 310.559.7200 to Reserve your Space!!**

