Tara L. Skubella Continued….

After experiencing a profound spiritual awakening that changed my life in every way February of 2015, I began exploring Tantra and fell in love with the pathway.  After immersing myself into Tantra through workshops, retreats, literature, practices, and a master class, I felt the calling to share Tantra with others.  In March of 2016, I completed a month-long teacher's certification immersion course in Thailand, with Tribal Tantra, that completely shifted the way I viewed Tantra as a whole.  That 1 1/2 years led me to embody the practice of LIVING in Tantra.

Some people may know me from Naked and Afraid.  I survived 21 days in a Panamanian Jungle living intimately with the earth and sleeping with my bare-naked skin touching the jungle soil every night.  This experience is the basis for much of my spiritual growth and gifts to share with the world.

My unique wilderness perspective can also be attributed to 25+ years of teaching outdoor education, outdoor guiding, wilderness therapy, wilderness survival, working with people who've experienced trauma in the social services field and being an Earth Science teacher.  My Secondary Earth Science Teaching Degree is held from Northwest Missouri State University.  I believe my science background, comfort of naturism, wilderness application and spiritual practices create a practice in entirety.  It is important to first connect with nature and ourselves before we can fully connect with others in a healthy, authentic and intimate way.

I'm also a 200 hr (working on 500 hrs) Tantra & Kundalini Yoga Alliance Certified Teacher through World Peace Yoga School in Rishikesh, India.  Other certifications include Integral Relationship facilitator, Wilderness First Responder, Leave No Trace Master Educator, Death Doula and Wedding Officiant.   I grow my passion of the outdoor world, by teaching wilderness survival (autumn semesters) and leave no trace ethics (spring semesters) at Red Rocks Community College near Denver, CO.

I’ve also been featured and contributed to publishings with New York Times, Insider, Parade, Bustle and more. You can find more about my media coverage here: <https://www.earthtantra.com/media>

Today I live with my life partner, Darrin, 2 dogs, a dozen chickens on our small high desert farm in Delta, Colorado. The farm is also a beautiful retreat healing space for private and group retreats. We listen to the energy and follow the grandfather spirit of what the land calls. The farm will soon be a lavender farm.