



Welcome to the The Portugal Tantra Festival 7th -12th September 2021

Welcome to the Portugal Tantra Festival 2020. We've included some practical details to help make your festival experience a smooth one.

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

Love, James & Ashik

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 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** – your own Backjack if you prefer that to meditation cushions plus a towel or sarong for use in massage structures. **Note:** Awakeland is an eco-resort that recycles all the water for use on the land so it is really appreciated if guests can use organic soaps, shampoo, shower-gel, toothpaste, sunscreen to help the environment there.
- **Your happy and excited heart!** Your curiosity to discover so much just the way you are!

All questions about accommodation or booking extra nights should go to love@awakeland.pt. Any other questions about the festival can be sent to info@portugaltantrafestival.com – please do check the website first before emailing as there is a lot of information on the website that can probably answer your question. www.portugaltantrafestival.com

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/2510031715923361>

Directions to the Festival

Awake is a 60 minute drive from Faro airport and 3 hours from Lisbon. You can travel from Lisbon (or anywhere else in Portugal) to the Algarve by train (www.cp.pt), bus (<http://www.rede-expressos.pt>) or a small airplane (www.aerovip.pt).

There is a bus stop right outside our door (Bus 21*) and a train station only 10 mins away (Mexilhoeira Grande**), from where you can arrive to Awake via the bus 21 or a taxi.

* Bus 21 – leaves from Portimão, Largo do Dique. Consult schedules in <http://vaivem.pt>. To arrive to Awake, get off at TERRA VELHA (or alternatively, at 1km distance MONTES DE CIMA or MOINHO DA ROCHA).

**Coming from Lisbon, you must switch trains in Tunes. Take the train in direction Lagos and get off at Mexilhoeira Grande. If you come from Faro via train, get off at Mexilhoeira Grande.

Please use see this page for more detailed instructions for driving:

<http://portugaltantrafestival.com/what-you-need>

At the Festival

Locations

- Air Dome – this is our main venue for Morning Gatherings and Evening Performances as well as workshops during the day
- Fire Dome – Additional workshops happen here during the daytime
- Love Temple – A dedicated and held space for exploring intimacy with yourself and potentially others
- Multiple Lakes – for swimming and sunbathing
- Info desk is at reception, you can sign up for healing sessions there and it will have staff at set times to answer any questions.

Healing Temple

There is a dedicated healing 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 at the info desk.

Opening Meeting & Opening Ceremony

We gather at 5pm on Tuesday the 2nd in the Air Dome to welcome you to the festival and provide you with all the practical information you will need. After this we open the space together in a special ceremony that will be described to you at the opening meeting. Come wearing fresh clothes, fresh breath and no strong perfumes. There is a program of pre-festival workshops in the Fire Dome before the festival starts – these will be announced by a bell!

Morning Gathering & Family Sharing Groups

Everyday we have an opportunity where we can 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 silence find out what is happening that day and also meet our families to share together. You will be placed in a sharing group 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. This is from 9.30-11.30am in the Air Dome after breakfast and we ask you to make it in time!

Temple Space

After the evening program there will be a temple space where you can relax and connect after a full day of experiences – an introduction and opening to this will be offered on the second evening.

Lost and Found

Please bring lost valuables to the Info Desk – this is also the place to find them!

Emotional Support

If you feel sad, lonely or wants some psychological 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. Assistants, healers and our team of love angels are especially good to lend support or to listen – please be aware that sometimes their time is limited as they have other duties as well. There will also be a time-slot every day called “on the blanket” where you can meet individually with the love angels for any support or questions you may have.

Sexual & Emotional Health

At this festival you have a chance to explore your boundaries and to meet interesting people from all over the world in a new and exciting way. 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 assistant. 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 assistants or workshops leaders

To support safer sex condoms are provided in the Temple Space, but to respect others we ask that you do not make love in any communal areas.

Photography & Filming at the Festival

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 festival you also accepted that we have our own professional photographers who will be capturing film and photos for 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 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 Festival is also an alcohol and Drug-free area. If you are found under the influence of drugs you will be asked to leave.

After the Festival



Awaken as Love Stage 1, The Initiation - 14th - 20th September 2021

Are you an Ambassador for Conscious Evolution?

Immediately after the Festival there is the opportunity to dive deeper into the worlds of Tantra, Shamanism and Spirituality – held by James Stevenson, Riya Sokol & Deva Ashik. If you have interest in what has been offered at the festival and would like to know more for your

teachings, session work or just your life then this gives some of the maps and teachings to understand more fully as well as an embodied experience of these. It is aimed for those who feel inspired by the evolution of our being and consciousness and who would like to take a more active part in helping this to unfold on the planet.

Completion of stage 1 also allows you to attend the attend the Awaken as Love facilitators training which is a path to becoming a teacher in Awaken as Love. www.awakenaslove.com

As a participant in the festival you are entitled to 10% off the training fees for stage 1 or 2. You can find out more here: <http://portugaltantrafestival.com/retreat/initiation-stage-1>