



Welcome to the Tantra Festival Holland 2020. August 17-22nd!
We've included some practical details to help make your festival experience a smooth one.

We wish you a deep, transformational, connected and most of all joyful event!

Love, James & Team

Before Arrival

What to bring

- **Snacks** – this festival is catered for 3 meals a day with organic vegetarian food with tea and coffee stations. Bring your own snacks if there is something specific you like to eat outside of this, there will also be some goodies for sale!
- Some **cash** for the lovely snacks and market space!
- **Loose comfortable clothing** – we will be dancing a lot and it's good you have loose clothes and plenty of t-shirts because we will be sweaty :-)
- **If you're camping don't forget your tent and bedding!** – all your meals are provided. If you're camping on site, you can use the showers in the Shiva Shakti Hall
- **Items of comfort** – soft cushions or sheepskins to sit on, to create sweet cuddly corners and a large towel and sarong/lunghi for massage structures etc. as well as coconut oil.
- **Your happy and excited heart!** Your curiosity to discover so much just the way you are!

Facebook Group

Please join our participant facebook group to connect with others before and after the festival and to help with sharing lifts getting transport to and from the festival:

<https://www.facebook.com/groups/3282270355133914>

Directions to the Festival

By Car

The easiest way is by car. For your navigation system you can use the address: Meeuwenveenweg 1, 7971 PK Havelte, or alternatively download directions via Google Maps.

From the airport (train or bus):

Airport Schiphol route: train to Meppel is only 1,5 hrs with one switch in Zwolle.

Airport Eelde Groningen is closest airport with just 75 mins by bus to Meppel.

By Train:

The train connection is good and a regional taxi service* can take you directly to Meeuwenveen from Meppel train station. You can **call 0800 82 94 225** and ask for a Hubtaxi. If you call from a non-Dutch number you can call: +31 592 615000.

***ON THE TAXI PLEASE NOTE:** You have to **call at least an hour ahead, and ask specifically for a Hubtaxi!** Otherwise it's way more expensive and/or you have to wait an hour! Be prepared to wait while calling them, they are often quite busy. If you call the +31 0592... number you get Taxi Dorenbosch and sometimes a computer voice that gives you some questions. Just hold on, don't press a number and you will be connected to a live person.

The distance to Meeuwenveen is approximately 10 kilometres and this way it costs only about €8,-. That's the good part of it. Make sure you have cash with you to pay the taxi driver.

Between Meppel and Assen rides the bus line 20 ([Qbuzz](#).) Get off at the stop 'Havelterbrug' then walk another 1.5 km. It's a beautiful road, but don't attempt it with a wheeled suitcase.

Check-double-check?

<http://tantrafestivalholland.com/what-you-need/> or

<https://meeuwenveen.nl/en-info/how-do-i-reach-meeuwenveen>

At the Festival

Locations

- Shiva-Shakti Space
Workshop hall – this is our main hall for Morning Gatherings and Evening Performances as well as workshops during the day
- Kali Space
Workshop hall – Additional workshops happen here during the daytime
- Ganesh Space
Workshop hall – and Love Temple
Additional workshops happen here during the daytime and in the evenings the Love Temple
- Buddha Cafe is situated in Kali Space
- Love Temple – A dedicated and held space in evenings for exploring intimacy with yourself and potentially others
- Sauna – is located just behind the Shiva-Shakti and is open in the evenings
- Market Space - is in Buddha Cafe and Kali. It has various goodies and trinkets to buy
- Welcome desk - is on arrival at entree and during the Festival a reception table with info and Lost & Found in the Ganesh hallway.

Healing Temple

There is a dedicated session givers team at the festival offering a range of individual sessions, these are extra to the program but can really enhance your experience here - you can book and pay for them directly with the session givers. Price indication: €75 and up depending on the session and duration.

Opening Meeting & Opening Ceremony

You're welcome Monday the 17th from 2pm on. **We gather at 5pm in the Shiva Shakti Space to welcome you to the festival** and provide you with all the practical information you will need.

After this we open the Festival together in a special ceremony that will be described to you at the opening meeting.

Come wearing fresh clothes, fresh breath and no perfumes.

Morning Gathering & Family Sharing Groups

You can flow as you like through the Festival. Go to workshops, or take some free time. We do ask for all of us to be present at one time in the day: the Morning Gathering.

Everyday we gather as a whole group before going to various workshops and session - no other events or sessions will be offered at the same time as this and in it we will dance, share the theme, a meditation & silence. You will find out what is happening that day and also meet our tribe-families to share in smaller groups together. You will be placed in a tribe-family at the opening ceremony and these sharing sessions are a chance to reflect on your experiences and to deepen your connection to yourself and others.

Morning Gathering takes place from 9.30-11.30am in the Shiva Shakti Hall after breakfast and we ask you to please make it on time!

Love Temple

Most evenings we have a Love Temple where you can deepen your experiences in real time, expand and connect – an introduction and opening to this will be offered on the second evening.

Lost and Found

Please bring lost valuables to the Reception table in Ganesh Hall – this is also the place to find them!

Emotional Support and On The Blanket Sessions

We have a team of Love Angels to support you in the process of being in the Festival.

If you feel you could use some emotional support, a shoulder or help then please reach out.

This is a safe and supportive environment and it is perfectly natural for a wide range of emotions to arise as we go deeper – it helps massively to share.

The Love Angels are especially good to lend support or to listen – they will be available in the workshops and until 30 minutes after a workshop.

There will also be a time slot every day during the Lunch Break called “on the blanket” where you can meet individually with the Love Angels for any support or questions you may have.

These are approx 10 minutes moments.

If you want or need to dive deeper, you can reach out to a session giver and book a session.

Emotional & Sexual Health

We love to say: this is a Festival of Love. We all have tender hearts and we take care of our own heart and other's hearts.

At this festival you have a chance to be intimate and explore your horizons and boundaries in various ways.

And you get to meet interesting people from all over the world in a new and exciting way.

As much as we provide a safe clear space, ultimately you are the one responsible for your own well-being. That means you can always say "no" if something doesn't feel right, or to leave a workshop situation. Before doing so it is good to notify a workshop leader or Love Angel. If someone is bothering you please let that person know him/herself before telling anyone else. If that is not possible then you can always talk to the Love Angels or workshops leaders.

Basically we speak about our own experiences to each other and not talk about others.

In the Festival we also work with Sexual Energy. It is not a Festival where we have sexual interactions in the workshops. If you feel to be in a sexual exchange with someone at some point, please tune in well, so besides the desires, all boundaries are being heard and respected - a place of clarity, is a place of love.

To support safer sex, condoms are provided in the Love Temple, but we ask you to not have penetrative sex in any communal areas. 'Making Love' has a whole range of expressions, choose the right way in the right moment.

Photography & Filming at the Festival

We ask all participants to respect the policies that there is no photography by participants of other participants unless their expressed permission is given.

By signing up for this festival you also accepted that we have our own professional photographers who will be capturing film and photos for both your joy and our promotional purposes – they are instructed not to intrude on participants and would only film in some select moments in limited number workshops where it is appropriate. If you are not wanting to be in these photos then we will ask the photographer to take one photo of you at the start and then we will know to edit you out or use only those photos where you do not appear. We appreciate your cooperation with this.

In the closed Festival Facebook group we will share the pictures after the Festival. If there is a picture of you that you feel needs to be taken out, you can tell us that within a week of us posting them.

Smoking & Alcohol/Drug Free Policy

There is only one smoking point near the entree of the venue which will be signposted. It's away from communal areas – please only smoke at the smoking point and use the ash tray provided there.

The Festival is an alcohol and drug free area. If you are found under the influence of any of these you will be asked to leave.

Drugs and Alcohol numb you out and creates a state of less consciousness and we want us all to be in a state of full clarity and consciousness, and a space of being able to have clear judgment and consent.

We love seeing you August 17th!

James and the Tantra Festival Holland Team!