***Bio/CV Siegfried Présent***

Siegfried Présent (39) grew up in a family that went for a spiritual journey inside themselves in an environment where self development and growth was supported strongly. Due to the fact that his father and mother both always were very interested in Eastern philosophy, and the spiritual insights that go with it, his father became tai chi teacher and his mom a daily practitioner of shaking, yoga, breathing exercises, and many other alternative ways to deal with issues and find the path to our soul. As Siegfried graduated industrial engineering at Karel De Grote Hogeschool Antwerpen, he grew up in an environment in which religion, spirituality and science cooperated to insight rather then contradict each other. This lead to regular ashram visits and regular trainings to purchase growth and the soul mission.

He graduated cum laude for the first year at the Rasayana Tantra Academy in Tantric group work and individual wellness tantric massage sessions. He also had the first level of the teachers training ancient tantra kriya yoga by Anand Rudra. Siegfried visits an ashram since my 25 years, with a purely pranic training called shaking, and since the age of 25 Siegfried had been interested in tantra. He followed several courses such as Swedisch/sports massage (with diploma), shiatsu, chair massage and engaged communication. When he was younger, tantra was rather a way to deal with his own sexuality and intimacy in another way, in a more superficial way. But along the way it became a lot more than that. In the ashram He learned what “process”, “introspection”, “shadow side” and more meant. Tantra became a process on its own, and he discovered he wasn’t really practicing Tantra but discovering what the way to Tantra is. Today he is ready to share some of his knowledge.

Work- en studies

March 2015 – May 2016

1st year University tantra (The Rasayana Tantra Academy)

Master Classes in:

-       Kum Nye (Tibetans 5 seizons massage)

-       Ancient Tantra Kriya Yoga and Kaula tantra massage

-       Bio energetics, Advaita Maria Bach (Reichian dearmoring)

-       Deblocking with Amrita, Mal Weeraratne

-       Mantak Chia, inner smile, micro cosmic orbit, 6 healing sounds

**Degree:**Cum Laude, accredited under The Rasayana Tantra Academy (international)

8/10/2015 – 20/12/2015

Sintra,Portugal, training Ancient Tantra Kriya Yoga instructor level I (1st 100 uren)

**Degree:**This trainig is accredited under The Rasayana Tantra Academy (international)

18/09/2014 – 29/01/2015

Syntra, training cosmetic massage (sports and wellness massage)

-       Anatomy and fysiology theory

-       Swedish massage

-       Sports massage

**Degree:**Yes, recognised by government

**10/2013**

Training engaged communication with erwin Tielemans, Human Matters

2005

Modular tranings Shiatsu en stoelmassage

-       Meridians theory

-       Practics

**Degree:**Yes,Certificate participation, not officially recognised

2002 - present

Ashram Ratu Bagus (astral degree)

Yes,Certificate participation, not officially recognised   (Visited retreates with Ratu in 2002, 2005, 2007, 2016- ahram in  2002 and 2003, 2013, 2014, 2015 and 2016)

Shaking is part of daily practise to keep the energy high

1990-1992

Tai Chi (+-1 year) , tai chi sword (+-6 months) and Qi cung (+-2 years) with late Shen Honxun (BuQi institute)