

The Heart of Tantra



An immersive Traditional Tantra experience exploring your Divine Self through pūjā (ritual), āsana (subtle movement), and satsaṅga (playful discourse).

Over these four days, we will explore Tantra as celebration of life, engaging with practices of gentle movement, self-inquiry, and relaxation.

We will recognize the divine in ourselves and the kula (community) through morning rituals of japa (Goddess mantra), nyāsa (embodying divine awareness), and ārati (fire ritual to dissolve our shadows).

The retreat also includes an introduction to Ayurvedic massage—a skill you will learn and receive—designed to support vitality and optimize the body.

Evenings are devoted to ritual, rest and time around the fire to support connection and integration. Spacious breaks throughout the schedule allow time for rest, reflection, and digestion on all levels.

This āsana system emphasizes sensitivity, intuitive relaxation, and inner balance. The body is approached as the blissful expression of the Divine, something to be celebrated and playfully explored.

This retreat is suited for practitioners wishing to explore Tantra as an integrated path of yoga, meditation, and self/life inquiry.

What You'll Experience

- Morning ritual including: japa (chanting Goddess mantra), nyasa (re-cognizing the divine) and ārati (removing the darkness)
- Learn and receive Ayurvedic full body massage
- Satsaṅga (discussions) exploring identity (ahamkāra), purpose (dharma), and life itself
- Health optimizing āsana grounded in breath, relaxation, and subtle internal awareness
- Traditional Pūjā (ritual) to recognize your divine nature
- Time for rest, reflection, and informal integration
- A beautiful retreat container with space to support well being through nourishing food and nature

Practical Notes

- Level: Open to all practitioners
- Prerequisites: No prior Tantra, nor Yoga, training required
- Style: Self-inquiry, devotional, and somatic practice
- Container: Playful, sincere, non-sexual, no nudity
- Language: English (with french option translation)



Where ?

In “La Ferme du Breuilh” – The training will take place in the beautiful place, la Ferme du Breuilh, in Saint-Pierre-de-Frugie in the Dordogne (France), in an exceptional setting in the heart of the Périgord-Limousin National Park. During your stay, you will have access to a wild land, with forest, river, trees and traditional farms.

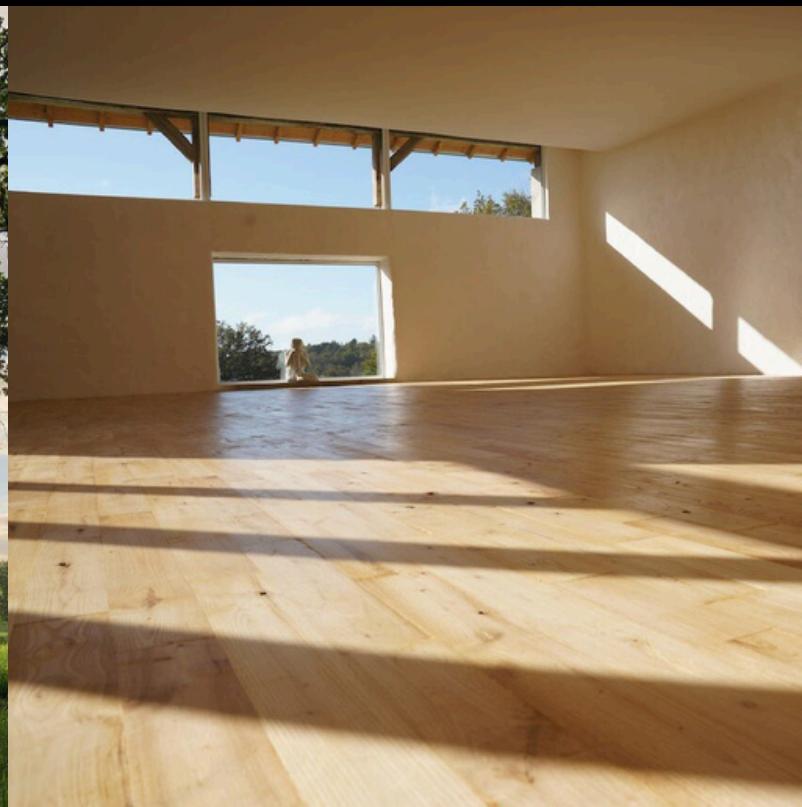
Accommodation will be in tents, dormitories (of 3 or 6 people), or single rooms (with a double bed). Meals will be prepared daily by our cook, using fresh, local produce.

Le Breuilh is a farm of 100 Ha in the Régional Natural Park Périgord Limousin. A place that contributes to the food and energy autonomy of its territory.

The farm is an old hamlet, consisting of several stone buildings that has been renovating as much as possible with eco-friendly materials and furnishing with recycled furniture

Aware of the ecological emergency, Cécile and Alain spent a long time searching for a new place to live where they could put their energy and skills to work in the service of our convictions. They chose the Breuilh farm, with its land and forests in the village of Saint Pierre de Frugie, which is committed to ecological transition.

HERE you can see photos and more information on the place



Facilitators



Whitney Wheelock (teacher)

Hello. I'm Whitney. I have been living the Trika/Kaula Tantra worldview since 2006.

I came to this way of life "by birth." My parents met in an esoteric spiritual community led by my grandmother. In their day to day life they worked as lawyers advocating for the rights of women and children. This was my life, a mix of inner inquiry and community responsibility.

After working at the Federal Reserve Bank, managing at an international wine company, and having a successful materialist lifestyle—I found myself deeply unfulfilled. Following the divorce from my wife at 26, I left America to explore other ways of living. I played semi-professional football (soccer) in Germany, and eventually continued on to Asia in search of answers to my questions about life.

In 2006, a Tantra Yoga class in Thailand changed the course of my life. I began a one-month immersion which evolved into a decade of study, practice, and sharing the Kaula Trika Tantra tradition.

My life is now focused on authentic, honest, and playful celebration of life.



Tiphaine Besnard (assistant)

I am French therapist, who has completed a degree in sexology and a doctorate in sociology in 2015.

SI also published three books resulting from her university work on sexual theories and gender and sexuality issues in contemporary psychotherapies. .

I am Trained in Mindfulness meditation 2016, in Bert Hellinger's Family Constellations 2019, and I am a certified as an instructor in Kaula Tantra Yoga (Durga's Tiger school 2023)

I regularly leads workshops and retreats around the body, emotions, trauma healing and sexual fulfillment

My spirituality takes its roots in neo-paganism (Celtic tradition) and Starhawk's Reclaiming tradition (ecofeminism), and in that context, dance, ritual and magical practices have always been part of her life and on her professional path. I am learning yogic and tantric ancient philosophy and I am interested in creating connections and dialogues between hindouism and other forms of spirituality.



Prices

3 nights / 4 days of all inclusive retreat

3 super delicious veggie meals per day

- single room (with double bed and bathroom) 600 euros
- dorm (3-6 people) 500 euros
- tent/van 400 euros

Early bird price : 100 euros discount for all reservation

before 15th of april 2026

Schedule:

Day 1:

3 pm onward Arrive
5 - 6 pm Asana
6:15 - 7:30 pm Satsang - Intro to the Retreat/Tantra
7:30 - 8:30 pm Dinner
8:30 - 9 pm free evening, rest

Day 2:

8 am Japa, Arthi
9 - 10 am Breakfast
10 - 1 pm Massage Intro
1 - 3:45 pm Lunch/free time
3:45 - 5:15 pm Satsang - Ahamkara (Identity)
5:30 - 7:30 pm Asana
7:30 - 8:30 pm Dinner
8:30 - 9:30 pm Puja/rest

Day 3:

8 am Japa, Arthi
9 - 10 am Breakfast
10 - 12 pm Massage
1:30 - 3:45 pm Lunch/free time
3:45 - 5:15 pm Satsang - Dharma, Artha, Kama
5:30 - 7:30 pm Asana
7:30 - 8:30 pm Dinner
8:30 - 9:30 pm Puja/Rest

Day 4:

8 - 9 am Japa, Arthi
9 - 10 am Breakfast
10 - 11:30 am Massage
11:45 - 1:15 pm Asana
1:30 - 3 pm Lunch/Departure

Quotes from Past Students:

"This blissful experience really made something shift in me. Whitney is such a skillful experienced teacher who really embodies and lives this Kaula Tantra way of life. The teachings are so valuable."

Suzanne, Netherlands, 55

"The teachings here—rooted in the Kaula Trika Tantra tradition—are challenging, but in the best way. They go far beyond surface-level spirituality and invite a kind of honest, transformative inquiry that's rare to find.

The yoga asana system is also unlike anything I've experienced elsewhere. It's a deeply intelligent and powerful practice that supports not just the body, but the entire path of inner transformation.

Highly recommended for anyone looking for a genuine and grounded spiritual experience."

Max, United States, 36

"This is the only style of Yoga I ever enjoyed because of its pace and repeating sequence... Whitney is a Teacher who is deeply grounded in his integrity and both deeply wise and authentic."

Lucyana, Germany, 39

"I learned a lot during this experience, both during the lessons and especially during my time with Whitney. He is sincere, above all genuine, always available and very knowledgeable in what he does."

Duccio, Italy, 39

"I am very grateful to Whitney for a life-changing experience [through a] deep understanding of the radical but awesome philosophy, amazing somatic experiences like the morning rituals, the wonderful asana practice and the fantastic ayurvedic walking massage. I am so thankful and happy to feel completely recharged, immensely inspired, focussed on what really matters, and connected to myself and the world, [in a way] I have rarely felt during my entire life."

Tom, Germany, 66

"In the first conversation with Whitney I had no more doubts about attending this program. The biggest revelation I had? There is nowhere to go, nothing more I need to be, nothing I need to do better. I feel inspired, energised and ready to play. After this experience I'm looking forward to experiencing all of existence. I feel playful with everything in life, even the hardest things."

Isabelle, Italy, 23