

LaQuanda Jefferson MA., MFT, NP



Welcome to the introduction class for the Art of Tantra. The class is geared toward freedom and elevation on a wholesome level. The mind, body and spiritual connection of an individual is essential to the proper functioning of human beings and to be honest, it is very common for people of all cultural backgrounds to become out of sync with their chi and natural connection simply because many of us don't learn this from the tender stages of development as children. We help you reconnect with yourself as you navigate through your life and the elements that often influence it. This class requires an open mind and few materials to get started and to be successful. Please fill out the following registration form and sign it to get started today.

What is your name?

Who referred you?

What is your sexual Orientation?

What is your gender?

What are you on your spiritual path?

What do hope to gain out of this experience?

Have you meditated before?

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Have you tried to learn the element of Tantra previously?

If so, where and when?

Are you interested in the Certificate and t shirt?

Are you sexual or sensual as a being?

Did that last question make you uncomfortable?

Do you like your body?

Do you like your spirit?

Are you in competition with any element of your SELF?

Do you have any medical conditions that we need to be made aware of? If so, who is your PCP and what is their contact information?

Are you ok with us calling 911 if needed in an emergency?

Anything else you would like us to know?

Your responsibilities

Maintain respect for all participants

Be respectful and mindful of other's space and comfort level

Work to achieve the full tantric experience

Be willing to be in the presence of diverse populations or people

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Be willing to be unclothed for certain exercises

Dress comfortable

### Consent and Waiver

Please understand that it is our greatest priority to create a safe, nurturing, healing space for you and this is what we specialize in, but in the case of ill exercised maneuvers and the consequences thereof, we assume zero liability and you must consent to voluntarily participating in this class before you are allowed to move into the practical portion of the class no later than the third class. Please sign below, indicating your understanding, acceptance of and waiver of liability on our part, and acceptance of your responsibilities as a participant.

Attendee

\_\_\_\_\_ Printed Name

\_\_\_\_\_ Sign and Date

Staff/Facilitator

\_\_\_\_\_ Printed Name

\_\_\_\_\_ Sign and Date

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