

# Cocoon

## REGISTRATION FORM FOR THE SEMINAR

To be filled out and sent to:

**Jean-Paul LACROIX** 17 rue Ernest Renan  
75015 PARIS Phone: +33 6 60 04 16 61  
[www.cocoonez-moi.com](http://www.cocoonez-moi.com)

**Last Name:**

**First Name:**

**Gender:**

**Age:**

**Profession:**

**Address:**  
.....

**E-mail:**

**Phone:**

**Transport:** I have a vehicle and can offer rides or I am requesting a ride in a carpool.

I am registering for the session from //2025 to //2025 or for the entire semester session...

I am paying a deposit of 200 euros per weekend by check made out to Jean-Paul LACROIX, (refundable if cancellation is made one month before the session date), and sent by mail to the address above, along with this registration form.

If the session is canceled for reasons beyond our control, we will refund the deposit.

Signature

**Location:** La Vallée Rose, Île de France.

Vignes d'Orval, Chemin de la Marnière 28410 Goussainville

From Friday 8:00 PM (arrival from 6:00 PM) to Sunday 6:00 PM.

**2026**

### **Spring/Summer Session:**

06/08 February, 06/08 March **03/06 April**, 08/10 May, 12/14 June.

from 23 to 30 of January in Chiangmai in **Thailand**.

### **Semaines d'Eté**

from 24 to 31 of July in Chiangmai in **Thailand**.  
from 22 to 29 August in **Drome France**.

### **Fall/Winter Session:**

18/20 September, 16/17 October, 13/15 November, 11/13 Décember,

**08/10 January 2027.**

**Mandatory phone interview with one of the facilitators before final registration.**

**Facilitation:** 260€ per weekend.

**(Accommodation, food, and fees: 190€)**

**Participants:** The sessions are intended for motivated individuals aiming to become autonomous and reconnect with themselves in joy and respect.

### **General Weekend Program:**

**Energy:** Intensive breathing exercises to release sexual blocks and physical tensions.

**Consciousness:** Practice of Tantric exercises and meditations to achieve unity of body, soul, and spirit.

**Action:** Demonstration and initiation to basic Tantric massage techniques. Massage exchange. The massage is practiced with warm oil and essential oils. Massages are received naked.

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**TANTRA, MASSAGE, AND SHAMANIC BREATHING Energy - Consciousness - Openness**



**Co-led by: Jean-Paul, Argyro and Julien**



Tantric and meditative shamanic body experience that transforms energy through connection with touch, vibration, breathing, and pulsation in the body.

Consciousness is connected to the heart and body in a space of deep relaxation and trust in the universal and divine.

Massage is something you start,  
But never finish, it continues indefinitely,

And gradually becomes deeper and higher.

Massage is a subtle art.

It's not just about skill, it's about love.

First, you learn the technique and then forget it.

You feel and create movements based on your feelings.

When you deeply learn massage,

90%90% of the work is done by love, 10%10% by technique.

Only the touch is needed, the touch of love,

And the body relaxes.....

If you feel love and compassion for the one being massaged,

If you see them as energy of inestimable value,

If you are grateful for their trust in you,

And for allowing you to play with their energy,

Then, more and more,

You will feel like you are playing an organ,

And you will feel the creation of harmony within you.

Not only the one being massaged, but you too will be relieved.

While massaging, only massage, think of nothing else.

Enter into your fingers, into your hands,

As if your existence enters there.

Do not be satisfied with a physical touch.

Your soul penetrates the body of the other,

And the most difficult complexes relax.

Make it a pleasure. Don't work at it.

Make it a game, and enjoy it. Osho

### **The Journey of Tantra Massage will begin...**

This workshop will start the week with a deep cleansing through shamanic breathing, which will allow us to be fully present and

centered. The massage we offer, while it has some structure, primarily requires presence: 10% structure and 90% presence. Shamanic breathing will help us truly enter the week and increase our presence. All the structures (meditation, rituals, tantric or shamanic structures) around the massage will also be there to enhance our quality of presence.

**During the first part** of the Cocoon structure of the tantric massage, we will shed this invisible backpack filled with our past experiences to start anew, lighter. We will learn to untie the knots that block our life energy. These obstacles, accumulated through trials, prevent our inner light from shining fully.

**In a second step**, we will gently turn the person being massaged so that they can let go in trust. And we will discover the incredible secrets of our belly. But before exploring the belly, we will prepare the ground by focusing on the solar plexus to calm the fear of vulnerability and allow opening. The solar plexus is the space of permission and self-acceptance. This energy center is the seat of our personal power and self-confidence. By working on the solar plexus, we will open the way to unconditional self-acceptance and the manifestation of our true potential.

**To end the week**, a safe and sacred space is created to explore and heal the emotional wounds that our being has suffered. We will go further in a powerful practice of tantric sex massage, which will help heal these emotional wounds and strengthen our self-confidence and a deeper, more fulfilling connection to our identity.

**In this space of the first chakra** and sex, the essence of our identity is concentrated, what we are as beings simply. It is at the

source of life and our existence; our right to exist as we are. Of course, in this space, we also find sexual energy, but it is only a part of our vital energy, and it is above all on this permission to be totally who we are that we will focus our attention. Our presence and all of life will be transformed in a deep healing experience and spiritual connection with our divine essence.

**The term "Tantra,"** in Sanskrit, means: weave or link or unity. Tantra can allow us to find this physical, emotional, and spiritual unity and go beyond, living unity with our environment and with the whole. It is within the framework of Tantra operated by Cocoon that we approach all parts of the being without exclusion physically, emotionally, and spiritually to find this unity with ourselves and with the whole.

**Welcome you to join with us,** it would be a deep and transformative inner journey!