

# Tantra

*With a pinch of salt*

09-17 July 2022

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

*A retreat for embodied beings and  
their lascivious minds*

*luhmen 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 and refreshing dips in the pool.





## **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

**You enjoy breathwork** and want an opportunity to integrate that every day alongside your explorations and experiences

**You enjoy playful, inventive, fun** and lighthearted approaches to bodywork, which at the same time do not diminish whatever comes up in those powerful encounters and will treat it with calm respect, humble support and a sense of learning together in a group

**You want to practice** specific techniques, but still will be encouraged to bring in and evolve your unique, creative style of massaging and playing



## *This retreat is for you if...*

**You are tired** of the ever same repetitions and patterns and dogmas you encountered at many workshops and retreats

**You are new to the scene**, curious and adventurous, and maybe also shy and a bit overwhelmed by it all and would like to integrate all of those messy feelings into your experience and not wanting to perform appearing as a pro

**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

**The mountains are calling** you, softly whispering...

# This retreat is for you if...

You are potentially interested in offering massages professionally and would like to receive a down-to-earth-training that also tackles 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.**

You are looking for a clear, specific guided programme as well as enough free time and space to follow your own rhythms, to integrate and improvise. We chose to have a longer retreat to enable you both, to not rush and not squeeze.

**This is not a substitute for therapy** for you, but something accompanying it.



# *Daily Structure*

*Morning*

## *Breathwork*

Wim Hof, Pranayama and Orgasmic Yoga Fusion

*Afternoon*

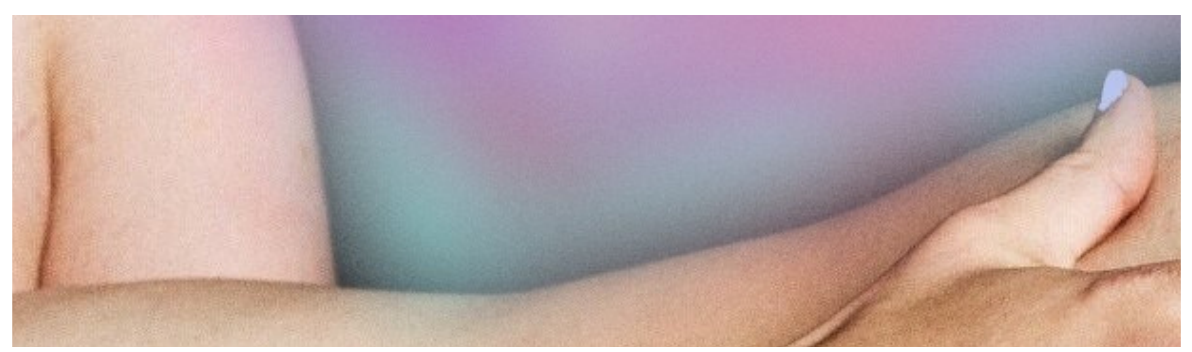
## *Massage training*

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

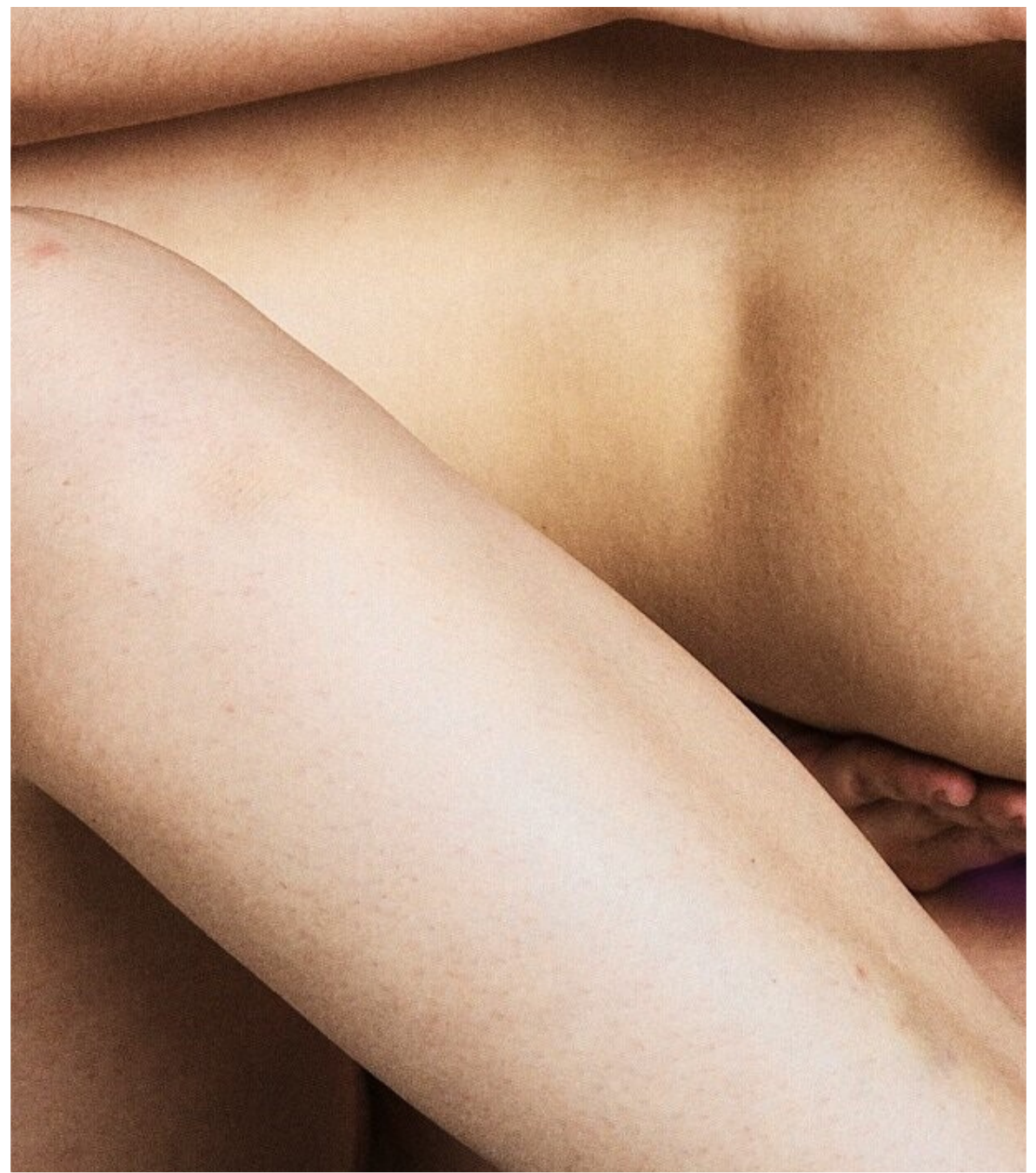
*Evening*

## *Playtime*

sessions or creative group explorations for lascivious beings



## ***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.



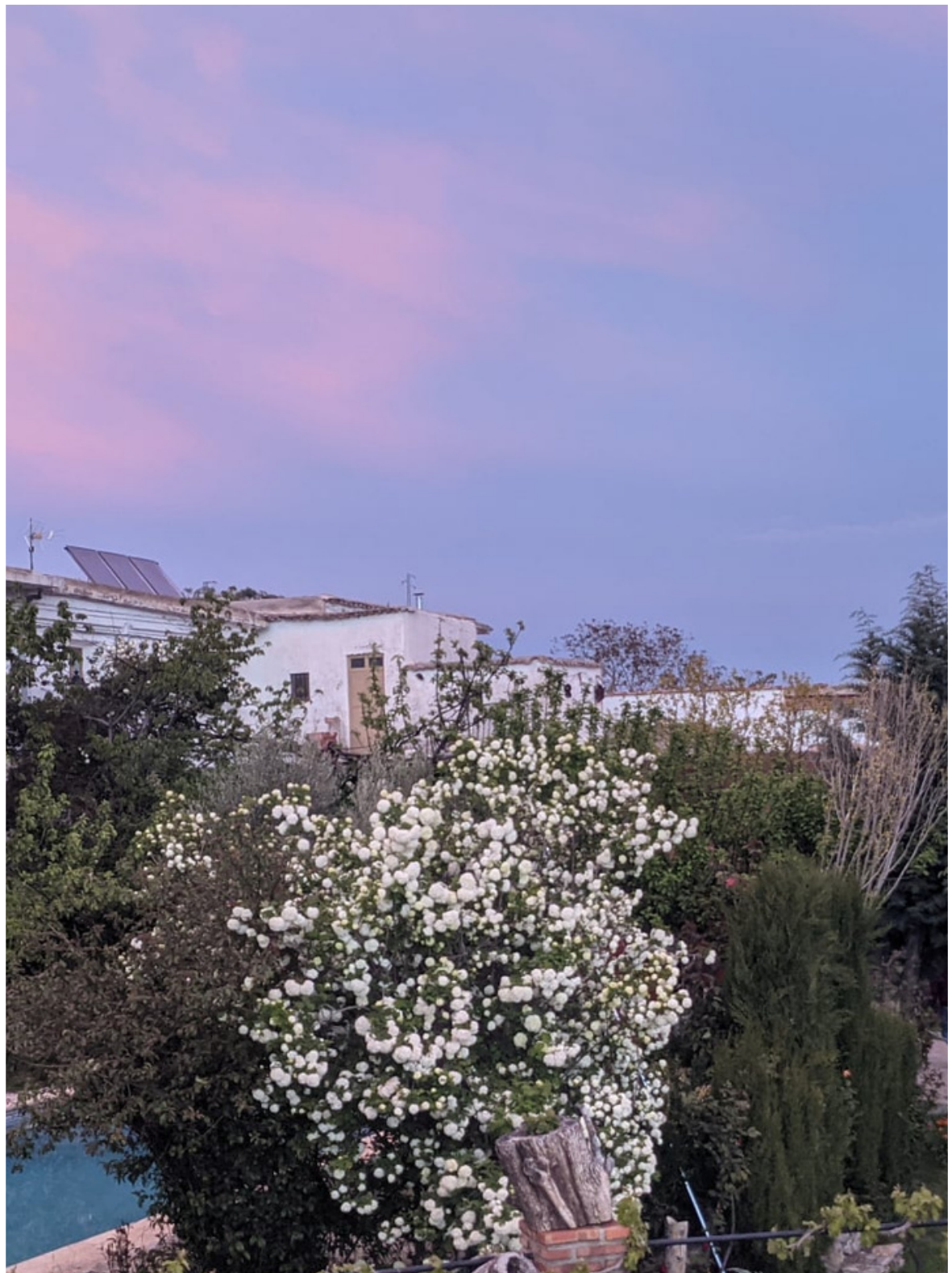
Rebecca is a breath-work teacher, tantric masseuse and certified Thai yoga massage practitioner. She has an untamed approach towards bodies, having spent many years prior studying and working in strict yogic and tantric settings. Now unleashed, she focuses on movement, sound and breath as catalysts for 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.







***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...).

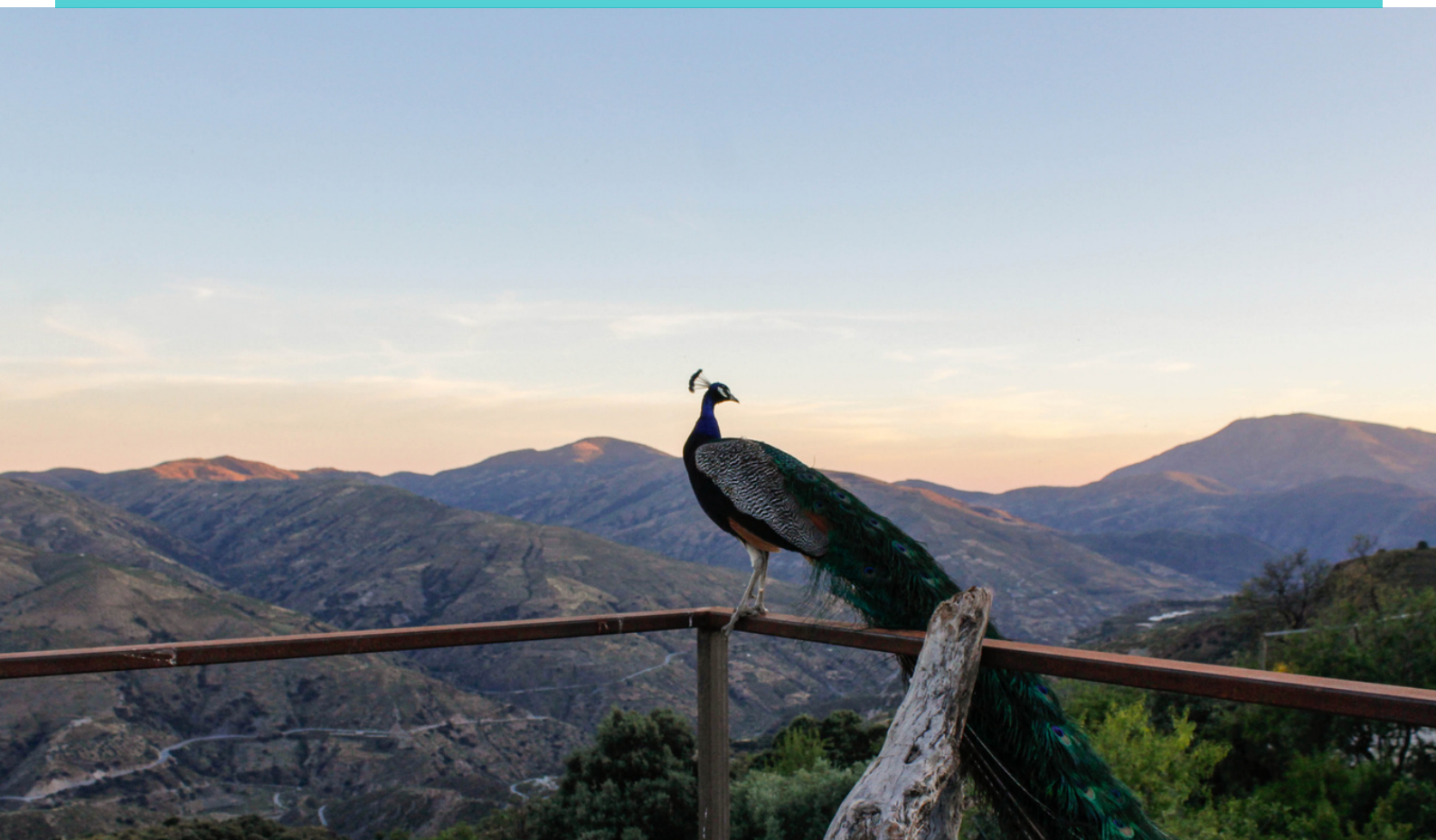
The Alpujarras mountain range boasts majestic scenery. Foremost is the amazing vertical nature of the area with deep gorges, precipitous valleys and beautiful white towns which cling to the mountainside.

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***

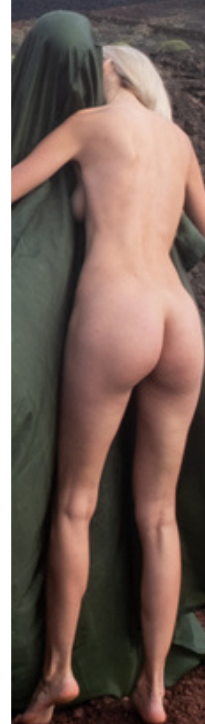
The Caseria is accessible from either Granada or Malaga airports. We organize a shuttle to and from Malaga airport and can also recommend car hire as the Caseria is quite remote. Detailed road directions & bus timetables are available on request.

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.

## ***Our Corona Rules***

Our corona measures are subject to change according to local and international requirements nearer the time.





## *Prices and Booking*



# ***Workshop costs***

Normal Price – €900

solidarity Fee 1 – €750

Solidarity Fee 2 – €600

Solidarity Fee 3 – €450

Supporter Fee 1 – €1050

Supporter Fee 2 – €1200

Supporter Fee 3 – €1350

Lower prices are for whomever couldn't join otherwise. Higher for those who are able.

Please choose according to your feeling.

Contact us if your financial situation wouldn't allow you to join with any of our price options. We might find a way!

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



# ***Accommodation costs***

To be paid in cash upon arrival:

Prices cover **8 nights accommodation and 3 meals a day** excluding arrival and departure days. Vegan and vegetarian options will be available. Prices range from:

Single occupancy (double or twin room)

€610

Shared (dormitory style)

€440

Double occupancy (per person for double or twin room)

€520

Camping

€320 (with own equipment, rental equipment is available at extra cost)

# ***How to Book***

Sign up here: [www.luhmendarc.com/events/tantra-with-a-pinch-of-salt-20220709](http://www.luhmendarc.com/events/tantra-with-a-pinch-of-salt-20220709)

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

[mail@luhmendarc.com](mailto:mail@luhmendarc.com)

## ***Cancellation policy***

When booking the event, there is a **non-refundable administration fee of €20**.

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 generally open to work with anybody and any body in group exercises. Still, exceptions to that can surely always be discussed, especially the more intimate a situation gets.

You are encouraged to honour your boundaries and self-responsibility.

Gender identity, sexual orientation, age etc. are not criteria in the registration process or selection of participants.

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

Please inform yourself about STIs, safer sex, consent and pronouns (e.g. here: <https://sex-positive.com/education/safer-sex-cat/> , <https://www.hrc.org/resources/why-we-ask-each-other-our-pronouns>)

We do our best to meet different needs, though our resources are limited. Contact us if in doubt.

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.

***image credits***

Title image: Luhmen D'Arc, Ilme Vysniauskaite, Jana Reinwarth, Red Rubber Road.

*luhmen d'arc*