

**„HERE AND NOW” PERSONAL AND SPIRITUAL DEVELOPMENT
CENTER IN NOWE KAWKOWO www.tuiteraz.eu**

invites you to the workshop 23 – 26 May 2024

INTENSIVE TRAINING FOR MEN – MONEY, POWER & SEX. MASTER THE TRINITY OF MASCULINITY

By: SWAMI ANAHATA



We invite you to an intensive workshop for men, led by an amazing man and a charismatic teacher from India –Swami Anahata. During classes, we will use tribal rituals, initiations and meditations from ancient India and Tibet to discover your True Masculinity. We will discover the Three Gates of Masculinity and Power. We will awaken the Wild Man. We will undergo the Rites of Passage. We will activate the flow of energy. We will explore our relationship with sexuality, grounding, our wild erotic side and money.

Swami Anahata combines the wisdom of the ancient mysticism of the East with the scientific discoveries of the West. It teaches men how to manage their own physical, emotional, sexual and spiritual energy. He is the creator of the intensive international program "Awakened Masculinity" and for over 20 years he has conducted workshops for men all over the world. He is an international tantra teacher, founder of the Anahata Tantra School. He is considered a pioneer in the field of tantric and meditation practices for men, a leader in shaping thinking about masculinity. During the workshops, he combines classical tantra, Osho meditation, methods of healing and working with the body, trans somatic hypnotic trance, spiritual practices (Vipassana, Zen, Sufi, Tao and Yoga).

What motivates you? This is the number one question that I ask when I meet men. Think about it?

You may have answer such as family, career, freedom, love, boating, and even horse riding. Yes, that's right–horse riding. But if you dive deep in your subconscious and sum up all your desires, masculine minds feels most motivated around these three: money, sex, and power. Men are naturally fascinated by these particular motivators, fixated on the lives and stories of celebrities, influential politicians, and business leaders.

Come and join Swami Anahata who is sharing his valuable insight on how to master this trinity with awareness so you guide your energy rather than being a slave of Money, Power and Sex.



What will you learn in this workshop?

- **Identify your prominent gateway out of these 3**
- **Unlock the key to success in your gateway**
- **Shamanic journey to enhance your masculine energy to rest of 2 gateway**
- **Feeling grounded when challenges or failure comes.**

During classes, we will use tribal rituals and initiations, meditations from ancient India and Tibet to discover the Three Gates of Masculinity and your true purpose in life and vocation.

The hormone Testosterone directs men to be goal oriented, territorial, and competitive as well as muscularly strong and sexually potent. We teach ways of living our testosterone fuelled nature in brotherhood with other men, discovering creative ways for conflict resolution and healthy expressions of competition.

We will be opening energy flow in our solar plexus to regain our capacity for facing and becoming resilient with contradictions and challenges in life.

You will learn how to cultivate presence in sexual expression and discover the revelation of being in your power simultaneous with sensitive ways of connecting with your lover.



During this module we will use Taoist tantric practices to move and awaken your sexual energy through the breath. Once this energy is awakened, you will learn how to direct this energy inward and upward to awaken the Kundalini and open the chakra system. When you experience the flow of Kundalini energy and chakra energy, you will know for the first time the ecstasy of making Love.

During this training:

- You will understand the principles of operation and flow of male energy
- You will discover 3 Gateways of Masculinity
- You will awaken the Wild Man within you (through initiations and meditations from ancient India)
- You will go through the Transition Rituals from childhood to masculinity
- You will learn about the action of male hormones to enrich your sexuality and relationships
- You will activate sexual energy
- You will release repressed emotions from the past
- You will heal past traumas and wounds through physiosomatic exercises
- You will practice Tantric Tao meditation to enhance the flow of energy
- You will go through the Osho Meditations to open the kundalini and chakra system
- You will learn the communication tools for love and relationship
- You will become part of an international conscious brotherhood to share, create and celebrate masculinity.



SCHOOL OF SWAMI ANAHATA COMBINES:

- the wisdom of ancient Eastern mysticism and Western scientific research
- classical tantra
- tantric, Kashmiri and Taoist massage
- Vigyan Bhairav Tantra
- methods of healing and bodywork (Lomi Lomi, Tibetan acupressure, acupuncture with colours of the light)
- intensive training for men - "Awakened Masculinity"
- transomatic hypnotic trance
- Osho meditations (he is a certified teacher of meditations such as Mystic Rose, No Mind & Born Again and many others)
- spiritual practices such as Vipassana, Zen, Sufi, Tao and Yoga
- work with the flow of kundalini
- chakra system opening



FACILITATOR: SWAMI ANAHATA



Swami Anahata is an international Tantra Teacher and the Founder of The Awakened Masculinity Training for Men. His name Anahata is symbolic of the heart in the spiritual path of Tantra. He fuses ancient Eastern mysticism wisdom with Western scientific research to design his courses, making his teachings easy to understand, holistic and practical to modern lifestyle.

Swami Anahata is regarded as a pioneer in the field of leading Tantra practices for Men, helping thought-leadership on the subjects of Masculinity and Meditation. He has taught Tantra workshops to couples, individuals and men only groups worldwide in countries such as India, Bali, Czech Republic for more than 20 years. Born in India, where Tantra has originated from, he speaks and writes Sanskrit from the young age of 7.

Swami Anahata is trained in various healing and bodywork methods including Lomi Lomi, Tibetan Acupressure, Kashmiri and Taoist Tantric Massage, Colorlight Acu-puncture and Transomatic Trans Hypnosis. He is a certified meditation facilitator in Osho Meditative Therapies such as Mystic Rose, No Mind & Born Again and Yoga teacher. He is an avid practitioner of Satori. He has studied various spiritual disciplines such as Vipassana, Zen, Sufi, and Tao meditation and philosophy.

Swami Anahata has worked in Fortune 500 companies such as AOL Time Warner, CNN, Barclays Bank, British Council for more than 12 years. He then left his successful corporate career, suffering from a burnt out from work, depression and body image issues. He went on a spiritual quest for the meaning of life and love.

On his spiritual journey, Swami Anahata discovered teachings of Osho and lived in international Osho communities to learn and synthesise multi-cultural differences and psyche of human behaviour, which enriched his experience in relating with people from all walks of life. This then led him on the path of Tantra.

swamianahata.com

WORKSHOP HELD IN ENGLISH AND TRANSLATED INTO POLISH!

- DATES:** 23 – 26 May 2024 (Thursday – Sunday)
- WE BEGIN:** 23rd May at 5 PM
WE END: 26th May at 4 PM
- WORKSHOP PRICE:** 1200 PLN + Food & Accommodation
EARLY BIRD: 1100 PLN when deposit is paid till 15 February 2024
- FOOD & ACCOMODATION:** Food 110 PLN / day (3 vegetarian meals)
Accommodation depending on standard:
From 35 PLN - 140 PLN / night
Only full board packages are available.
- ATTENTION:** Due to the unstable economic situation in Poland, we reserve the right to raise the prices of accommodation, meals and workshops, based on exchange rates and official inflation rates in Poland.
- CONTACT:** kawkowo@tuiterez.eu
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- VENUE:** „HERE AND NOW” PERSONAL AND SPIRITUAL
DEVELOPMENT CENTER IN NOWE KAWKOWO
www.tuiterez.eu

How to register:

1. Please register by email at: kawkowo@tuiterez.eu (giving your first and last name, phone number, the name and date of the workshop). E-mail registration constitutes consent to join the newsletter and receive information about new products, promotions, offers, trainings and services of the Tu i Teraz Center to the provided e-mail address. You can withdraw your consent at any time by clicking the "Resignation" link at the very bottom of the Newsletter.
2. Only after receiving an email with confirmation of your accommodation choice, please send a payment.
3. We kindly ask you to pay a deposit in a week from registration. No payment within 7 days will cancel the registration. Please do not pay deposit before receiving an email confirmation of the reservation of your place in the workshop!
4. Paying the deposit to our Centre means you agree to the Centre Rules and Regulations, which you will receive by email upon registration.
5. Please pay 240 PLN deposit to “Tu i Teraz” to the following account with description: "Name, Surname, 23-26.05.2024".

Tu i Teraz

BANK PKO BP

BIC (Swift): BPKOPLPW

IBAN: PL27 1020 3541 0000 5202 0364 3111 (account in EUR)

IBAN: PL92 1020 3541 0000 5502 0206 3410 (account in PLN)

6. Refund will be available not later than 30 days prior to the event. In case of refund, the 20 PLN administration fee will be deducted from the deposit. The deposit cannot be transferred to another workshop.

- 7. Remaining payment for the workshop is paid on spot and accepted in CASH only, after arrival to the Centre.**