



Welcome to the Awaken as Love Training in Portugal 2025. 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,

Aaron, Amerai & Monika

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 2 meals a day with organic vegetarian food with tea and coffee stations – with lunch being on your own in the local cafes. 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 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!

Resources & Guidebook

This training is supported by resources & 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/1OvMGLve3W5Px3bpY8ZoA1jz9uvZBSNX-?usp=sharing>

Participant Group

Please join our participant group on Mighty Networks to connect with others before and after the Training as well as see other cool events and to join our Graduates Group

https://awaken-as-love.mn.co/share/P_ALG1FzZKPFa1l_?utm_source=manual

Directions to the Training

The training is held at Enxara Retreats, Estrada Nacional 9-2 km 13, 2665-053 Enxara do Bispo, Portugal. Just 30km from Lisbon airport and about 25min in a taxi from there.

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, a natural swimming pool and magnificent views of the Serra do Socorrol at the venue as well as beautiful forests nearby – we will be visiting this as part of the shamanic practices.

Start times

We start the training at around 3.30pm on Monday the 2nd June 2025, 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 8th.

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 Awaken as Love & Garden of Ecstasy Tantra Festival in Portugal

28th May - 1st June 2025



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

Just before the training and just 1 hour away in Portugal will be 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 as well you can have a 10% discount using the code "festivalandtraining" at checkout. You can find out more here:**

www.tantrafestivalportugal.com