

Electronic Press Kit: Lona Teaches Bliss

Introduction:

I use an integrated approach to transformation and healing combining the powers of ancient Tantric techniques like breath, movement, sound, energy and mindfulness with cutting edge somatic healing to take people from disconnected and disempowered to embodied, empowered, and in total bliss. In the past 4 years, I have taught over 150 workshops to over 3000 students in small settings & huge events, like Burning Man. I have taught a workshop with over 200 people at the festival Soulplay in 2024.

Biography:

My name is Lona (Low-nuh), and I'm a certified Tantra Teacher through the International Tantra Federation, but I go by the title **Neo Tantra Teacher** because I'm also a certified VITA **Somatic Sexual Bliss Coach** and use somatic healing in the workshops to create an integrated transformational experience. I combine these two superpowers together, which is Neo Tantra at its heart. I also do collaborations with other teachers. In the past I have done a Feminine Rage workshop collaboration with a powerful man. And I taught a Tantra meets Kambo healing ceremony with a Kambo practitioner. I have walked this healing path to the depths of my soul and returned with a desire to share the healing I have experienced with as many people who are ready to know it! My teaching has a solid foundation in safety and consent for all participants, while also maintaining a bit of mystery. In workshops that include touch, consent is talked about, agreed upon, demonstrated, and I walk them through each step in the consent process. All are welcome and celebrated in my workshops, and I help create a safer space where people can embody their most authentic expression.

Previous Festivals:

Cascade Equinox 2025 – Over 2000 people attended this festival

Soulplay 2024 – Taught to over 200 people

Burning Man 2022, 2023, 2024, 2025 – Taught to 100-250 people per workshop

Evolution of Souls 2022, 2023, 2024, 2025 – Mini Festival in Washington with 250 attendees

Social Media Links:

Instagram: @Lonateachesbliss

Website: www.LonaTeachesBliss.com

Contact Info:

Call or Text: 1-302-858-7479

Email: LonaGarner@gmail.com

Testimonials:

"I've had the pleasure of attending two of Lona's workshops, and was blown away! I walked away with new tools to develop intimacy not only with partners, but also with myself! As someone who has struggled with both, this is extremely impactful for me! Not only is the content great, Lona herself is an amazing facilitator. She held the space beautifully, and made sure everyone understood, but what really stood out was her complete embodiment of her role. She's clearly in her element and I'm so grateful!" – Val

"I had no idea what to expect at Lona's Tantric Healing workshop, but I loved the experience and got so many practical tools and techniques for healing myself. By the end of the workshop, I was elated and felt like I was renewed and floating on a cloud! Go to her workshops!" – Sasha

"Working with Lona was an amazing experience! I highly recommend her if you're looking for a heart-centered, authentic Tantra Teacher! Not only was our session wonderful, but she went above and beyond to make special arrangements just for me! I'll be a return client!" – Austin

Images: (view and download on my website at www.LonaTeachesBliss.com/epk)





