



CERTIFICATE IN TANTRA MASSAGE

3 LEVEL GOLD LOTUS TANTRA PROGRAM

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CERTIFICATE IN TANTRA MASSAGE

Certificate in Tantra Massage (IIOT)

The Method of Tantra Bodywork that is taught is the Gold Lotus Tantra Massage Program (Previously known as Jade Lotus Tantra). Certified Tantra Bodywork Practitioners are somatic teachers and educators in the Realm of Tantra, energy, somatic sexology and spirituality.

The teaching involves both theory and experiential training which includes touch, Massage, bodywork, chakra diagnostics, Chakra mapping, education in Body Energetic, breath work, Psychoanalysis and neuroscience. The program is non erotic and has no elements of sexual stimulation or touch and is a foundational training to more advanced and master classes in tantra training.

In 2005-6 a PhD study was conducted to uncover the benefits of the Jade Lotus Tantra Program in a controlled environment in South Yarra – Melbourne, Australia. Over the period of 1 year each client would fill out a survey after their session and the survey's were compiled and statistics put together and presented at the World Congress of Sexology in Sydney in 2007 as part of the World Conference on Sexual Health. The Jade Lotus Tantra program showed an 83% improvement in psychosomatic ailments relevant to sexual function.

A 3 level program designed for practitioners to offer this service to the novice in Tantra who are curious and want to learn more. This is a modality offered to the beginner. Practitioners who are trained in this modality are also working from an ethical framework and code of conduct outlined in the training to work from a space of education and therapy and not a sexual service or any type of intention for arousal.

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Professional Training

This training is an accredited training through the International Institute for Complimentary Therapists and certifies IIOT (International Institute of Tantra) professional certification in Tantra Massage (Gold Lotus Method).

Module One	Level 1 Bodywork (Massage Table) Chakra Diagnostics	5 Hours face to Face 12 Hours Home study
Module Two	Level 2 Bodywork (Massage Table) Body Dynamics	5 Hours Face to Face 12 Hours home Study
Module Three	Level 3 Bodywork (Futon) Surrender	5 Hours Face to Face 12 hours Home Study
Module Four	Theory & Integration	5 Hours Face to Face 12 Hours Home Practice

Description of Training

This course prepares practitioner to teach the foundations of Tantra to clients who are curious and want to learn more about their body and experience an alternative way to approach their sexual energy. Teaching Baseline Tantra theory, participants learn a variety of Bodywork techniques that are presented to their clients including Chakra Diagnostics, Energy Movement, Pranayama, Body dynamics, sublimation, Psychoanalysis, Bio hacking, neuroscience – Namely Neurogenesis, Ejaculation Controlling Techniques and Injaculation,

These are taught by attending the training with a 'Model' or 'Body' to practice on throughout the training. The Face to Face training involves the somatic hands on training and home study includes self experience and client practice. The learning is individual. There is no sharing or exchange of energy in the training. Each student brings their own participant for the training with whom they have discussed boundaries with and home study is with who they choose to participate with. The students do not touch each other in the training – this is a strict boundary.

The Training involves group training on the participants massage table as well as on the futon in all the elements of the bodywork. There is an extensive 260 page professionally written Manual in full color including over 15 handouts. There is also slides, extensive exercises, written references and materials to read and study over before, during and after the training period.

There is also a 3 month period of after study assistance, supervising and mentoring offered to the students for when they begin to offer sessions or want to practice further to polish their skills. We welcome diversity in age, culture, background, life experience, sexual orientation and gender identities, characteristics or expressions.

Course Structure

There are Four Modules. 4 Days of Face to Face Training and 48 hours of home practice which also includes the set up and design of their temple space.

Module One

12 Hours Home Study

5 hours Face to Face Study

Set reading in Tantra is given to participants prior to attending the Module 1 Training. Reading includes

Philosophy, History & Ethics – including an intro to the Upanishads, Bhagavad Gita, Yoga Sutra's, Advaita Vedanta, Tantra Yoga, 8 Limbs of Ashtanga, Ethics, Pranayama, Anatomy & Physiology, Bandhas, Koshas,

Tantra Perspectives – Hindu Tantra Perspectives, Buddhist Tantra Perspectives, Western and Neo Tantra Perspectives.

Psychoanalysis – Vegetotherapy, Bioenergetics, the Self.

Neuroscience – Neurotransmitters, Neurochemistry of sex and Chemistry

Cognitive Biohacking – NeuroGenesis, Toxins, Detoxing, Shadow Walk, NeuroSynchronicity.

Face to Face Study involves hands on Training in Level 1 Chakra Diagnostics and the Full Body Sequence of the Gold Lotus Tantra Program. Together with their 'Model', they are hands on learning. We encourage students to also practice with one another in their own time to be able to 'Experience' the program for themselves also – giving them the opportunity for 'personal practice'. Education in Chakras and Psychoanalysis of the energy centers are focused on.

Module Two

The level 2 sequence. The training includes instruction and practice in level 2 sequence in attunement, massage, breath and pranayama, body dynamics and movement, how breath is utilized in tantric sexual practices and Primary, Secondary and tertiary Erogenous zones. Emphasis is put on how to educate clients in the breath and movement aspects of Tantra.

The training is conducted with the student and their 'Model' or 'body' which they bring into the training with them. Home study involves practice of level 1 and 2 with 12 hours of practice at home. We recommend students practicing with other students in order to personally 'experience' the sessions 1 and 2 also. Emphasis is on Conscious Breath-work – 7 breaths of Tantra in different postures and positions to promote the power of energy movement in the body and energetic sublimation.

Module Three

Students participate in the training of level 3 with their 'Model' or 'Body'. This is the body to body massage on a futon. The aim of this session is to promote surrender to their body energy. The practitioner is conducting the session in an experiential manner involving bodywork, massage, body to body energy exchange, Movement, pranayama, Yab Yum and practicing the energy build of their chakras as taught in session 1 and the movement of energy through pranayama as taught in session 1. The fundamentals of clearing Chakra centers and powerful breath work to experience a powerful transformation and energy control in the body through body dynamics and prana.

This is done through hands on learning.

The home study is the further practice of the session 3. Students are encouraged to practice with another student in order to 'experience' the session for themselves. Boundaries and ethics in this session are fundamental learning also. Homework is to practice all the different massage strokes outlined in the three levels.

Module Four

Module four involves the implementation of the Tantra Massage practice. This includes creating massage blends, Creating Temple Space, Maintaining the Temple, Good Booking Skills, Communication during a session, Advertising and Marketing, Insurance and Association membership, Code of Professional Conduct, Wheel of consent and boundaries. Module four also includes handouts on Massage intake form, Informed consent, client feedback form, case history, privacy statement, onsite massage guidelines, referrals and incident report form,

Supervised Practicum

Students complete a minimum of 6 hours of Gold Lotus Tantra sessions with individuals and, if possible, with another student in order to polish and learn the program and experience it for themselves. The supervision involves a report on their experience of the practice sessions and any questions that arose during this session. Including the psychoanalysis of the client in which to improve in the ability to ask the right questions and open and close the energetics of trauma, PTSD, personal experiences, Shadow work and unconscious programming. Students can arrange a mentorship program for 3 months with their facilitator to better perfect their leanings and teachings in Tantra fundamentals.

Course Learning Objectives

- Tantra teaches us that the most profound way of learning is through self education and understanding of the Self. The self as a larger component of the universe and the universe within the self. This will enable the students to be able to teach baseline Tantra principles to clients who are new to Tantra exploration.
- Participants learn to practice touch, energy exchange and movement through powerful breath work and a deeper understanding of how the chakra system works.
- Participants learn to understand more of the self through a deeper psychoanalysis of the energy systems of the body.
- Participants learn powerful breathing techniques and how these breaths work in different tantric sexual postures and positions
- Participants learn the difference between Eastern and Western tantra and the difference between classical tantra and neo tantra
- Participants learn fundamentals of healing and therapy by understanding how neurotransmitters work and how neuroscience has an effect on how we think and function in the world.
- Participants learn to understand how bio hacking is a powerful tool to accomplish outcomes in shorter amounts of time
- Participants learn how the nervous system works and the difference between the sympathetic and parasympathetic nervous system
- Participants learn to encompass a deeper empathy to all humans.
- Participants learn how to teach others about chakras, pranayama, movement, touch, sound, awareness, consciousness and self love.
- Participants learn how to structure sessions by time keeping, intake forms, clarifying objectives, client communication, and voice.
- Participants learn how to help clients with psychosomatic disorders that other professionals may not be able to assist with especially in the area of sexuality.
- Participants learn how to begin a successful tantra massage professional practice.
- Participants learn the sensual and body to body aspects of energy exchange and bodywork.
- Participants can teach tantra and tantric fundamentals without the use of erotic or sexual services.
- Participants can learn the baseline practices of tantra and teach this to their clients in order to prepare them for more advanced or master classes of tantra.
- Participants teach clients to improve their intimacy and relationships with their partners by learning skills to enhance their personal lives.
- Participants are involved in the upgrade and enhancement of their clients lives through personal sexual self development utilizing Tantric skills, tools, techniques and practices
- Participants learn the importance of boundaries, consent and professionalism in therapeutic tantric practices
- Participants learn the importance of marketing and advertising and the power of social media in promoting their work.
- Participants are offered Association Membership which enables further education and support as well as insurance cover for their tantra massage practice for added peace of mind.

CERTIFICATION

Upon completion of all requirements students are awarded the Certificate in Tantra Massage (IIOT)

Graduates can apply to be members of the International Association of Complementary Therapists and the International Association of Sexual Educators, Counselors and Therapists. They are also professional practitioners through the International institute of Tantra and the Academy of Tantra.

Prerequisites For Enrollment

The training is designed for individuals who have a deep interest in helping others. You are not judgmental or prejudice and accept all humans from all walks of life and sexual orientation. Your intention is to provide a therapeutic service to clients without any sexual interaction with the client through this three level program. Your interested in Eastern practices and have has some understanding of Tantra and Energy Centers of the body and want to add to, and improve, this understanding through a sequential 3 level professional program. You want to add this as a modality to a new practice or a current practice.

Course Fees

The course fees are \$1200. This is the lowest fee we can offer to assist people to grow their practice in this area as we feel this is an important program for human development. Normal price is \$2400. Non refundable \$400 fee secures your place.

Enrollment

Please email any questions not already outlined on the website www.AcademyofTantra.Com that you may have and once you choose to, Enrollment can be done via the Eventbrite of Trybooking link found on www.AcademyOfTantra.Com.

Refund Policy

There is a non refundable deposit of \$400 which secures your spot in this training.

Faculty

Jaida Simone BA, B.Litt, MA, PhD

Jaida Simone is a Psychotherapist, Neuro-Sexologist, Author, TEDx speaker, and a Psychoanalytic Sexologist. Her years of working with singles and couples as both a coach, teacher and mentor has allowed her to thread through many schools of thought around reaching the optimal state in our relationships.

She founded The (ERIQ) Spectrum which includes Reverse Engineering, BioEnergetics, Intimacy Design, Neuro-Synchronicity (Brain coupling) and Symbiotic Flow states allowing one to move up the Spectrum to reach the highest level of Relational Connection & Consciousness - The Plateau Experience or Self Transcendence (Abraham Maslow). Her TEDx talk was on this topic. She has studied Tantra and Eastern/Western Philosophy extensively and combined her academic training with experiential programs like the Tantra Massage Program of the IIOT and Kundalini Massage Program.

She has a Team of other professionally Trained women who train with her in her programs globally.