

Ethics Charter TantrAnima

TantrAnima is a collective of Tantra Retreat leaders in France created in 2020. Its purpose is:

- to reflect on the implementation of common frameworks relating to various Tantra-related topics (ethical charter, deontology, responsibility, communication, etc.),
- the sharing of experiences and practices relating to the running of Tantra Retreats.

Preamble

Our approach draws on traditional Tantric traditions (Kashmiri shivaism, Buddhism). Our practices have been enriched by various contemporary trends and are now part of neo-Tantra. This art of living is aimed at people who want to live more authentically, celebrate life in all its aspects and open up their consciousness.

Tantra being a spiritual path that takes into account all the dimensions of the human being - physical, emotional, spiritual, sexual, etc. - Tantra facilitators need to be highly responsible, clear and aligned in order to provide a safe environment in which to fully enjoy the experience on offer.

Each TantrAnima facilitator embarks on a journey of awareness (and self-knowledge). They question their intentions and practice, aware of what is at stake (transference / countertransference / power / domination / seduction and projections), and of their responsibility towards the people they accompany. He/she seeks to be as fair and aligned as possible in his/her posture and support.

TantrAnima Charter

The facilitators commit to the following points:

- 1. To ensure that the consent of the participants is clearly established, in their freedom to practice or not to practice such and such a proposal or to adjust it.*
- 2. To support each participant in respecting their own impulses and limits related to consent.*
- 3. To respect participants' freedom of belief and opinion, and never to seek to impose an opinion, belief or dogma on them.*
- 4. To ensure that they and all their teams have no seductive or sexual relationship with participants.*
- 5. Not to propose practices leading to sexual intercourse. Tantric practices encourage the mobilization and circulation of vital energy.*
- 6. Promoting the inclusiveness of all participants (disabled, LGBTQIA+, low income, age, origin, religion,...).*

7. To ensure that the conditions of confidentiality are made explicit and accepted by all: no disclosure of names or others' experiences, no photos or videos of people without their consent.

8. To take part in intervisions proposed by the Tantranima group and to practice external supervision.

9. Participants will also be asked to commit to mutual respect, confidentiality, non-violence, to attend the Retreat for its entire duration and, if necessary, to inform the leader and the group in the event of an early departure.

10. Each participant in a Retreat led by a member of the Tantranima group may contact the Tantranima ethics commission if necessary (complaints, questions, support, etc.).