



Tantra


With a pinch of salt

15-23 July 2023

El Cortijo, Caseria del Mercado,
Las Alpujarras, Granada, Spain

*A retreat for embodied beings and
their lascivious minds*

lukmen d'arc



It's time to **declutter** tantric massages.
They deserve better.

We want the **luxuriously long deep** sensual strokes and **full body orgasmic** feelings - without the oversimplified talk about male and female 'energies'.

We want to bathe in the radically **tender joy** of being **touched with the full presence** of the other - without unsolicited attempts in 'healing' by self-proclaimed gurus.

We want the playfully surprising **love for details** where even toes and eyelashes are honored simply for existing - without being forced into foreseeable **intimacy** through eye-gazing and listening to the ever same numbing flute music.

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**, limitless **snuggles** with the farm's many animal inhabitants, and refreshing dips in the **pool**.

Daily Structure



Morning

Breath-body-work-play

Qigong, Wim Hof, pranayama and orgasmic yoga fusion, ritual theatre, Butoh, and intuitive movement

Afternoon

Massage training

working with different qualities of touch, different materials and a different approach to orifices & pokey things

Evening

Playtime

sessions & creative group explorations for lascivious beings



How we teach the massage

Our **experimental** retreat accommodates **different learning styles**. Sometimes we get **nerdy** with precise **instructions** and guided sequences. Sometimes we enter a **flow** space, making room for the unknown, for following **spontaneous intuitions** and for inventing your own style. Sometimes we learn from each other in **peer support**.

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.

We work **solo**, in **pairs** and **moresomes** and will make the **experience** of "**choosing an exercise partner**" (this word alone is so loaded!) 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.

Our offerings are **invitations**, never one-size-fits-all solutions, that may be adapted, discussed, appreciated, reassembled or simply forgotten again - depending on the **uniqueness and waywardness** of situations, subjects and their soma.

Our approach

Non-dogmatic, informed and embedded in a **fundamentally benevolent, gently challenging, humorously light** atmosphere.

We embrace "**incompetency competence**". Uncertainty or clumsiness shouldn't be hidden behind a display of perfection.

We do however expect participants to be accountable for their actions and to learn from mistakes. We rely on **everyone doing their best with the means available to them at the time**. Participants can also expect all of this from the facilitators.

We give **historical backgrounds on 'tantric' massage**, with all its modern transformations and projections that actually have little to do with its religious origins. It is this understanding which allows to **appreciate without exoticizing**.

We have a decidedly **queer and sexwork-friendly approach**. This starts with language (we ourselves are on a humble quest to invent satisfactory names for erogenous zones and will never dictate to you what and where yours are) and ends with sharing what offering massages for money can entail.

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 cul!") are sacred to us.

This retreat is for you if eroticism has a **mental, emotional, physical and intersubjective** dimension for you - and you are curious to combine them with **hands-on** practices as well as with nourishing **food for thought**.





Living well together

We share knowledge and expertise with a **vigilance for hierarchies** that we deal with as consciously as possible, e.g. by avoiding 'first come, first served'-attitudes or by giving priority to experiences in the here-and-now, which can mean to adapt our schedule.

As workshop facilitators we **give space to the expertise and co-creation of participants** - but still remain at the helm so that the retreat doesn't drift apart arbitrarily, and with all our love for salt isn't oversalted by too many cooks....

We cultivate a braver safer space and work with sophisticated exercises for **negotiating mutual consent** and **calibration mechanics**. This not only cultivates an atmosphere of trust and tuning-in with oneself and others, but also enables to easily get out of and into situations, and to dial the intensity of an encounter up or down.

There will be space for rest and **integration**, accompanying each other's processes with a focus on **felt senses** to keep sharing rounds nourishing and sustainable.

Collective care includes **safer sex & hygiene** as well as avoiding stereotypical assumptions.



Facilitators



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.



Rebecca is a breath-work teacher, tantric masseuse and certified Thai yoga massage practitioner. She has an untamed approach towards bodies, having spent many years prior studying and working in strict yogic and tantric settings. Now unleashed, she focuses on movement, sound and breath as catalysts for and pathways to relaxation, pleasure and as-authentic-as-possible self-exploration and is tackling the messy nitty gritty of sexual spirituality and spiritual sex by writing a book about the experiences of tantra massage from a sex worker perspective.

Matís is a rope, BDSM and play enthusiast, workshop facilitator, sex worker, coach and sometimes artist & performer. He has been carried by the conviction that the conscious and practical exploration of body, intimacy, sexuality and power play not only gives a lot of pleasure, but at the same time can open a special access to one's own personality and a path to its development. In 2013 he developed the label luhmen d'arc to create play spaces, jams, workshops, sessions, lectures and art projects.

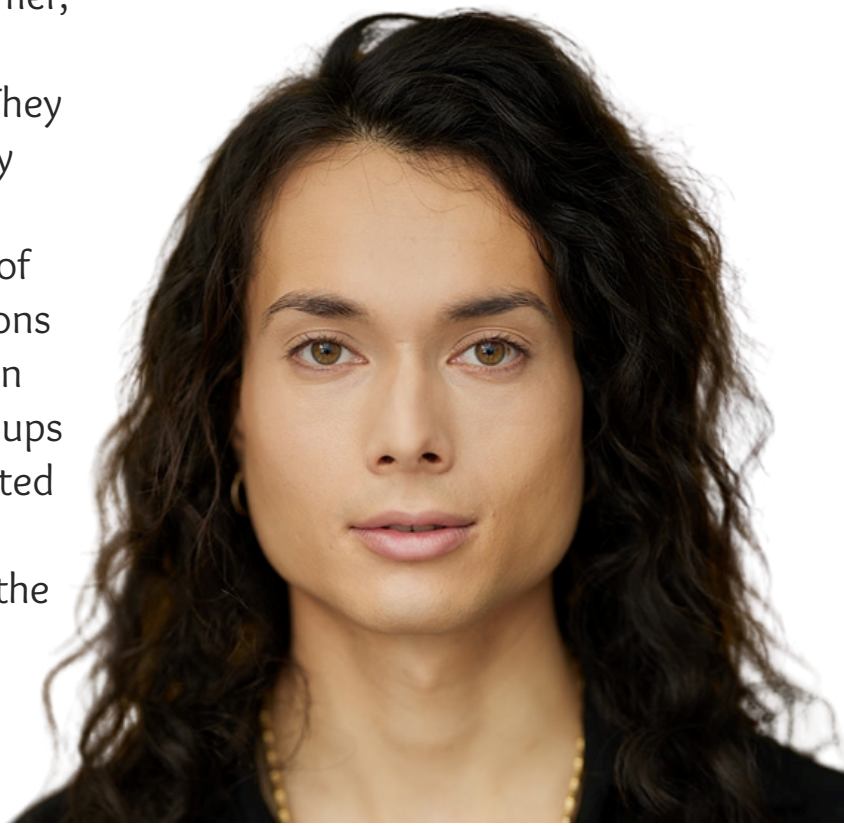


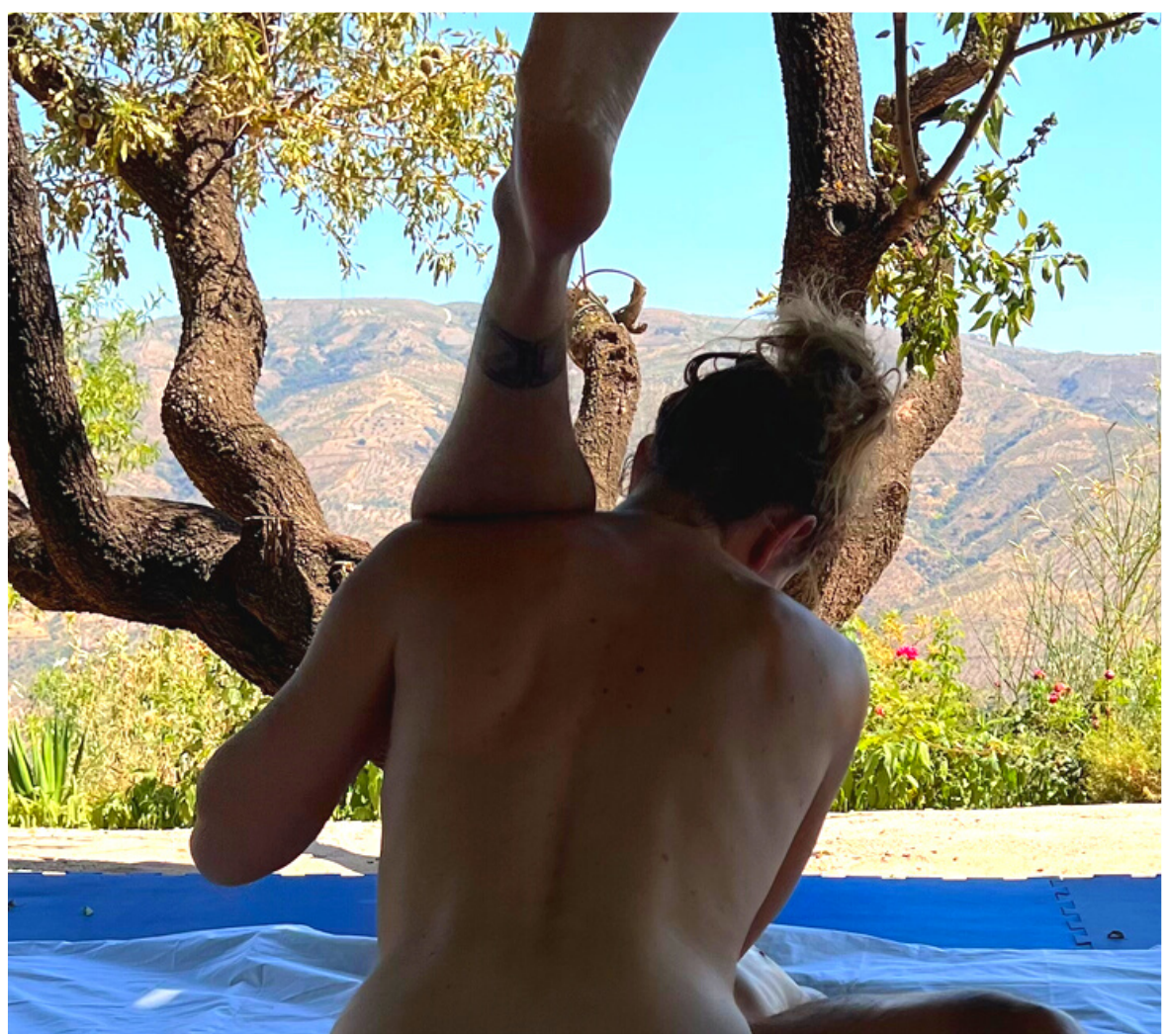


Guest Facilitator

With TWAPOS we are developing a collaborative culture also for our teaching team. Every year we invite a different expert to co-facilitate the retreat and add a fresh outlook and new activities into the mix. This year, we welcome Swan Alyon.

Swan Alyon 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.





***The Location, Rooms
and Logistics***



The Cortijo, Las Alpujarras and the surrounding area

Be warned! The Cortijo is sumptuously beautiful. Be ready for stunning scenery, wonderful hosts, and animals you want to snuggle.

Nestled safely high up in the mountains of the Alpujarras, the Cortijo retreat centre is a refuge of fresh air, organic food, and wide-open spaces, equipped with swimming pool, sauna, and breath-taking views. In July, expect temperatures in the 30s, mosquitos at night, bright sunshine, and complete disconnection from the outside world (with wifi of course... because the internet is our friend...).

The Alpujarras mountain range boasts majestic scenery. Foremost is the amazing vertical nature of the area with deep gorges, precipitous valleys and beautiful white towns which cling to the mountainside.

It is a perfect destination for hikers and although some of the routes are challenging it provides some of the best walks of the region. Official tours offer guided walks stopping for lots of views, coffee, chocolate, a great sampling of local jamon and sausage with local wine.

Granada itself is a gritty, compelling city where serene Islamic architecture and Arab-flavoured street life go hand in hand with monumental churches, old-school tapas bars and counterculture graffiti art.

The Alhambra citadel is one of the most famous buildings in Spain: a Moorish fortress with grand archways and delicate ornamental mosaics.

And, if the beach is your thing, Malaga is not far away.





Rooms

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.

Travel to and from the venue

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.





Prices and Booking



Workshop costs

Normal Price €990

Choose wisely.

Supporter Fee I €1170

Lower prices if you really couldn't join otherwise.

Supporter Fee II €1350

Make progressive retreats possible and sustainable by offering more. It will serve you in the end.

Supporter Fee III €1530

Enable less privileged folks to join by offering more.

Solidarity Fee I €810

If you can only attend for the first 6 days, please contact us directly for pricing.

Solidarity Fee II €630

Solidarity Fee III €450



Accommodation costs

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. Prices range from:

Single occupancy (double or twin room)

€690

Shared (dormitory style)

€500

Double occupancy (per person for double or twin room)

€590

Camping

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

How to Book

Sign up here: <https://en.luhmendarc.com/events/tantra-with-a-pinch-of-salt-20230715>

Any further questions, and in order to ensure the accommodation meets your personal needs, please email us directly:

mail@luhmendarc.com

Cancellation policy

When booking the event, there is a **non-refundable administration fee of €30**.

To secure your place, please pay the workshop fee. Accommodation fees are to be paid in cash upon arrival.

If you need to cancel your participation for any reason, you can do so free of charge up to 12 weeks prior to the event. We retain a 20% charge for cancellations up to 10 weeks prior to the event. We retain a 50% charge for cancellations up to 6 weeks prior to the event. After this, there are no refunds but you are welcome to find someone to take your ticket and we will transfer the ticket to their name.

In case of cancellation by the organizer, the course fee will be refunded in full.



Disclaimer

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**. Resources are shared after registration.

Though this is a sexfriendly 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 in **wheelchairs**.

Please refrain from using perfume due to **sensitivities**.

The working language will be **English**.

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.
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