



Dartmouth Festival of Healing Arts

WORKSHOP INFORMATION

CHECK IN

Please check in at the festival information desk. Reception is on the first floor directly in front of the stairs at the Flavel. Your workshops will be confirmed and you will be supplied with a wristband which **MUST** be shown for entry to workshops and other festival events.

The information desk on the first floor of the Flavel will be open from:

Thursday: 5 pm to 7pm
Friday: 9 am to 7pm
Saturday: 8 am to 6pm
Sunday; 9 am to 5pm

WORKSHOP VENUES

A venue map is attached.

The Flavel Centre is in the heart of town directly opposite the main car park. This is the location of the festival information desk on the first floor, the shopping bazaar, the main stage and therapy rooms.

All the non-tantra workshops plus Workshop 13 (The Dance of Energy and Conciousness) and Workshop 24 (Astro Tantra) take place in the studio on the top floor.

Workshop 5 (Tantra Dance Meditation) takes place in the Main Hall.

The Royal Castle Hotel is situated in the centre of town opposite the 'Boat Float' and is close to the embankment.

Workshop 7 (Honour your Boundaries) and Workshop 10 (The Joy of Tantra) take place in the Apollo Room on the first floor.

The Guildhall is located in Victoria Road, which runs between the Castle Hotel and the Flavel. It is 200 metres along the road, left hand side opposite the post office.

The following tantra workshops take place here:

The Ballroom on the 1st floor:

Workshop 1 (Divine Sexuality)
Workshop 4 (The Garden of Delights)
Workshop 8 (The Beginners' Guide to Tantra)
Workshop 9 (Living Love)
Workshop 12 (Aspects)



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Ground Floor Studio on right side of hallway

Workshop 2 (Trust your Body)
Workshop 3 (Male and Female Balance)
Workshop 6 (Dark Eros)
Workshop 11 (The Energy of Love)
Workshop 14 (Limitless Pleasure)
Workshop 15 (Puja)
'Workshop' 16 (Tantra Forum)

TOILETS

The Flavel

Top floor

The Guildhall

Ground floor on right.

The Royal Castle Hotel

Men: Ground floor

Women: 1st floor, turn right at top of stairs

ARRIVAL AT VENUE

Please allow at least five minutes to walk to your workshop venue. (You may need waterproof clothing when travelling between venues.)

Arrive at your workshop venue about 10 minutes prior to the start time. You will be greeted by a festival volunteer (identified by their t-shirts) and your name will be checked. You will not be admitted unless you have pre-booked your workshop.

No entry will be permitted after the start time and refunds cannot be given for late arrival.

BOOKING ADDITIONAL WORKSHOPS

If you decide you would like to attend another workshop you can do so at the festival information desk (see above for opening times). This is subject to availability. You can reserve your place and pay up to one hour before the workshop is due to start.

THE TANTRA FORUM

A panel of Tantra teachers will be answering questions from 'the floor'. This takes place on the ground floor of the Guildhall on Sunday from 2pm to 4pm. Attendance at the forum is free but there is only limited space available and the sooner you reserve your place, the more likely we will be able to accommodate you.

You can reserve your place at the Flavel information desk (see above for opening times).

CLOTHING



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Please wear comfortable clothing that allows you to move freely. Shoes are removed for the workshop. You may wish to bring socks.

REFRESHMENTS

Tea & Coffee will be only be provided in Workshops 4, 6 & 12.

We recommend you bring a water bottle which is easily identifiable by you.

PERSONAL COMFORT

Exercises during the workshop are done alone in groups or pairs. You will be able to remain with your partner if preferred.

If at any stage you are finding an exercise difficult or intense, or at any point you feel unsafe or uncertain, please let a member of the teaching team know.

CONFIDENTIALITY

Please be respectful of participants' right to confidentiality.

Dartmouth Festival Ltd and its representatives, reserve the right to exclude or remove any person from the workshop at any time without assigning reason. No refunds will be made.

PROGRAMME

The full programme of workshops can be seen on our website:
www.dartmouthfestival.com.

A festival programme will be available at The Flavel.

We very much look forward to meeting you and hope you have a very enjoyable festival.



Awakening the senses, love and consciousness