

flirt with what you feel

LAS ALPUJARRAS, SPAIN. SEPTEMBER

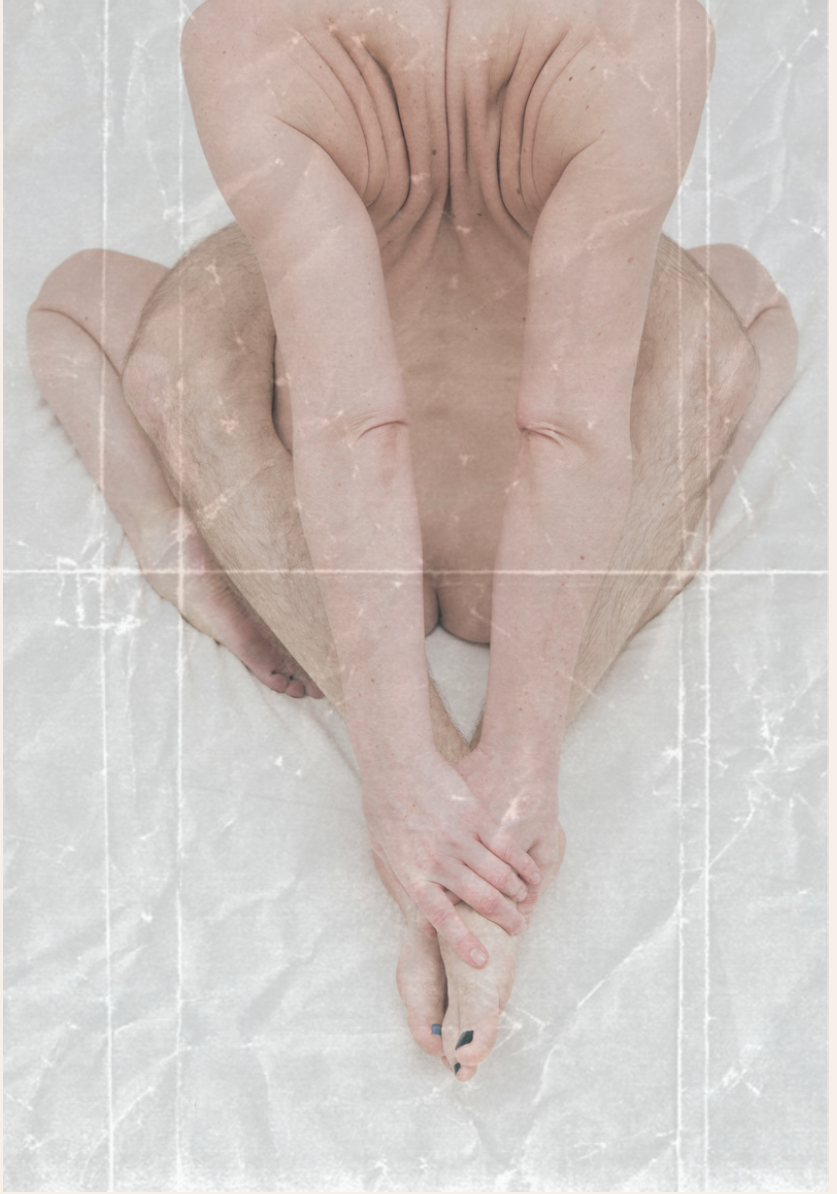
15-23 2024



Luhamen d'arc presents

TANTRA WITH A PINCH OF SALT

Bodies...what can they do? Bring your body to us and we will find out.



Whilst flirting with desire, we ask you the big question: what do you really want?

Our mission statement - read with care

Using tantra massage as a springboard into the clumsy, complex world of human relations, **we help you expand your carnal knowledge.**

This intense form of intimacy, **a massage technique performed and received in the nude**, contains so much human potential. This luxurious act gives democratic attention to all body parts, allowing space for whatever wants to come up. With care and attention, we guide you through movement and meditative mornings which bring you into closer contact with yourself. From there, with humility and humour, we ask the question: is today's erogenous zone your eyelashes or your ears, your feet or your asshole? Do you need a break or a debate, a hug or a slap in the face?

This is a communal experience exploring the sensuality of contact through close encounters and being in it together. Whilst we throw our tantric findings into the pot, we encourage you to show up, to finger around inside your own arousal and choose what you make open source.

This is not only about how to give a tantra massage, but how to receive one. **What do you need in order to truly trust and let go?**

We play with tenderness, and ask what it means to perform this kind of massage to a lover, to a stranger, to a client.

This is permission for pleasure, boredom, discipline, transformation and the fucked up, the mundane, the mediocre, the wanting more and more. Our offerings may spill over into excess, become deliciously exhausting, or inspire you to share your own wisdom. We invite you to be inefficient, to laze about by the pool, metabolise your experiences into diary entries or forget them completely. We support you to be truly touched.

It all could be, if you are curious. We are ready. Are you?

Imagine...

You wake up to the sound of peacocks. You have your first cup of coffee. You swing your arms and caress the imaginary fishes in the imaginary qi-gong pond and open up your hips. This helps you later, during the massage where you sit and stretch and find connection. You nap during siesta because it's your time to process and you love being in bed. You struggle to remember all the sequence from the afternoon massage session but when you try again with a willing practice partner, you end up getting hypnotised by the movement of their kneecaps and you both lose half an hour in the simple sensuality of those few millimetres.

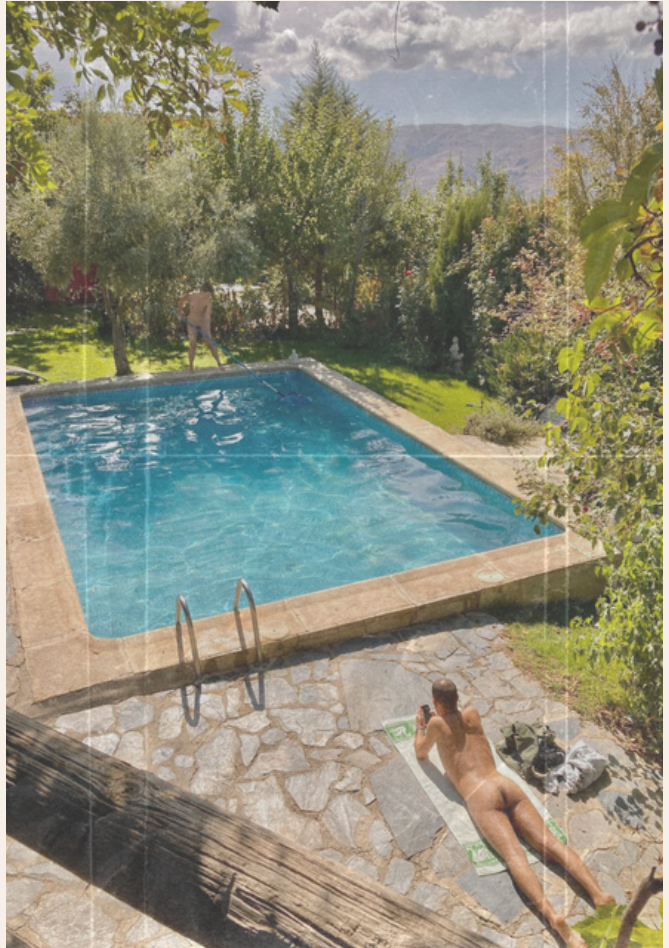
There's a dinner discussion about what is sex which makes you question whether you just fucked the fig you plucked off the tree and drove your teeth into as an afternoon snack.

Mornings: Breathing, rolling around, making funny noises (aka pranayama, qi-gong, feldenkrais, touch basics)

Before-noons: Physical theatre, butoh, improvisation, voice and visionary illuminations

Afternoons: Massage training (quality of touch, creative material and a resourceful approach to holes and poles)

Evenings: Group explorations, snoezelen, massage exchange and play time





This retreat was born from a genuine desire to create the experience we would have had when entering the world of sexual tantra and erotic massage. Something hot, funny, well-informed, critical, well-researched and queer.

Having collected together over 15 years working professionally in the field, our offering contains not only our favourite sequences and strokes, the moves that make the people melt, but our unique and critical understanding of power dynamics, gender relations, working with pleasure and sexuality, and a practical, profound look at the consequences of this art for the individual, the couple, the constellation and the community.



We harbour a distinct curiosity about pleasure and relief, the parameters of relaxation and the intricacies of human relations, as well as an understanding of the politics of the personal. Tantra massage can touch upon hidden depths. With the right conditions, and the right preparation. It is the task of each of us to discover exactly what ritual, what preparation, what base do I need today in order to allow myself that kind of revolution.

Who is this workshop for?

Beginners are welcome.

No clue what Tantra is about? Never been to a sex-positive event? Nervous? No biggie! We want you to come, because you remind everybody to tap into Beginner's Mind - our inner attitude of openness and curiosity. Our proviso is that you have an ability to relax into the unknown, and the resources to self regulate.

Professionals are welcome.

You work as a masseuse? Embodiment is your second name? You filled all your workshop-stamp-cards? Time for sorting things out! We want you because we want to co-create; we have a lot of demanding content and we want the peer-sharing, the profi discussions, the deep-dive. Our only proviso is that you see working with those at different stages as an advantage, not a hindrance.

This retreat is for you...

...if you enjoy playful, inventive, lighthearted approaches to bodywork, which at the same time do not diminish whatever comes up in those powerful encounters.
... if queer approaches to bodywork are important to you – or if you are curious to integrate them more into your life to broaden your horizon and flourish. We will not assume or define erogenous zones. We are sick and tired by the rhetorics of "male and female energies". We celebrate the manifoldness of bodies, lust and lustlessness, sensuality and nonsense.

... if you are potentially interested in offering massages professionally you and would like to tackle more pragmatic questions: How to dance on the tightrope between giving the abundant gift of touch – but receiving money for it? How to do self-care in a profession that is so much about giving and holding? What to talk about before and after a session? How to deal with difficult customers? All of these questions are also interesting and important for people who don't want to become a masseuse, but rarely tackled in Tantra retreats.

Our ethos is that an attitude of generosity and patience with yourself and with others contains promise.



*In the kaleidoscope of sexual ambiguity,
we suspend time on the top of a mountain
to come together for a practice we only
ever really do in private.*

On-Boarding

Our aim is to workshop with you both a massage and a massage style that has something to do with you.

We want our work to be sustainable, something that you can take away and implement and that does not remain only as a beautiful dream of a time you spent in the clouds.



What is close to one person's heart can be another person's nightmare. That is why we offer a variety of approaches without prioritizing and promote self-efficacy as well as a curious reflexive awareness of one's own actions.

Our retreat accommodates different learning styles; nerdy, precise instructions and guided sequences; a flow space, making room for the unknown; inventing your own style; learning from each other in peer support.

We work solo, in pairs and moresomes and will make the experience of "choosing an exercise partner" as empowering an experience as possible for everyone by bringing respectful as well as questioning attention to preferences and prejudices using tools from authentic relating.

We know about the entanglement of retreats in neoliberal conditions - and yet we don't want to spoil the remnants of pleasure by over-criticizing. Communal moments of joy and radical ridiculousness ("ris de mon cull!") are sacred to us.

This retreat is for you if sensuality and eroticism have a mental and emotional dimension for you as well as a physical one – and you are curious to combine them with something hands-on as well as with nourishing food for thought.

This is our unapologetic offer – with cherries on top including: integrative morning breathwork, unconventional play nights, all whilst being lavished with organic food, breathtaking mountain landscapes, stimulating conversations and refreshing dips in the pool.

PRICING

We recognize the various structural advantages that enable certain individuals higher incomes and consequently greater access to events, often resulting in homogeneity among participants. We wish to counterbalance that and wish to cultivate hospitality for a diverse group of attendees from different backgrounds -- as far as it lies within the scope of our actual resources and possibilities. One way we do this is by distributing a number of discounted tickets as thoughtfully as possible. Therefore: Please motivate your decision to apply for a discounted ticket.

Priority for these tickets is given to people belonging to one or more marginalized groups. We consider systemic factors that affect one's financial stability, such as gender, race, class, immigration, age, ability, health, neurodiversity, single parenthood, employment, care work, or occupations in social, cultural, or artistic fields. Additionally, we take into account experience in sex positive and similar events, as well as in massage, bodywork, and related crafts, because we recognize the valuable contributions professionals make to the space, as they use their expertise to offer support to others. We also welcome any ideas you may have regarding how you would like to contribute to the retreat on a non-financial basis.

We encourage you to apply only if there is no other way for you to participate in the retreat.

Workshop Costs

Normal Price €990

Supporter Fee I €1170

Supporter Fee II €1350

Supporter Fee III €1530

Solidarity Fee I €810

Solidarity Fee II €630

Solidarity Fee III €450

Accommodation costs

Single occupancy (double or twin room) €730

Double occupancy (per person for double or twin room) €590

Shared (dormitory style) €520

Camping €380 (with own equipment, rental equipment is available at extra cost)

To be paid in cash upon arrival.

Prices cover 8 nights accommodation and 3 meals a day + snacks excluding arrival and departure days. Vegan and vegetarian options will be available.

YOUR FACILITATORS



Swan is an art director, performer, researcher, and coach specializing expanded states of consciousness. They earned a PhD in philosophy & divinity from the University of Cambridge, trained at the Jacques Lecoq school of physical theatre, and hold certifications in yoga, tantra, and pranayama. Swan has been guiding individuals and groups for more than 10 years and has curated events in 13 countries on three continents. They are the founder of the Institute of Devotional Arts.



Beata understands her work as some form of species protection for the strange, alien-like, baroque, sometimes hilarious and sometimes delightfully awkward sides of the sexual. Her experimental workshop formats are dedicated to, among other things, erotic explorations of laziness or creepiness, fusing bondage with massage techniques or figuring out how to deal with performance anxieties in BDSM-play. Her practical, embodied approaches are intertwined with theoretical ones. Currently she is working on a PhD project about the aesthetics of consent and she has just published her sex-critical book "Not giving a fuck", embracing the erotics of sexual failure.



Rebecca holds a degree from Cambridge University where she studied the philosophy, literature and art of the body and of sexuality. She grounded her intellectual background in physical practice by then becoming a yoga teacher and masseuse, and continues to develop her professional interests by focusing now on breathwork, massage, and the pursuit of the linguistic expression of exactly what happens when two bodies touch. An author, workshop leader, and pranayama enthusiast, she brings over 7 years of facilitating experience, and over 15 years experience within the realms of applied sexuality and spiritual practices.

The workshop language is English. Languages spoken amongst the facilitation team include German and Spanish. Language should not be a barrier to your participation. Whilst we do not offer simultaneous translation, self-organized, improvised translations are welcome.

Participants should be open to work with anybody and any body in group exercises. Exceptions can always be discussed, especially the more intimate a situation gets.

Couples and other types of polycules, partner- and friendships are welcome, but you should be aware that we deliberately address each person as an individual. You are encouraged to honour your boundaries and act with self-responsibility.

It is required to act with care, communication, consent, caution and confidentiality.

We ask participants to attend the program sober.

Please inform yourself about STIs, safer sex, consent and pronouns before attending. Resources are shared via email after registration.

Though this is a sex-friendly event, there is not a mere focus on sexuality, nor is anybody entitled or should feel pressured to have intimate encounters. Aces welcome.

Gender identity, sexual orientation, age, affiliations with marginalized groups such as BBIPoC, migrant's, refugees, LGBTQIA+, neurodivergence, ability etc. are not criteria in the selection of participants. But our resources to meet different needs are surely limited! So please contact us if in doubt.

The Cortijo is unfortunately hardly accessible for differently abled bodies. Please contact us for more information.

We reserve the right to ask participants to leave, should their behavior be harmful and we reserve the right to do that without explanations – though we will likely try to explain.

Hate speech will not be tolerated. Please bring candy speech.



The Cortijo Casería del Mercado is an organic farm in rural southern Spain. Offering accommodation in the heart of the Alpujarra mountains, honouring nature, ecology and tradition.

The Caseria is accessible from either Granada or Malaga airports. We organize a shuttle to and from Malaga airport and can also recommend car hire as the Caseria is quite remote. Detailed road directions & bus timetables are available on request.

The closest airport is Granada, a little over an hour drive. Malaga is about 2 hours away. From Granada you can catch a bus to Orgiva. We can arrange a taxi to pick you up from Orgiva for €50.

The venue is a converted Spanish hacienda (farm house) with a rustic and eclectic room selection spread out over the venue.

Rooms are allocated on a first come first served basis. Camping, shared, twin and double rooms are available. Most bathrooms are shared. Only 2 rooms have an en-suite.

This is the actual view...