

# *The Truth about Tantra*

with Sam Grimes

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Sam Grimes (who lead our Feb 25 workshop on Sanskrit and Mantras) returns to give a three-day workshop series on tantra. We will answer questions like what are the origins of tantra, both Hindu and Buddhist? Does tantra have a philosophy and what are the reasons behind the practices of tantra? And of course- why does there seem to be so much sex in tantra? What is the relationship between tantra and yoga? We will examine how hathayoga

was actually produced from Buddhist tantra, and how it ended up with its current Hindu label.

Sam Grimes has studied Sanskrit and tantra at the University of Hawaii, Deccan College in Pune, India, Kathmandu, and Oxford University.

Most recently he studied Sanskrit mantra and tantric ritual with the Vajrācāryas, the tantric Buddhist priests of Kathmandu.

Cost per class is \$30 or \$80 for all 3 (upfront)