

# News from Jan, The Art of Being, UK

To Friends everywhere,

I want to let you know about my upcoming programme of Art of Being® workshops, both in the UK and in Europe. A full calendar of my workshops is on the other side of this letter. Ask for more details of any of these.

## Ongoing group and coaching

After my first year back in the UK, encouraged and inspired by the response and feedback, Frieder and I are planning to stay here for the coming years. The individual coaching and on-going group in London have both been great sources of inspiration, seeing how powerful it is for people to have these bridges between daily life and the longer workshop experiences. The ongoing group will continue this month (May) with a series of Saturday evenings. You are welcome to join this group at any time on a drop-in or on-going basis.

## Body, Heart & Soul

Body, Heart & Soul 1 has continued to flourish and this Easter brought many new people and another very powerful experience for us all. Here is a quote from one participant:

*"Thanks for the biggest yes experience in my life; the most nurturing and nourishing ...intense and freeing, unexpected and grounding, exploratory and rewarding and satisfying workshop I've ever encountered and I am no stranger to the world of self enquiry and soul work. And in the cadence of dance and music, to touch and be touched in every sense of the word, became a beautiful unfolding of my sacred being." M.Peace*

Next Body, Heart & Soul 1 in England: Easter 09.  
Body, Heart & Soul 2 probably 2009.

Another quote from a recent workshop that reminds me how much workshops like this needed:

*"I've been trying to deal with my feelings and emotions for a long time. I felt them, I knew they were stuck somewhere, but I couldn't get them out. As a matter of fact those feelings were making it impossible for me to build a relationship with a man, and they were also keeping me from being free, from living my true essence. Well, this weekend, in the Total Woman Workshop, my feelings started to move in a way that I never would have thought possible. I am now at the beginning of a new process, and I still have a long way to go, but I'm full of hope for a new dimension has opened before me." I. Mazza*

## Touching the Essence

This workshop is an invitation to explore and honour all that moves in us when we allow ourselves to connect in integrity and wholeness, with ourselves, with others and with spirit. EarthSpirit in Somerset, 8-12 October.

To all of you who help publicise and promote this work, I greatly value your support, whether it is mentioning a workshop to a friend, distributing brochures or helping with PR. If any of you would like to have extra brochures or have ideas of other ways to help us grow The Art of Being in the UK, please let either me or Meru know.

I will be continuing to expand my teaching programme here in the UK, including the possibility of Body, Heart & Soul 2 next year. We're also beginning a programme at a new centre near Chester and looking at possibilities in the Brighton area.

## Winter holiday

I am happy to bring The Art of Being® to Cortijo Romero this November. It's a beautiful and well established alternative holiday resort in Spain. Check it out at [www.cortijo-romero.co.uk](http://www.cortijo-romero.co.uk). I hope many of you will join me there for a winter break. For this event, I have a limited number of discounts for men. Contact me directly for details.

## Universal Experience

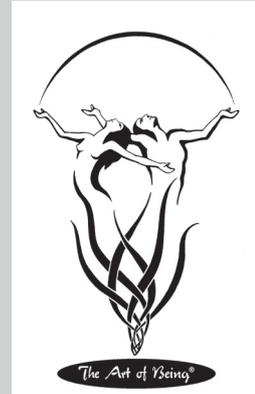
Alan will also be coming once again to the UK in June this year to lead the Universal Experience. The brochure is enclosed with this letter. If you haven't experienced it already, I highly recommend it for everyone – bring your family and friends!

June also marks the time when Alan and I formally stop working as a partnership and begin to work independently. I am so grateful to Alan for all that I learnt through working and training with him over the past 20 years. I feel proud to be able to spread this work, that touched and healed my own life so much, so that it reaches as many people as possible. I know it isn't goodbye, and yet it is a real ending as we move away from working so closely for so long. So, Alan, a big thank you.

As always, I love to hear from all of you and look forward to seeing you soon.

Be Well, Be Happy,  
With love,

Jan



Jan Day, The Art of Being, UK  
[www.artofbeing.co.uk](http://www.artofbeing.co.uk)  
[jan@artofbeing.co.uk](mailto:jan@artofbeing.co.uk) Tel: 020-8123 9831