



Welcome to the Awaken as Love Training in Holland 2021. 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 & the Awaken as Love Team

## 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 3-4 hour walk in Portugal.
- **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.

- **If Camping don't forget your tent and bedding!** – all your meals are provided.
- **Items of comfort** – a yoga mat, cushion or pillow to sit on and a towel or sarong for massage structures as well as coconut oil.
- **Your happy and excited heart!** Your curiosity to discover so much just the way you are!

## **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/drive/folders/1SVZ1OnwTYmOoRPwy66ZPtqD9Xc8Q9Any>

## **Facebook Group**

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

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

## **Covid-19**

At this stage we are confident the training can go ahead safely and we will be following the government guidelines around this. We have a policy in place to reduce the risk of booking in the worst case scenario, so you can book with confidence

<https://tantra-festival.com/covid-19/>

## **Directions to the Training**

### **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:

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

And 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. When you know the time of your arrival, ask your organization to book a taxi for you. The taxi service can only be reached by a Dutch phone. The distance to Meeuwenveen is approximately 10 kilometres and it costs about € 8,-. That's the good part of it.

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.

## **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 Meeuwenveen well as spectacular forests nearby – we will be visiting these as part of the shamanic practices.
- Sauna – is located just outside the main workshop space

### **Start times**

We start the training at around 12pm on Friday the 20<sup>th</sup> August, please arrive in plenty of time to settle in and so we can provide you with all the practical information you will need. It is also possible to arrive the night before (or stay that night after the festival). Costs for this including food are around 50 euros. We will be finished by around 2pm on Thursday the 26<sup>th</sup> August.

### **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 have our own professional photographer is participating and will 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 Awaken as Love Tantra Festival in Holland**



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

Just before the training at a beautiful retreat centre in Holland - Meeuwenveen - will be transformed into a vibrant festival celebrating the best of Tantra and free natural living from the 14-19<sup>th</sup> August 2021.

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 5 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 you are entitled to 10% off both the Awaken as Love training fee and the festival. You can find out more here: [www.tantra-festival.com](http://www.tantra-festival.com)**