

# **INTEGRATION OF CORE ENERGETICS PRINCIPLES AND PRACTICES WITH TANTRA FOR MEN IN A FIVE DAY WORKSHOP RETREAT SETTING**

**by  
Ian Ellington**

## **Initial Intention of Project:**

**This project involved integrating and utilizing Radical Aliveness/Core Energetics principles and practices in combination with Tantric principles and practices in a residential workshop retreat setting over five days.**

## **Initial Description of Project:**

**My intention for this project was to integrate the principles and practices of Radical Aliveness/Core Energetics with Tantric and Taoist techniques in an effort to create a safe container for the awakening, activation, reclaiming, and full expression of the flow of life force energy, particularly as it relates to sexuality. My goal was to create an opportunity for the participants to experience their deepest and most authentic selves and to come to know/remember the innocence and power of their erotic energy.**

**The workshop was designed to target and be marketed to men of all sexual orientations, including my previous Tantra clients and former workshop**

participants, people on my existing email/newsletter list and Facebook page, and also to potentially new clients interested in the work. In my experience over the past three years as I had led other Tantra workshops and done my own work in Radial Aliveness/Core Energetics, I had seen a lot of common ground between the two disciplines and how they could augment and complement each other. My desire was to formally merge the two into an experience that allowed people to go deeper into their sexual wounding and into the recovery of their lost innocence.

The project was to consist of a five-day workshop in a residential retreat setting at Wildwood Retreat Center in Guerneville, CA. The title of the workshop would be “Coming Home: Stepping Out of Your Sexual Story and Into Your Sexual Power.” The dates of the workshop would be October 17-21, 2012. The workshop would be for men only of all sexual orientations and would involve a combination of didactic teachings of Tantra, Taoism, and Core Energetics, Bioenergetic exercises, movement, breathwork, group and individual process, bodywork, discussion, and support. A marketing description of the program that was used to advertise the workshop is included below:

**COMING HOME: Stepping Out Of Your Sexual Story And  
Into Your Sexual Power**

**OCTOBER 17-21, 2012**

## **WILDWOOD RETREAT CENTER GUERNEVILLE, CA**

- **Who am I as a sexual being?**
- **What keeps me from showing up freely and completely in life?**
- **How do my past history, wounds, traumas, family and religious upbringing, and self-judgments keep me stuck in the same old patterns?**
- **How have I disconnected from my erotic life force energy?**
- **How can I live fully in my power and desire?**

**In this workshop, we will examine how our sexual story, body shame, habits, beliefs, and past conditioning prevent us from getting what we want in life and from showing up as our authentic selves. Using a combination of Tantric and Taoist philosophies and techniques, Core Energetics and Bioenergetic techniques and process work, Conscious Integrative Breathwork, and group and partnered exercises involving sound, movement, and erotic touch, we will explore the interplay of boundaries and desire, the balance of masculine and feminine energies, and expanded full body non-ejaculatory male orgasm. We will also connect more deeply with our innate erotic life force energy and learn how to utilize this energy for transformation, empowerment, heart-opening, and higher states of consciousness.**

## **LOCATION:**

- **Wildwood Retreat Center, Guerneville, CA**

## **SCHEDULE:**

- **Begins at 5pm on Wednesday, October 17, 2012**
- **Ends at 2pm on Sunday, October 21, 2012**

## **Initial Planning for the Project:**

**I asked Pedro Rojas (Bioenergetic Therapist and student in the RACE training program) to assist me in offering his Bioenergetics and TRE skills in the form of morning movement each day as well as to assist in facilitation of any process work during the workshop. Pedro had taken two of my workshops in the past and had a good understanding of my Tantric work as well as the ability to bring his own Bioenergetics skills to the experience.**

**The retreat center for the workshop was reserved for the dates above, a workshop description was created, and marketing efforts were put underway in the form of email notifications to existing clients, notices on Facebook, Twitter, and Linked In, advertising to specific groups familiar with my work and with the retreat center, and word of mouth. Pedro and I were in continuing discussion about how we would format the workshop to include Bioenergetic exercises and more CORE process work. My intention was to**

**combine structured exercises, breathwork processes, and teaching around Mask, Higher Self, and Lower Self, as well as to create ample space for individual process work using a cube and/or roller or other techniques when needed. In the interim, I secured the resources for obtaining a cube and roller to be used in the workshop and further continued to delineate the schedule and content of the workshop. My intention was to continue to add more and more RACE techniques to my Tantric work and to make this workshop an ongoing event in the future. In addition, I was looking forward to increasing my knowledge of Character Structures and techniques for working with the body as I continued my 3<sup>rd</sup> year training in order to bring more of that knowledge and skill into the workshop.**

**The planned schedule of the workshop included an hour of morning movement before breakfast, a four hour morning session, a four-hour afternoon session, and a two-hour evening session on Thursday, Friday, and Saturday. In addition, there was a three-hour evening session on Wednesday night and a four-hour morning session on Sunday morning. In total, there would be forty actual contact hours over the course of the five days. In addition, I would be available for questions and support during mealtimes and between sessions.**

**My overall intention for myself with this project was to utilize my existing skills as a Tantric workshop facilitator, Conscious Integrative Breathworker, Reiki Master, Taoist Bodyworker, and Sacred Intimate while at the same time**

**stepping more fully into the role of using my Core Energetics knowledge, experience, and skills. I wanted to deepen my understanding of the Core Energetics process, expand my knowledge, increase my confidence, and trust my intuition more in identifying people's needs and creating a space and an opening for them to do the work they need to do in the moment. In doing so, I hoped to gain a deeper trust of the process and to let go of my attachment to desired outcomes and expectations. I wanted to improve my skill at body reading and in facilitating process work and ultimately to use these skills in assisting people to connect with their early wounding, particularly as it relates to their sexuality. In order to prepare for this, I planned to obtain more information and experience in the training program about the various character types and how to work with their energies. I planned to increase my skills and intuition about facilitating people in process. And finally I asked for support and suggestions from my mentor and scheduled supervision sessions around using this work in the area of sexuality and sexual wounding.**

### **The Workshop:**

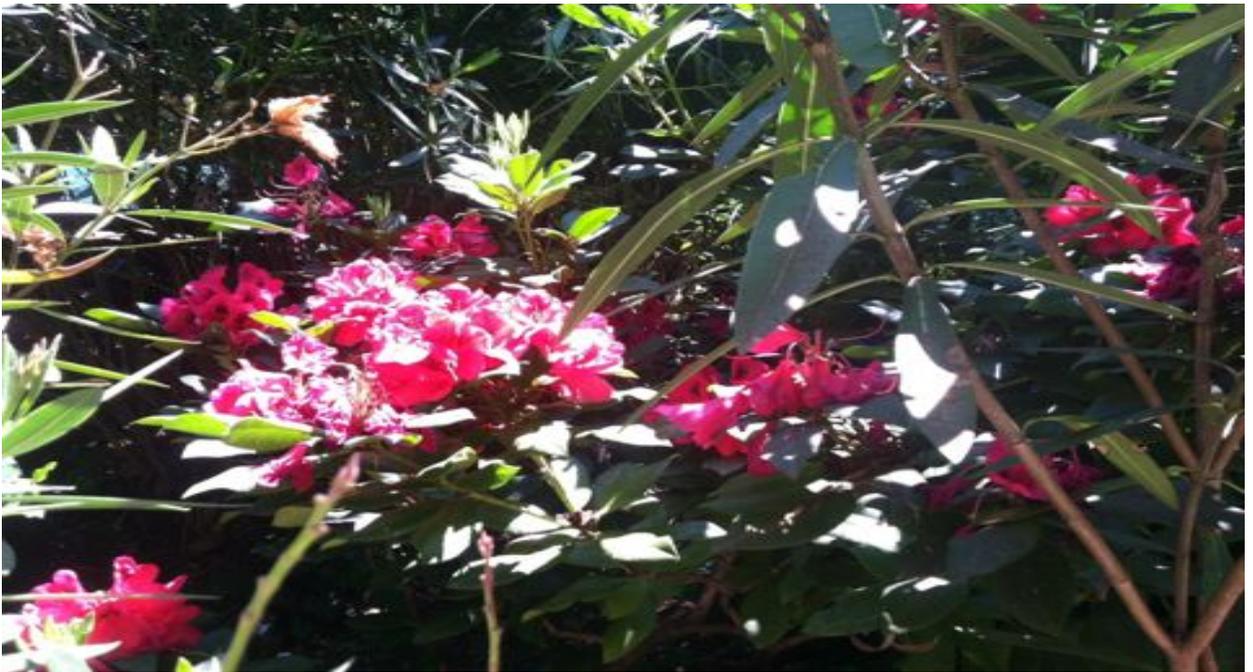
**The workshop took place as planned at Wildwood Retreat Center in Guerneville, CA, on October 17-21, 2012. There were 24 participants scheduled to attend from all over the United States, including Hawaii, as well as participants from Canada and Great Britain. In addition to Pedro and myself, the staff for the workshop included two other assistants who had had extensive experience assisting me at previous workshops and were familiar**

**with Core Energetic principles and techniques. The staff arrived at Wildwood the day before the workshop was to begin to set up the space, to set an intention together, and to begin to create a container for the group.**



**The retreat center was located on top of a mountain in the midst of a beautiful redwood grove near the Russian River in Guerneville, CA. In addition to the actual workshop space, the retreat center offered guest lodging, a dining hall and community room, a pool and hot tub, and acres of hiking trails and incredible vistas. The workshop space was decorated with fabric and sacred wall hangings and objects related to Tantra, Taoism, and other spiritual traditions.**









**On the first day of the workshop, the participants arrived and we began with an opening circle on the land during which we began to connect with our breath, our bodies, our sensations, and our awareness. The first evening session included exercises and discussions that assisted the participants in getting to know each other, building a container, and setting their intentions for the workshop. It also included some preliminary basic Core Energetics exercises (no, get off my back, give it to me/its mine, I'm putting my foot down, stay away, shit on you, fuck you) which I found very useful for getting an idea of where people are, what defenses and areas of sensitivity are present, and what issues may need to be worked on and supported during the workshop. We closed with an inner/outer circle designed to assist the participants in being present with one another, becoming more comfortable with physical touch, and allowing for heart opening.**

**Each morning of the workshop prior to breakfast, Pedro led the group in Bioenergetic Exercises and Trauma/Tension Releasing Exercises. These proved to be extremely valuable in assisting people to connect with their energy and allowing for some emotional catharsis to take place and really set the stage for people to connect with their life force energy and vibration more fully throughout the day.**

**The basic format and structure of the workshop was very similar to my previous five-day Tantra workshops, which included exercises involving**

**presence, breath, sound, and movement combined with didactic teachings of Tantric and Taoist principles for accessing and circulating erotic life force energy. There were also discussions and exercises involving boundaries, desire, masculine and feminine energies, habits, and sexual shame. The difference in this workshop was that ample space was created for people to process and work through any issues that emerged in the course of the workshop and interactions utilizing Core Energetic techniques (roller, cube, and tennis racket, charging and discharging, etc.) Many opportunities presented themselves for the participants to work and process in that manner and as a result, there were several examples of deeply transformative insights and outcomes.**

### **Comments from Participants:**

**An evaluation form was given to the participants at the conclusion of the workshop. Some of the comments are included below:**

**“The most significant aspect of the workshop was feeling the energy within me and how it flows and being part of the energy collective.”**

**“It was transformative and took me further than I’ve ever gone before into myself or into the inner mystery that I came from.”**

**“Transformative, healing, awakening, challenging, fun, exhausting, and just what this man needed. Over the top and off the charts!”**

**“Great experience-beyond the edge of my comfort zone-beyond the place I give myself permission to go-beyond any concept or theory: I visited a place**

**of magic and left trail markers along the way, hoping to return to what I learned was my true home.”**

**“Life changing. The most incredible thing I have ever experienced.”**

**“Ecstatic! Nothing less. My life will never be the same.”**

### **Summary and Conclusions:**

**I found the project and the workshop experience to be very profound and gratifying. I was touched by the courage and willingness of the participants to go to such deep places of vulnerability and transformation. The staff was incredibly supportive and working with Pedro was a delight, opening the door to more co-facilitated events for us in the future.**

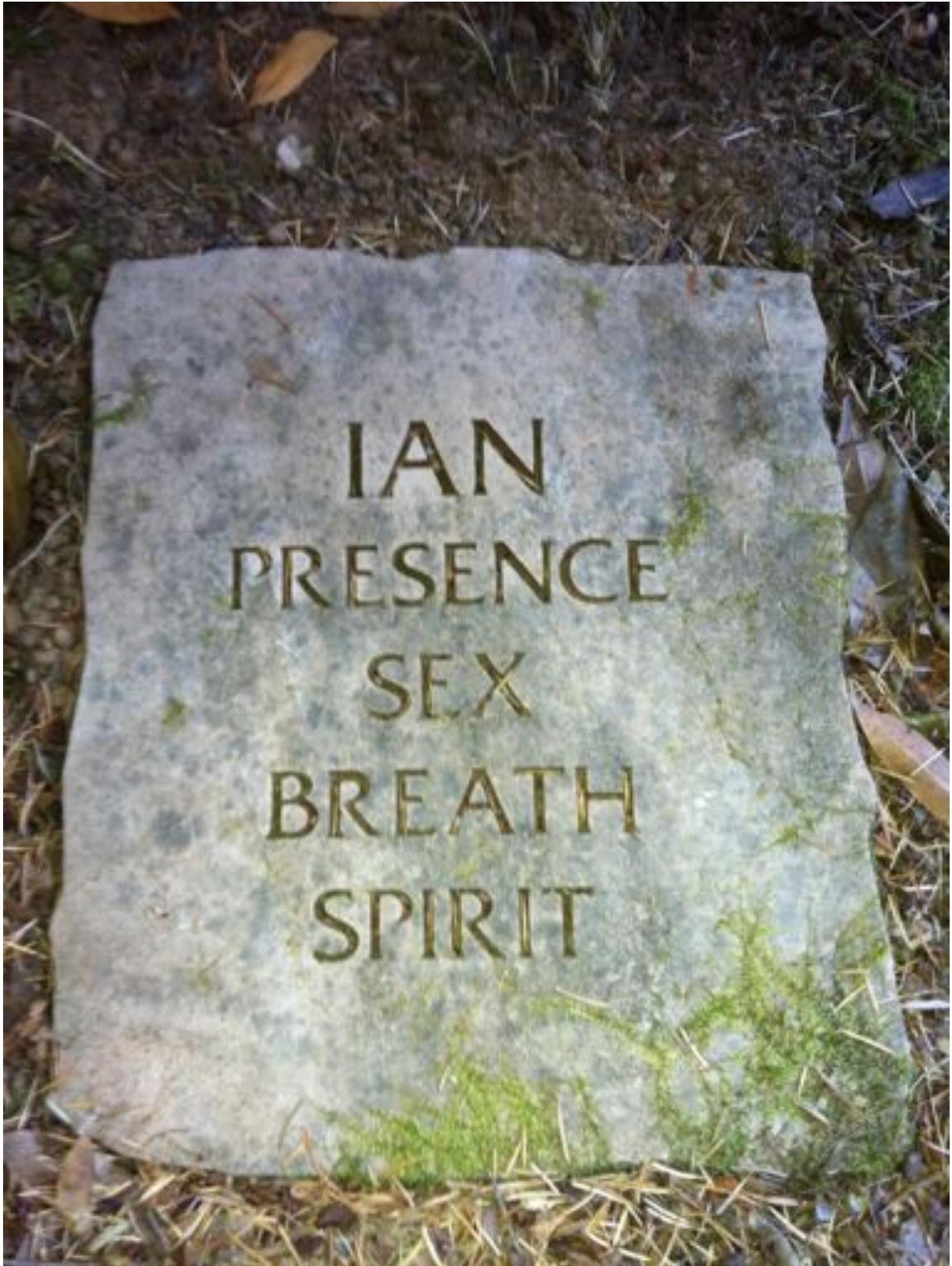
**I was particularly impressed by how effortlessly and seamlessly the Radical Aliveness/Core Energetics work seemed to fit into my existing workshop structure and to support it to go to deeper levels (which was the original intention of this project.) I was also surprised to discover that the participants seemed to be drawn even more so to the Core Energetics processing work and the Bioenergetics exercises than to the Tantric/Erotic exercises. There was a lot of positive feedback about how the integration of the disciplines felt very important, right on target, and necessary. Since both approaches are designed to connect us back with our original, innocent, fully alive, and authentic selves and life force energy, the combination of the two certainly had a powerful impact and effect.**

**The experience of doing this project and workshop went a long way in terms of me gaining more experience and confidence in facilitating Core Energetic processes and laid the foundation for the creation of new workshops that will be based on the Core Energetics/Bioenergetics model. Those workshops have already been planned and scheduled and I am very excited and grateful for the power of this work, what it can bring to the world, and how it can assist me in my mission of helping people in their journey to **RETURN TO INNOCENCE**.**

**Ian Ellington**

**March 7, 2013**





IAN  
PRESENCE  
SEX  
BREATH  
SPIRIT