Introduction to Tantra – online

Welcome to Introduction to Tantra – an online course guided by yoga teacher Brooke Elliston. Tantra is a powerful practice that focuses on the movement of energy, with a metamorphosing effect. In this course you will explore five core teachings of tantra, through philosophical contemplation and yoga asana practice.

About the course

The intention of this course is to invite you to both understand and embody the fundamental concepts of Tantra. Moving with awareness we will purify the energetic flow channels and clear out the organic residue of daily living, undamn blocks, and refine our focus to feel the body's subtle power.

Once the whole body is activated and illuminated with awareness, all systems and layers begin communicating. The flow channels begin to open and energy can travel more freely through the body. Now, we enter the realm of Tantra.

For whom is this course?

This course is for those who want to get an introduction to the world of tantra and learn how to integrate its teachings into yoga asana practice and daily living. It's a course for those who yearn for spiritual connection and who want to enter a portal into a deep esoteric system of self-awareness that goes much deeper than instructions in physical postures or asanas.

Purpose & goal with the course

This course progresses through:

- The activation of movements of energy within your body
- How to move in a way that is propelled by breath
- Tantric meditation
- An introduction to the pillars of Tantric philosophy.

Course structure

The course is structured into five core teachings, with one philosophical contemplation and one asana practice on each teaching. Also included is a bonus tutorial and bonus Tantric meditation practice.

- **Part 1: The Energetic Body**
  In Tantra, the whole world is energy vibrating at different rates and manifesting in infinite myriad forms. In the first part of the course we'll refine our attention to be able to perceive and feel the energy.

- **Part 2: Polarity of Energy**
  In this second part, we'll focus and play between the two fundamental polar forces (yin and yang, dynamism and stillness, plus (+) and minus (-)), and explore how to balance these symbiotic opposites by using your vision, your internal drishti, and your awareness.

- **Part 3: Law of Correspondence – Microcosm to Macrocosm**
  A philosophical perspective in tantra is that the human being is a microcosm, a replica, or a tiny copy, of the macrocosmic universe. Here, we will focus on widening our capacity to hold space for all parts of our human experience.

- **Part 4: Resonance & Purification**
  In this part we will dive deeper into resonance, one of the fundamental concepts of tantra. We will practice to focus the mind in a particular direction and to attune to the frequencies that help us to make our lives more harmonious.

- **Part 5: Infinite Metamorphosis**
  Alchemy is the inherent and yet mysterious capacity for transformation within nature. Here, we will learn how we can activate the internal alchemy by harnessing the areas we are most rigid, contracted, or stuck, and using them as the catalyst that propels the exact degree, dimension and direction of our highest growth.

- **Bonus: Shakti & Sublimation of Energy**
  In the bonus meditation, Brooke guides you through the fundamental idea of life force, an invitation to explore the energetic subcurrant – in tantra called Shakti.

  In the bonus practice, we'll zoom in on what is said to be the strongest bandha, uddiyana bandha – a sweet, short, but powerful tantric practice focusing on the sublimation of energy.

Access time

You have access to the course for three months. If you wish to have access for a longer time, you have 30 % off on your next purchase of the course.

Learn more about Brooke

If you want to know more about Brooke Elliston, you can read more about her here.