

Tantrik Fusion Class Descriptions & Teachers

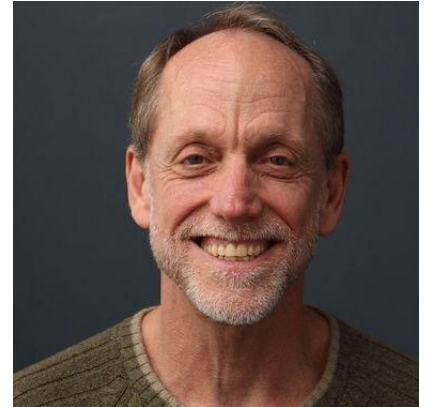
To check out Facilitator Bios, click [here](#)

12:15pm- 1:30pm Class Choices (3 Classes to Choose from)



Intro to Neo Tantra w/Gwenn Cody & Ray Cohen

Step into an illuminating 75 minutes that wraps the essence of Neo-Tantra- a modern evolution of ancient tantric traditions. This introductory lecture blends history, philosophy, and a touch of humor to demystify what “tantra” really means (and what it doesn’t).



We will explore how Neo Tantra weaves mindfulness, breathwork, and intentional connection into everyday life, offering a path towards deeper intimacy- with yourself, with others, and with the present moment. Whether you're curious, cautious, or already intrigued, this talk creates a welcoming space to ask questions, rethink assumptions, and leave with a fresh perspective on how sacredness and sexuality can coexist in our modern world.



The Latihan Awakening w/Susan Cohn

Creating trust, her signature events invite participants into transpersonal journeys with touch, discovering their inner magic.

A Blindfolded evening of sacred sensuality, embodied movement, and heart-centered connection.

We'll begin with a gentle drop-in to breath and awaken our body, followed by an introduction to **Latihan**—a mystical dance meditation where you move from inner guidance, not choreography. No steps to follow. No need to perform.

Just your truth, your energy, your presence—fully alive. Expect connection, curiosity, and a lovingly held container to explore your sensual self with safety, consent, and joy.

All identities welcome. Come as you are. Leave more connected.

Sexy Westy- West Coast Swing: Sass, Play, and Sensual Expression w/Brenda Jean

Strut. Flirt. Swing



West Coast Swing is known for its smooth aesthetic and slotted pattern base—but at its core, this partner dance is a conversation rich with tease, timing, and attitude. Traditionally, the follower commands the floor, strutting and styling with playful confidence while inviting the lead to respond, adapt, and flirt right back.

In this 75-minute all-levels session, Brenda Jean Russell will guide you through the sassy heart of West Coast Swing—where compression means “come closer” and the iconic *sugar push* gives just a little... *sugar*. We’ll explore three foundational directional patterns and practice them in multiple embrace styles to give leaders options and range.



Then the real fun begins...

Followers will dive into body shaping, leg embellishments, isolations, ripples, and timing play—learning how to stretch, redirect, and take the lead with a wink. Leaders will be invited to stay playful, responsive, and groove-aware, creating space for this flirty dialogue to shine.

This isn’t a basics class—but curious newcomers are welcome. We’ll focus on the flirty, expressive heart of the dance, not just the mechanics. Come ready to tease, play, and turn up the sensual expression.

No partner needed. All genders, roles, bodies, and personalities welcome.



1:45pm-3:00pm Choices (3 Classes to choose from)

Energy Foreplay: Energetics of sacred connection

Presented by Maggie May



- Practices to tune in/feel your own energy Field
- How to gently and consciously work with someone else’s field
- Listening to your intuition
- Enter intimate spaces
- Specific intimate practices/positions for energy healing
- Energetic re-centering & clearing after energetic intimacy

Maggie hopes you walk away empowered with tools to bring this into your daily life for you and your loved ones.

Massage à Trois: Triad Massage- A Ritual of Breath & Body (\$50 Intensive)



🌸 Presented by Susan C- Tastes of Tantra

An immersive evening of mindful massage, breath, and connection.

Slow down...

Tune in...

Let yourself be honored through sacred, consensual touch.

In this guided journey, three-person pods will rotate roles—**two givers** offering slow, intentional strokes to **one receiver**. Each person will receive a fully nourishing **yummy experience**, supported by music, breath cues, and gentle guidance to deepen presence and safety.

This is **not about gender balance—it's about human balance**.

We come together as beings, not roles or expectations. All identities are welcome.

Expect deep relaxation, embodied awareness, and heart-centered connection.

Bring: a towel or sarong, closed water bottle, and an open heart.

Tantric MicroFusion with Jen Moss



Discover Tantric Micro-Fusion, a dance style in which partners are guided to connect through sensual and playful movements. This is followed by freestyle dancing with choices for creative expression and ecstatic beingness.

This is a sacred movement class combining tantric elements with intentional micro-movement in partnered practice.

Come enjoy a sensual practice of breath and presence in a focused yet playful way! Guided techniques and creative opportunities for connection will be facilitated. ***Elements being practiced are breathing, slow micro-movement, touch, holding, intention, partnership, syncing up, and tuning in.***

Feel from the inside out as we explore the space between, against, and within, while sensual dancing and experiencing variations of consensual intimacy and presence.

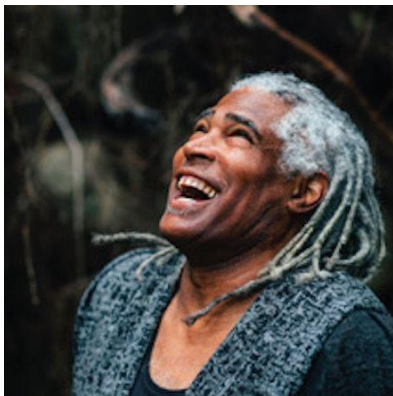


F*ck Yes and Beyond with Emerald May

Get turned on by your own clarity. This is a breath-fueled, body-led journey into the wild, nuanced landscape of your *fuck yes* and your *sacred no*. With guided movement, somatic play, and nervous system-savvy tools, we'll explore your desires that live in your skin, your belly, your breath - not just your mind and words. Expect laughter, tenderness, sensation, and a space where your boundaries feel hot, holy, and fully yours.



3:15pm- 4:30pm Choices (4 Classes to choose from)



Nia Dance with Saffire

Nia is a practice of self-healing and self expression through conscious navigation of body, mind, emotion and spirit. Cardiovascular for the body and cleansing for the soul, Nia invites us to move as a whole system, an integrated unit that chooses the sensation of pleasure and the state of joy in the body as our baseline. We expand our awareness, our movement vocabulary and our means of expression from there. Nia is Movement as Medicine.

Daoist Sexual Practices for Sexual Conservation & Longevity



with Brenda Jean Russell

Explore foundational Daoist energy practices designed to cultivate vitality, extend pleasure, and harmonize sexual energy for all genders and bodies. This 75-minute all-levels workshop blends the clinical with the sensual—offering an introduction to internal alchemy, sacred sexuality, and qi-based self-awareness.

We'll begin with gentle Qigong warm-ups—both solo and partnered—to open the channels, foster connection, and ground the body. From there, you'll be guided through **Jing Retrieval**, a meditative internal practice combining breathwork, pelvic floor activation, and energy flow. Known in Daoist traditions as a key to conserving sexual essence and nourishing prenatal qi, this practice supports emotional balance, self-connection, and sexual sovereignty.

We'll close with an introduction to sacred sexuality forms—demonstrated and explored—laying the groundwork for longevity-focused, hormone-balancing, pleasure-enhancing embodiment.

Please wear loose, comfortable clothing that allows you to feel your body and pelvis clearly (no jeans or thick seams). Bring a shawl or blanket if desired for privacy or warmth during meditation. Props or chairs are welcome for floor sitting.

Note: While rooted in medical Qigong, this class is not a replacement for healthcare. Brenda Jean Russell is not a licensed healthcare provider. This workshop is not a trauma-processing space. If you have acute or untreated sexual trauma, please consider a private session or trauma-informed course. You enter this space of your own free will and are responsible for your own wellbeing.

All genders, bodies, and levels of experience welcome.

Tantric Breathing: The Breath of Life w/Gwenn Cody



Breath is the quiet spark that fuels every pulse of desire. In Tantra, it's not just something we do—it's the thread that can stir energy, melt tension, and awaken the body to deeper pleasure.

In this class, we'll play with a variety of breathing techniques—slow, teasing inhales that build anticipation, deep exhalations that soften the body, and rhythmic breaths that ripple through you like waves.

Some practices will be solo, helping you drop into your own sensations. Others will be partnered, inviting you to sync your breath with another.... to feel that subtle heat of connection as your chests rise and fall together.

Come with a partner or pair up in class—it's an exploration of intimacy that begins with something as simple, and as potent, as a single breath.



The Taste of Ecstasy: Eating Sensually in the dark with Maggie May & Emerald May (\$50 intensive add on)

In this sensual workshop, we'll explore the art of giving and receiving through food, touch, and trust. Partners (or new friends) will be guided through playful exercises in mindful eating while blindfolded—inviting you to surrender sight and lean into taste, texture, scent, and the delicious tension of not knowing what's next.

Along the way, we'll explore:

- Trust and consent in shared sensual experiences
- The subtle thrill of anticipation when one sense is muted
- How to slow down and savor every bite, every brush, every moment

Perfect for pairs, friends, or adventurous solo attendees open to connecting, this class is all about pleasure at a human pace—no rush, no pressure, just curiosity and sweetness in the dark.

- Blindfolds provided. All genders, pairings and comfort levels are welcome
- You will choose your own food from the workshop buffet and go over preferences and boundaries before the experience begins.



4:45pm - 6:00pm Choices (3 Classes to choose from)



Speaking Desire: Nonviolent Communication for the Bedroom, Presented by Jen Moss MFT

Deepen Intimacy | Express Needs | Cultivate Connection

Communication is the bridge between desire and fulfillment. In this **workshop**, we'll explore how **Nonviolent Communication (NVC)** can enhance emotional and sensual connection in the bedroom—allowing you to express your needs, desires, and

boundaries with clarity, confidence, and care. **create emotional safety** before, during, and after intimate moments

Whether you're navigating **expressing a new fantasy, setting boundaries, or deepening emotional safety**, this workshop will guide you through **gentle yet powerful techniques** for fostering intimacy through mindful communication. By learning to speak from the heart and listen with presence, you'll create a space where both partners feel heard, respected, and free to explore pleasure together.

Come coupled or solo and work together to practice communication through guided exercises and roleplay. Come with openness & curiosity and leave with **new skills to enrich your intimate connections**—both in and out of the bedroom.

Red Hot Sacred Sensual Ritual (\$50 Intensive Add on)

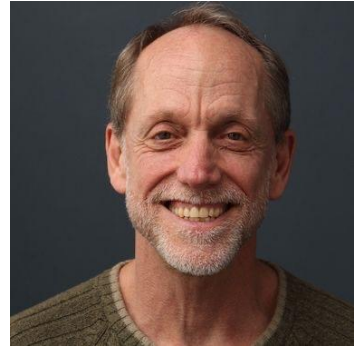


Guided by nationally recognized teachers who are known for creating sturdy, consensual containers, this ritual will take you through a guided experience that blends connection practices with juicy exercises that explore touch, eye contact, breath and erotic play. As presence and eros come together we shift ordinary awareness into exciting, absorbing and meaningful connection.

These intimate, partnered exercises are designed to awaken the senses and stir something deeper. Some practices will be soft and tender, some sensual and some will tease at your edges in ways that are always consensual and often profound.

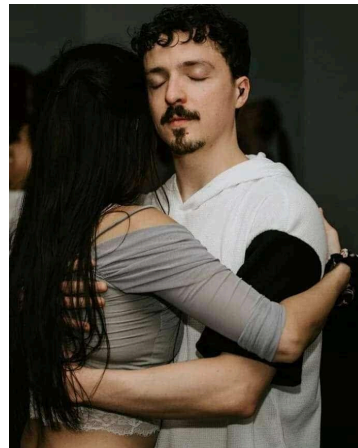
Whether you come solo or with a partner, you'll step into a ritual space where curiosity is welcome, boundaries are honored, and intimacy—both with yourself and others—can gently expand.

*No Nudity or genital contact will take place
Zesty Zouk by Parker & Jana



This class is going to focus on body isolations and movements in the close, full body embrace. Think hip and chest movements, gooey body rolls. We may include a move called gostosinho, which means 'yummy'

Brazilian Zouk is a deeply connected, flowing partner dance known for its smooth, almost hypnotic movements and expressive musicality. Originating from the Lambada in Brazil, Zouk has evolved into a rich and versatile form that blends grounded footwork with sweeping body isolations, head rolls, and elastic connection between partners. It's sensual but not sexual—more like liquid conversation through movement, where each moment is guided by rhythm, breath, and mutual awareness.



Whether you're new to partner dance or curious to add some spice to your movement vocabulary, Zesty Zouk is your invitation to explore connection, creativity, and that delicious balance of structure and surrender. No partner or prior experience needed—just bring your body, your curiosity, and a willingness to sway into something new.

7:15pm- 8:30pm Evening Dance Class Choices (3 Dance classes to choose from)

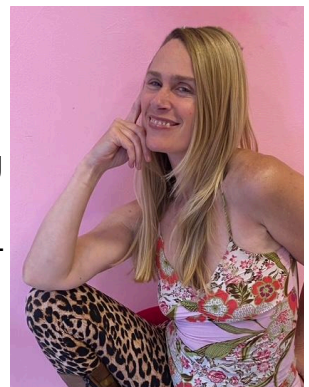
DANCE INTO BEING with Saffire: *Actively Discovering, Exploring, and Embodying the Creative Ecstatic Pulse of Community.*



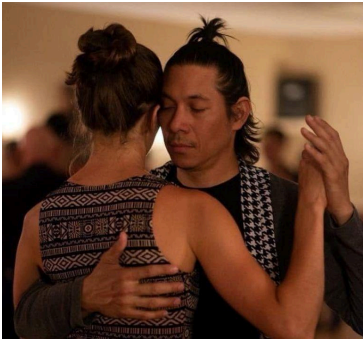
Dance into Being creates a deeper sense of embodiment, self empowerment and self expression through the use of movement, sound and rhythm. We discover our personal styles, reclaim play and cultivate by creating music and ecstatic movement together. We transmit and receive. We also explore pulse, beat, and rhythm. When we are in relationship to the same pulse, we are in relationship to each other and community is created.

Intro to Fusion Fundamentals w/Heidi Light

Step into a playful dance class designed to give you the essentials for connecting On the dance floor. Explore with Heidi how to move with ease, communicate through touch, and blend styles with creativity. No experience or partner needed- Just bring curiosity and a willingness to groove and work on fundamentals.



Tantrik Tango w/Eric Arthur

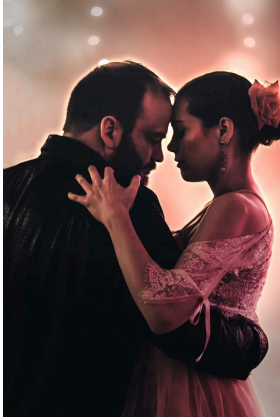


Fusing tantric energy into Argentinian Tango is not for normal tango dancers. Immerse your senses with: intertwining bodies, eye contact, breathwork, embracing stillness in tricks. Will you revel in these aspects that would make normal tango dancers tremble?

Class Concepts:

- *Integrating mind, body, and spirit energies to take tango to the tantrik level.*
- *Embracing the moment. Lingering in the stillness of the movement.*
- *Going passed sensual into the sacredness of the embrace together.*
- *Cultivating self-awareness, self-care, then care of the other.*

Dirty Dance 101: Facilitated erotic dance movement w/Daniel & Maggie May



Dirty Dance 101 is the most important curriculum development in the history of Sensual Dance. It is two classes in one: "The Five Vibes" and "The Five Verbals". These classes distill the top 10 most useful dance consent concepts to help you get started on your Sensual Dance journey. The entire class is focused on dance moves, in an opt-in format so you don't have to practice anything you don't want to.

In "The Five Vibes", you will learn the attitudes and nonverbal cues necessary for two people to thrive in a nonverbal connection - from disgust to lust - using visible, audible, and tactile cues across Sensual Dance's proprietary D.A.N.C.E. system. Dancefloor moves will cover "Ew", "Cautious", "Nuanced", "Affectionate", and "D/S". By the end, you'll understand what it looks like, sounds like, and feels like to embody enthusiastic consent on the dance floor, thereby making yourself accessible, inviting, and seductive for your dance partner to ask about dirty dancing - while filtering out experiences you don't want.

In "The Five Verbals", you will practice a sequential series of verbal conversations that cover the vast majority of consent concerns on the partner dancefloor at sensuality-friendly events. Building upon the enthusiasm achieved in "The Five Vibes", you will practice negotiating, initiating, escalating, and de-escalating five kinds of sensuality using Sensual Dance's proprietary 5-G system. Dancefloor moves will cover "Gushing", "Gliding", "Grinding", "Grabbing", and "Gripping". By the end, you'll experience asking, initiating, responding to, listening to, and de-escalating sensuality, and laying a foundation for deep trust.

Normally a 120-190 minute class, for our dear friend Jen Moss, who has taught this very class for us in the past, Sensual Dance is accepting the exciting challenge of a 75-minute edition exclusively for Tantrik Fusion's debut minifestival! Please join us for this exciting experiment!