

Autumn 09 News from Jan Day

Next "Living Tantra" workshop series & Training starts Easter 2010



Embracing Tender Love

Forgiveness is a gift that honours life and love

Two themes are in my heart as I write this: First the ways we hurt each other & the power of forgiveness and second, death and how it illuminates life. And it's really no surprise.

The sudden death of my father in August made me look at what truly matters in my life and in my relationships. I experienced a very vivid aliveness and a renewed perspective where disputes, disagreements and grudges lack meaning and relevance. The proximity of death invites forgiveness as a gift that honours life and love.

At the same time, moments stand out where something less was happening, in a very human way. Someone was looking out only for what they wanted, blaming or judging or trying to manipulate life to their own ends. Painful humanness, calling out for love. I come across a number of situations where someone has wanted to avoid contact with someone else. There are always reasons, logic, excuses, "I didn't end it right last time, it'll be uncomfortable, I'll never be able to trust them again", "All (old/young/men/women) are like that", I've had bad experiences, I know from experience, etc etc.

It reminds me of the introduction talk at my first long Vipassana retreat with Jack Kornfield. He invited us to notice our habitual tendency to always find someone to blame. "I'd be happy if X wasn't snoring, messy, tidy, always had to have the window open/ closed " reveals our tendency to project all our discomfort and dislike onto one person. It's very convenient.

So it seems perfect that I had scheduled Embracing the Beloved for this autumn. The focus is on the ways we blame either ourselves or each other and giving love to ourselves in that place, letting ourselves be loved and letting go of the past. You've probably noticed that there is little difference between blaming self or other, so it doesn't really matter if you focus on your judgements against yourself or anyone else. In the end the work starts right here in our own being, in our willingness to soften around our own pain and say hello to parts we're uncomfortable with. How beautiful and how challenging that they keep

(cont. overleaf)

Workshops and Events

Meetings Without Masks

(A NEW WORKSHOP FOR SINGLES)

Belgravia, London, Sun, 15th Nov

- Meetings without Masks has been designed with YOU in mind. It is a new way to meet other single men and women in a situation where you can be relaxed and open; just the way you are.
- And you will be fascinated in the people you are meeting and able to let them see you.

Meetings without Masks is a one-day dating workshop/event for around 30 - 40 people, with equal numbers of men and women.

See www.meetingswithoutmasks.com

Bi-monthly in London throughout 2010
next dates: Sun 15th Nov (10am - 6pm)

Sun 14th Feb (10am - 6pm) Valentine's Special
Sun 28th March (10am - 6pm)

£97 incl. lunch & delicious afternoon cakes

Contact: meetings@janday.com or 020-8123 9831

The Mirror of the Heart (for couples)

30 Oct - 1 Nov, nr. Faversham, Kent

- This workshop is for couples who want a passionate and honest relationship, whether they have been together for decades or have just started their journey together.
- Start time: 8.30pm Fri. End: 4pm Sun.
- Contact Jan: 020-8123 9831 or jan@janday.com
- Cost: £140 (120) plus food & accommodation

Passion, Power & Love (New Year)

28 Dec 2009 - 2 Jan 2010

Poulstone Court, Herefordshire

- An inspiring celebration of life, letting go of the old, welcoming the new. Come join us for a profound and heart-warming start of the New Year.
- This new venue is a delightful and comfortable old manor house with nearby footpaths for walks during the breaks. We have our very own Carolina to cook for us, so the food is guaranteed to be exquisite and filled with love.
- Contact Jan: 020-8123 9831 or jan@janday.com
- Cost: £267 (240) plus food & accommodation



Workshops, Training and Coaching to light up your life
www.janday.com
jan@janday.com
Tel: 020-8123 9831

cont. from p.1

showing up in the people and situations around us (both in and out of the workshop space!). The "Embracing the Beloved" workshop happened already in September, before this newsletter was finished. I will be offering it again in March 2010 because it is such a central theme to all my work.

Now, as I sit with the happenings of the past two months, I see that the question "Now, here, how can I bring more love into the world?" gives me meaning and direction, and the question "Have I loved well?" gives me guidance, as I look back over my day. These themes are central to my work: love, death, tenderness, forgiveness. Without them, tantra would be pure hedonism. With them, the meaning of tantra can penetrate every moment of our lives.

I wish you love and forgiveness in all your encounters. Jan

Living Tantra 2

14 -19 October, 2009

EarthSpirit Centre, Somerset

This workshop dives deeper into the journey towards fulfilling relationships and ecstatic sexuality, exploring the ways we limit ourselves sexually, the sexual agreements we've made, our judgements, shame, relationship to excitement and the willingness to give and receive pleasure. All personal boundaries are honoured.

Contact Jan: 020-8123 9831 or jan@janday.com
Cost: £267 (240) plus food & accommodation

Embracing the Beloved

12 - 13 March , Canterbury, Kent

Diving deeper into being in love with ourselves, present with all that is happening around us. Valuable for everyone. The focus of this workshop is fundamental to all the work I do; being open to receive and give love. In our explorations, we'll look at some of the ways we get in the way of loving ourselves and others, judgements, blame, and movements toward forgiveness. (see article on p1)

Start time: 10.30am, Sat. End: 4pm Sun.

Contact Jan: 020-8123 9831 or jan@janday.com

Cost: £140 (120) plus food & accommodation

Coaching for Joy

If you'd like to make some changes, re-evaluate the choices you are making or face the changes that life is offering you, call or email me now to arrange a sample coaching session. The sample session is free of charge and gives you a risk-free way of deciding if this is for you.

Call Jan: 020-8123 9831 or email jan@janday.com

Living Tantra 1

2 - 9 April, 2010

Introduction to Living Tantra, 2 - 4 April

EarthSpirit Centre, Somerset

This is a journey into fulfilling relationships and ecstatic sexuality. The aim of Living Tantra is to give you a space where you can learn and grow into living and celebrating your natural, healthy sexuality with tenderness, consciousness, integrity and joy. Living Tantra 1 is complete in itself. You do not need to commit to Living Tantra 2 or the training group in order to participate.

Contact Jan: 020-8123 9831 or jan@janday.com

Cost: Full week: £340 (295) + food & accommodation

Intro weekend: £150 (130) + food & accommodation

Inviting Intimacy

1 - 2 May 2010 , Canterbury, Kent

Intimacy, while sometimes hard to find or maintain, is what we yearn for. Intimacy is also the doorway to meaningful connections and loving relationships. The workshop invites you to find the courage to be true to yourself and to feel into another person. It will encourage you not to shut down, but learn to open in consciousness and to shed the limiting beliefs you hold. Inviting Intimacy is a journey of growing compassion and care, for yourself and others, opening to all your feelings while trusting that you are greater than your wounds; you are growing and the past doesn't need to limit or confine you.

Start time: 10.30am, Sat. End: 4pm Sun.

Contact Jan: 020-8123 9831 or jan@janday.com

Cost: £140 (120) plus food & accommodation

The Gift: Being Man, Being Woman

12 - 19 June 2010

Vacation workshop at Cortijo Romero, Spain

A vacation workshop with plenty of time to relax around the pool and about 20 hours of workshop time. The Gift: Being Man, Being Woman invites you to recognise and celebrate your being as man or woman. It is designed to encourage you to make fundamental shifts and to create your life and relationships free of self-limiting patterns. Cost inclusive of food & accommodation is £570.

Book with Cortijo Romero UK office: 01494-765 775.

Contact Jan for questions about workshop content.

Living Tantra 3

9 -14 July, 2010 (note dates have changed)

EarthSpirit Centre, Somerset

This workshop explores the dance that happens between two people, embracing stillness, slowing down, feeling deeply and committing to stay present with each other. Suitable for singles or couples. All personal boundaries are honoured.

Contact Jan: 020-8123 9831 or jan@janday.com

Cost: £267 (240) plus food & accommodation