



Welcome to the Stage 1 Awaken as Love Training in Portugal 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

## 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 day in nature in this part of 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.

## Guidebook

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 and to help with sharing lifts getting transport to and from the training:

<https://www.facebook.com/groups/1540538262777061/>

## Directions to the Training

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](http://www.cp.pt)), bus (<http://www.rede-expressos.pt>) or a small airplane ([www.aerovip.pt](http://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 Training

### Locations

- Main training space – 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.
- Nirvana Lake – for swimming and sunbathing

- Info desk is at reception, and there and it will have staff at set times to answer any questions.

### **Start times**

We start the training at around 3pm on Tuesday the 9<sup>th</sup> June, 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 Monday the 15<sup>th</sup> June.

### **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 Portugal Tantra Festival



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

Just before the training the beautiful hillsides of Awakeland in Portugal will be transformed into a vibrant festival celebrating the best of Tantra and free natural living.

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 the Awaken as Love training fee. You can find out more here: [www.portugaltantrafestival.com](http://www.portugaltantrafestival.com)**