

S E X I S . . .



2 0 1 9

A T L A N T A I N S T I T U T E O F T A N T R A &
D I V I N E S E X U A L I T Y

sex is...

WELCOME

The Atlanta Tantra Festival and Atlanta Institute of Tantra & Divine Sexuality publicly affirm a commitment to diversity and inclusion. Therefore, we welcome all, without regard to race, religion, gender, gender identity, sexual orientation, national origin, cultural background, social or economic status, family make-up, physical abilities, or age. We do center Blackness and POC who are too often left out of conversations about sacred sexuality and healing, and all allies are encouraged to be a part of this community.



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VENDORS

NYARAI Waistbeads

J House of Beauty

Panty Dropper

Raw Momentz

Yogasm Experience

Lord Vesper

Desired Hands

Tantra Blue

Shayla Tumbling

redefined

sex is...

SATURDAY

	Main Stage	Sacred Space	Grass Area	Revolutionary Rest Area	Kink Corner	Main Hall	Hospitality
8:00 AM	Doors Open / Morning Meditation						Unavailable
9:00 AM	Breakfast & Mimosas						
10:00 AM	Ashtanga Yoga w/ Artis						
11:00 AM	Anal Pleasures w/ Meshel						
12:00 PM							
1:00 PM	Keynote & Welcome Luncheon						
2:00 PM							
3:00 PM	The Heart of Tantra w/ Krystal Tantric Yogi			Cuddle Space	Kink Corner	Vending	Open Bar
4:00 PM	Meditation & Masturbation w/ Amina Peterson		Tai Chi w. Coach Khayr				
5:00 PM	Nude Yoga w/ EJ						
6:00 PM	Dinner						
7:00 PM	DJ						
8:00 PM	Senergetic BDSM w/ Lord Vesper						
9:00 PM							
10:00 PM							

pgp: just ask

"HOW SHOULD I REFER TO YOU"

SHARE YOURS
DON'T ASSUME

redefined

sex is...

SUNDAY

	Main Stage	Sacred Space	Grass Area	Revolutionary Rest Area	Kink Corner	Hallway	Hospitality	
8:00 AM	Morning Meditation / Set Up / Breakfast Prep							Unavailable
9:00 AM	Breakfast & Mimosas							
10:00 AM	Navigating/Transcending Sexual Guilt & Shame Through Sexual Empowerment w/ Shayla Tumbling		yoga			Vending		
11:00 AM	Sensual Dance w/ Naomi Vulseyy							
12:00 PM	Yogasm Experience w/ Ashley Asatu							
1:00 PM	PANEL LUNCHEON							
3:30 PM	Massage & Meditation: Sacred Partner Yoga			Cuddle Space	Kink Corner	Vending	Open Bar	
4:30 PM	Tantra 101: Samadhi w/ Amina Peterson							
6:00 PM	Coach Khayr							
7:00 PM	Dinner							
8:00 PM	808's & Meditate with Maestro Riko							
9:00 PM	Drum Circle **							
10:00 PM	Plant Medicine Ceremony							

tantra = liberation

WE ARE ALL WORKING
FOR LIBERATION TOGETHER
#ALLBLACKLIVESMATTER

redefined

sex is...

JOURNALING DRILL

welcome to the atlanta tantra
festival. lets start with a
little journaling exercise.

how do you define sex?

redefined



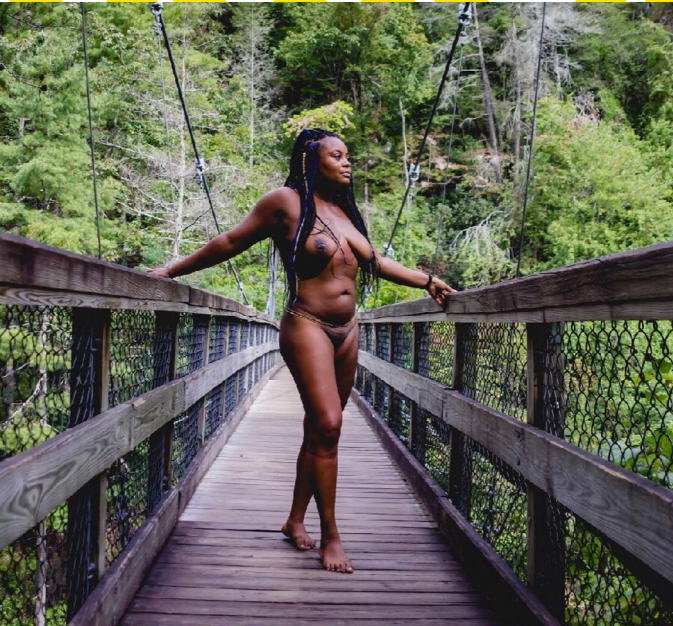
Our Mission

The Atlanta Institute of Tantra & Divine Sexuality is the only non-profit religious institution in the world that centers Black women and our pleasure. Rooted in Tibetan Tantric tradition, we perpetuate the advancement of love in our communities by being love. Through touch, wellness, and sexuality, we work to dissolve fear and create fearless relationships, increasing our natural ability to love.



THE
FOUR
NOBLE
TRUTHS

sex IS...



goddess amina KEYNOTES

welcome
institute visions
empowerment + 4 noble truths
redefining sex: terminology & actions
intimacy + beyond
4 agreements of sex

THE FOUR AGREEMENTS OF SEX

Be impeccable with your word

Don't take anything personal

Don't make assumptions

Always do your best

WHAT CAN WE LEARN ABOUT PLEASURE + CONSENT

KINK CORNER

Consent isn't a simple yes-or-no question ... it's a dialogue

Consent is ongoing, it can be revoked at anytime

Trust is necessary for the body to move out of flight or fight

Pleasure is challenged by the sympathetic nervous system

Workshop: **Senergetic™ BDSM** Led by: **Cazembe Abena aka Lord Vesper**

"BDSM is where Sensuality meets Art meets Spirit."

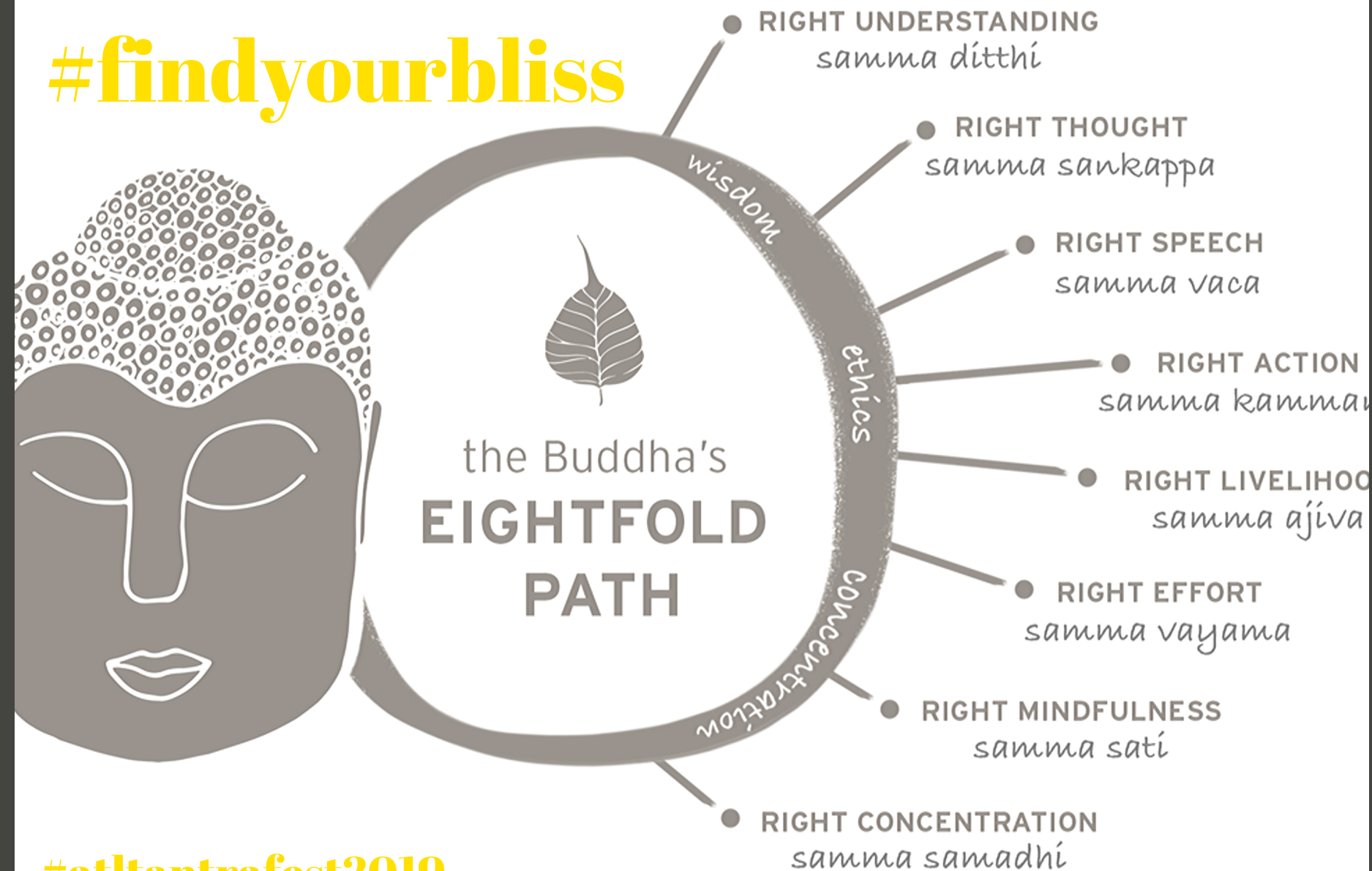
Lord Vesper has been practicing BDSM for 20 years.

Senergetic BDSM focuses on Connection, Healing, Intention, and Trust through Energy Cultivation, Sensual Touch, and Impact Play.



ITS NOT THAT WE CANT HAVE DESIRES.
WE SIMPLY CANT BE CONSUMED BY THEM.

#findyourbliss



#atlantafest2019

The Yogasm Experience

WITH ASHLEYASATU

SUNDAY NOON



What is Yoga?

With the practice, you are strengthening and calming the nervous system. You are increasing the blood flow to internal organs and bringing more oxygen to your cells. You are clearing the mental clutter that can wreck your life, allowing you to see things more clearly. You are cultivating the spiritual muscles in a way that can make you happier, less anxious, more at peace.

-Dr. Timothy McCall, Yoga as Medicine

CUDDLE PUDDLE

THE HEALING POWER OF CONNECTION

What is a Cuddle Space? The Cuddle Space is an intimate place where we come together as a group, to cuddle in pillows and blankets, connect, grow and vibe. Sip on some warm apple cider, hot chocolate, or maybe a hot toddy, and talk about your dreams and goals for 2020. Speak them into existence in the arms of a new or old friend. If you want, you can bring your own cuddle buddy(s). A cuddle buddy can be a partner that you are intimate with or just a platonic friend that you enjoy being close with.

Shayla D. Tumbling

Why do this?

Cuddling doesn't just feel good, it's good for you!

Some benefits include:

- Reducing the risk of heart disease
- Lowering blood pressure
- Releasing the 'feel-good' hormone Oxycontin
- Lowering stress and anxiety
- Boosting memory Improving communication
- Encouraging a positive disposition



SUNDAY 10AM

Shayla D Tumbling

*Sexuality & Empowerment Therapist & Coach
Professional Cuddler*



SATURDAY 5PM
Nude Yoga with EJ

we have worked hard to bring you some of the best tantra,
sacred sexuality, erotica and yoga educators around.
Teachers and speakers that sound, look and live like we do.
A familiar tone and inflection. We realize that often,
attending tantra and yoga festivals means not feeling home.

You are home, now.



Anal Pleasures
SATURDAY 10AM
Machel Hunt



Naomi VULSEYY
SUNDAY 11AM

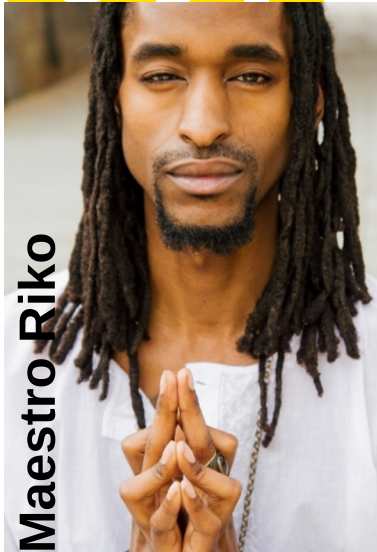
presenters



SATURDAY 3PM

Krystal Tantric Yogi

sex is...



Maestro Riko



Coach Khayr



SACRED MEDICINE

This term refers to natural substances that alter consciousness, commonly known as Psychedelics, or in more recent times Entheogens. The term Psychedelics may remind some people of recreational drugs used for escape. Instead I prefer the term Sacred Medicines because quite simply, they are sacred substances that can induce mystical states, and they are medicines that are often very effective when all other methods have failed.

In much of the U.S. most Sacred Medicines are illegal to consume, sell or possess with the exception of those protected by freedom of religious use for certain organizations.

Important is that you are in good physical health and that you have no bacterial and/or viral infections like the common cold or the flu. Do not consume alcohol before ingesting mushrooms.

healing

sex is...

JOURNALING DRILL

thank you for attending the
atlanta tantra festival. lets end
with a little journaling exercise.

letting go of desire

redefined





None of this would be possible if not for the most amazing staff and support team. From the key staff, to the goddess gang, to each and every volunteer - you are responsible for the success of this event. Forever in **Gratitude**. Thank You.

key staff

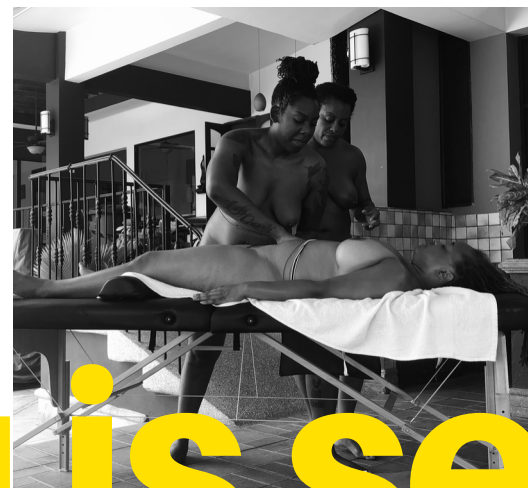
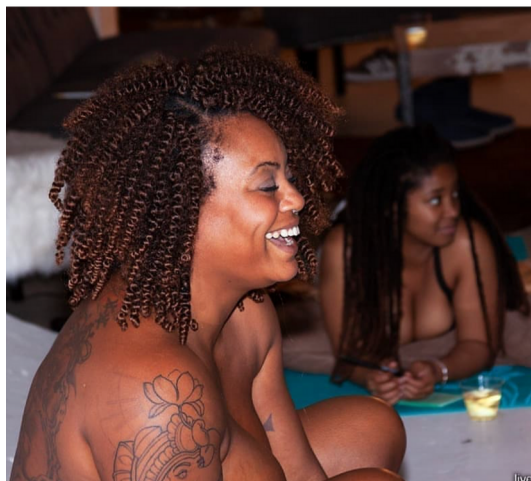


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everything is sex