



Welcome to the Awaken as Love Training in Holland 2020. We've included some practical details to help make your experience a smooth one.

We wish you a deep, transformation, connected and most of all fun time!

Love,

James, Riya, Sjoerd & Afke

Before Arrival

What to bring

- **Note pad and pen** – we will be giving you a course manual with all the information but we will also ask you to use this for personal reflections at points.
- **A small back pack, walking shoes, water bottle & sun-cream** – we will have some parts of the training out in nature exploring earth medicine and you will need everything you might take for a 4-6 hour walk in India.
- **Snacks** – this training is catered for 3 meals a day with organic vegetarian food with tea and coffee stations. Bring your own snacks if there is something you like to eat outside of this.
- **Loose comfortable clothing** – we will be dancing a lot and it's good you have loose clothes and plenty of t-shirts if you tend to sweat a lot.
- **Items of comfort** – a towel or sarong for massage structures as well as coconut oil.

Guidebook & Training Resources

This training is supported by a guidebook which will help deepen your experience – it also means you do not need to take notes during the training. If you can read through this before the training it will help you understand in advance – otherwise please bring a printed or electronic copy to the training.

<https://drive.google.com/open?id=1SVZ1OnwTYmOoRPwy66ZPtqD9Xc8Q9Any>

Facebook Group

Please join our participant facebook group to connect with others before and after the Training.

<https://www.facebook.com/groups/843152116147608>

At the Training

Locations

- Main Training Workshop room – this is our main location for the training, but there will be times when we are out on the land in and around the center for certain aspects
- Outdoors – there are large grounds to relax in the sun at Land Van Lisa and beautiful forests surrounding it – we will be visiting these as part of the shamanic practices.
- Hot Tub – is located at the back of the property

Directions to the Training

The route to Land Van Lisa is best planned by using google map directions to find public transport or for driving. There is a bus station near Land van Lisa.

Land van Lisa
Van Ouwenallerlaan 6
7157 AZ Rekken

<https://www.google.com/maps/dir//52.1125746,6.7505833/@52.112575,6.750583,7z?hl=en-GB>

Start & Finish times

We start the training at around 3pm on Monday the 24th August 2020, please arrive in plenty of time to settle in and so we can provide you with all the practical information you will need. We will be finished by around 2pm on Sunday the 30th August 2020.

Photography & Filming at the Training

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

By signing up for this training you also accepted that we might have our own professional photographer participating who would also capture some film and photos for our promotional purposes – they are instructed not to intrude on participants and would only film in some select moments and never when we are in a vulnerable or nude moment. 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 co-operation with this.

Smoking & Alcohol/Drug Free Policy

There are smoking points signposted away from the eating areas – please stay in these areas to smoke and use the ash trays provided there. The training is Alcohol and Drug-free. If you are found under the influence of drugs you may be asked to leave.

The Holland Tantra Festival



Would you like to learn and celebrate Tantra in a Festival beforehand?

Just before the training in a location further North in Holland the annual tantra Festival will be held with the teachers in this training plus many others.

You will be with a group of wonderful people in a place surrounded by beautiful nature, tasty vegetarian food and some of the best international & national facilitators who would be there to support you to join a 6 day experience to creating more intimacy in yourself, with life and in your relationships. Having a more vibrant and exciting life away from the normal constraints of our lives and minds. Meaningful and truthful, loving and blissful. **If you sign up for the festival**

as well you are entitled to 10% off both the Awaken as Love training fee and the festival. You can find out more here: www.tantrafestivalholland.com