

*Omega South Bay Center for
Conscious Loving
February/March 2010*

Omega events meet at a private home unless otherwise specified.
346A Los Gatos Blvd, Los Gatos 95032.

Directions to Baba's: Take Hwy. 17 to East Los Gatos exit (20A), turn left at the 2nd signal light, Los Gatos Blvd. 346A is the 3rd house on the right past Harding Ave. Watch for the white holiday lights on the front fence. Enter by the back door of the front house.



**White Spirit Tantra Classes
Women of Spirit
Singles Awakening
Wedding Ceremonies
& Memorial Services
Relationship & Tantra Coaching**

*Community for Personal
& Spiritual
Development*

Questions: Call Baba at **408/358-3268**, or email **babanicole@earthlink.net**

Go to: **http://WhiteSpiritTantra.org** for detailed information on Baba's classes and Relationship Coaching with Heart.

Does your group need a heartfelt, inspirational guest speaker? Schedule Baba now!

**The mission of White Spirit Tantra is to experience ourselves as radiant beings with an infinite capacity for intimacy and love.
Our vision is to contribute to the healing and transformation of our planet.**

Omega Calendar

Current On-going Classes

Women of Spirit

Weekly, Tuesdays, 7-9:30 pm.

The Heart of Intimacy*

Monthly, Sat., 2/13, 3/20, 7-10 pm.

Your Heart's Next Adventure

Every other month, Sat., 3/27, 7-10pm.

prerequisite:

♥ ***The Heart of Intimacy*** ♥

Starting Over ~ It's Time for a New Fairy Tale (for Women)

Weekly, Wednesdays, 7:30-9 pm.

*Omega is the
last letter of the
Greek alphabet,
symbolizing the
arrival point in
mankind's
consciousness*



Singles Awakening

~ The Heart Connection

Monthly, Fri., 2/19, 3/12, 7:30-10 pm
Bring something yummy to share for the after party!

Eckhart Tolle DVD/Meditation

Monthly, Sat., 2/6, 3/13, 2-4 pm.

White Spirit Tantra Core Groups

~ Embracing Community

Level One now forming. Contact Baba

Our Meetups:

www.meetup.com/White-Spirit-Tantra-The-Heart-of-Intimacy

www.meetup.com/Singles-Awakening

About the Facilitator: Baba Nicole Herrick is a gifted clair-sentient and sage. For 37 years she has transformed people's lives through her compassionate relationship coaching and inspirational workshops. Seeing the need for heart connection in our fast-paced world, Baba introduced White Spirit Tantra in 1995.

We are given so much misinformation in our lives about ourselves, our sexuality, and our spirituality, that we get blocked and tangled up so badly we lose our true selves. Baba's gentle and precise teachings and guided meditations reawaken us to who we really are. - Jim F.

Baba brings integrity, wisdom, & playfulness in the form of a beautiful & powerful woman. - Diana D.



OMEGA is a non-profit, human potential organization moving into its 44th year.
We invite you to be a part of our unique community of unconditional love.

Omega Calendar, Feb/March 2010

Events at 346A Los Gatos Blvd., Los Gatos (408) 358-3268



Tantra



Your spirit yearns to express itself. White Spirit Tantra is a portal to fulfillment. The power of this practice is the unfolding of your ability for profound emotional intimacy. It is often confused with Red Tantra, which teaches advanced spiritual sexual techniques. For thousands of years Tantra has been a source of harmony, passion and balance within relationships. Both genders benefit greatly from this practice. The key is in the balance of yin and yang. Within every woman lies a radiant sleeping goddess. This goddess is sensuous, alive, & playful - with a magnetic heart. When awakened through Conscious Breathing, her loving heart rediscovers the natural gift for energetic connection, and she brings transformation to all she touches. As beneficiaries of the goddess in her full consciousness, men discover their Inner Masculine & Divine Feminine which stimulates a lovely dance: relationship evolving into living poetry.

Baba creates a sacred space in which to connect with others at a deep and blissful level. - Henry W.

♥ The Heart of Intimacy ♥

Introduction to White Spirit Tantra For Singles and Couples

Everyone has the capacity for deep connection. Learn how to stay present while relating tenderly with another without your 'thinking mind' running the show. Imagine a safe environment where you can relax for three hours with friendly, like-minded people, savoring the natural sweetness of each moment. No partner is needed. The third Saturday of the month, 2/13 and 3/20, 7-10 pm.

This class is the prerequisite for ALL of our other Tantra classes.

♥ Your Heart's Next Adventure ♥

Remember what you took away with you from The Heart of Intimacy: You can now slip into a blissful space without time, mind and ego. Becoming strong enough to lower your defenses was the first step to having true intimacy. The next step: embody the magic of Being Here Now and explore that space. 3/27th 7-10 pm.

For both classes above: \$35/person. \$25 prepaid 3 days in advance.

No refunds. RSVP. No reservations the day of the class.

Tantra Core Groups ~ Embracing Community ♥ meet every other week, 7-10 pm. Six ongoing sessions ground you in the Now. Provide continuity for your journey by integrating the healing aspects of Tantra through deeper study of the breath with supportive, light-hearted new friends. Let go of our Winter blues and breathe in the transition to Springtime: our next Level 1 class is now forming! **\$150/person prepaid for 6 sessions.**

Baba, I want to thank you so much for helping me find the way to open my heart. So much beauty is now before me and I feel like such a gift to myself and the world. - Jack C.

♥ Singles Awakening ~ Communication from the Heart ♥

People are drawn to your positive energy. As you grow in consciousness and your vibration rises to a higher level, you will attract healthy, loving partners. Join us for a unique series of workshops that shift your experience of yourself. Come explore the joy of connecting heart to heart.

Friday, 2/19 & 3/12, 7:30-10:30 pm. Bring something yummy to share for the after party.

Prepay \$25 in advance to guarantee your space. RSVP.

Women of Spirit ~ Waking Up to Our Spiritual Journey ♀

Learn to trust your inner wisdom & tap into your creative potential, moving forward to create the life you want. Claim Tues. evenings for yourself! 7 - 9:30 pm. **\$25/session or prepay \$60 for 3. RSVP.**

Individual or Couples Counseling

We're living in a confusing time. Our lives seem to be in a state of flux. Learn how to take it all in stride. Get centered again, and reclaim the direction of your own life!

Contact Baba to explore what's next for you. 408-358-3268.



Starting Over ~ It's Time for a New Fairy Tale

In this transformational rite of passage for women you will let go of painful feelings, and create a different kind of fairy tale. You'll experience a shift from the familiar storyline into a narrative that reflects your personal journey. It's about endings and beginnings. You get to define what it means to live happily ever after!

Wednesdays, March 3, 10, 17, and 24, 7:30-9 pm **\$60 for 4 sessions. RSVP.**