



Next Living Tantra Training starts April 2014

"Jan is immensely gifted as a teacher. There's no-one to compare her to, in the tantra field. She creates magic like an artist does. I like the fact that she does so much process work, it allows people to really see what's going on for them." Pete, entrepreneur

Living Tantra (weekend introduction)

16 - 17 November 2013, Brighton

Contact Jan Day office (see below) or Hanna at 07875-241 547 or hannaangell2009@gmail.com

Living Tantra (one day introduction)

An Alternatives Workshop

at Columbia Hotel, 95 Lancaster Gate, W2 3NS

Sun 1st Dec 2013 (10.30am - 5.30pm)

Bookings: 020-7287 6711 www.alternatives.org.uk

Inviting Intimacy (introductory workshop)

Sunday 2nd February 2014 - Wilder Street Studio, Bristol

Contact Jan Day office (see below) or Lilamayi at 07737-794 378 or lilamayi.oleary@gmail.com

Living Tantra Celebration

5-8 December 2013, EarthSpirit, Somerset

A celebration of connection, love and sensuality for our Living Tantra community. Open to all the Living Tantra Training groups (past and present).

Passion, Power & Love (open to everyone)

28 Dec 2013 - 2 Jan 2014 (New Year) EarthSpirit Centre, Somerset

A heart-opening journey of conscious renewal and celebration, this annual event has become known as a turning point in the lives of its participants. What you will find here is a warm-hearted circle of conscious presence that guides you

- to enter the new year with your passion for life renewed
- to let go of the luggage you may be carrying from the year that is ending
- to become established in the personal power that enables you to create your life instead of being run by it
- to learn how to live each day, and especially the moments when it could be seriously otherwise, as your very personal love-relationship with existence.

Cost: £335 (£295) plus food & accommodation (from £360)

Living Tantra 1 (open to everyone)

17 - 24 April, 2014 - EarthSpirit Centre, Somerset

This is a journey into fulfilling relationships and ecstatic sexuality. Living Tantra gives you a space where you can learn and grow into living and celebrating your natural, healthy sexuality with tenderness, consciousness, integrity and joy. It is a profound journey into deep recognition, acceptance, and friendliness with your self and your life.

Living Tantra 1 is complete in itself. It is open to everyone, no prior experience is required. It is a pre-requisite for Living Tantra 2, 3 & 4 and the 18-month training.

Cost: £395 (370) plus food & accommodation (from £460)

Frieder and I have been married for almost 11 years. We now work together full time. Here is a taste of what Frieder brings.

Living a "tantric" lifestyle means I am learning through my every day life experiences, that I choose to feel and be connected with myself. It means recognising I have a choice about what to do with what I feel, and how I understand whatever is going on in my life right now. One choice is to see my meetings with people, my intimate relationships and also my day to day life with my family or at work from the perspective of being wounded. We all carry wounds from our upbringing, time at school, friends etc. and we developed clever strategies to help us survive. Those strategies could be going numb, shutting down, joking, running away, drinking alcohol, becoming workaholic and many more. We are so good in living these strategies that we can earn money with them, we can even teach them, they are now main parts of our personality. And even more confusing we become really unhappy or defensive if we can no longer do what we have done for the last 20 years. For example we might avoid intimacy at any cost so that we do not get hurt again. Or maybe we run as fast and far as possible, to avoid giving anyone a chance to say to us how much we are loved and appreciated.

The other choice is to see my meetings with people, my intimate relationships and my day to day life with my family or at work, from a space of love and as an opportunity for growth and expansion. Tantra opened my life to this possibility. For me, it means I still experience all the difficulties and stuff that comes up from the past and present challenges in my life, but now I can be with it differently. So the day to day facts of my life have not changed at all, but my perspective has shifted. How I see myself in my life has changed. I can use all the existing problems and issues, all my wounding, all my sorrows and all my pain to open my heart rather than shutting down or complaining about it. Opening my heart means first being with what is, being present, realising I am loved and I can love and rediscover my young, free, playful soul.

All this does not mean that I do not have to earn a living any longer, or that I do not have to answer mails or phone calls, or that I do not have to go shopping anymore. It simply means I have a bit more space in my life and that with more experience and growing wisdom, the space inside me gets bigger and bigger. I start to relax into myself, I can start to relax into a relationship with my beloved and I can trust that life is giving me exactly what is right for me.

For more details contact jan@janday.com, or call 0208-123 9831 visit www.janday.com

NB Early booking discounts are usually available, shown in brackets. Don't delay, book early!

Heart Centred Sexuality

"I just wanted to thank you for the workshop which seems to be working on a more profound level than I realised on Sunday."

Kate, participant

Meetings without Masks (for singles)

Belgravia, London, Sundays (10am - 6pm)

"We all yearn to be seen for who we really are and that is what naked dating is about; being naked with your clothes on."

Meetings without Masks is a one-day workshop for 20 - 30 people (gender balanced) to discover a way of meeting that is fun, fulfilling and forms the foundation of healthy relationships.

DATES

2013 - 24th Nov

2014 - 19th Jan, 23rd Mar, 25th May, 6th Jul, 28th Sept, 16th Nov

£74 confirmed booking, £37 standby

www.meetingswithoutmasks.com meetings@janday.com

Meetings without Masks 2 (for singles)

Belgravia, London, Sun 2nd March 2014

This workshop will take the exploration into authentic meeting and connection to a deeper level including overcoming the obstacles to developing relationship and intimacy.

Living Tantra 3 - Intimacy, Authentic Relating and Deepening Love

(pre-requisite: Living Tantra 1)

10 - 15 June 2014, EarthSpirit, Somerset

Living Tantra 3 invites you to discover what it means to stay in connection both emotionally and physically, within the boundaries that you set. It offers a profound opening into deeper, more meaningful relationships.

7pm Tues 10th Jun - 2pm Sun 15th Jun

Cost: £350 (315) plus food & accommodation (from 330)

The Mirror of the Heart (for couples)

Sun 9th March 2014 (10-6), London

Weekend workshop, 3-5 May 2014 (venue tbc)

Sun 9th November 2014, London

These workshops are for couples who want a rich, passionate and honest relationship, whether they have been together for decades or have just started their journey together. It has developed into an on-going group that couples can join at any time and dip in and out of to support their relationship growing and deepening.

Festivals

5-9 Feb 2014 - Osho Leela Tantra Festival

23-26 May 2014 - Mind, Body, Spirit Festival London

29 Jul - 3 Aug - Osho Leela Conscious Sexuality Festival

These festivals are a great chance to meet Jan in shorter workshops as well as sampling many of the other teachers in this field.

Living Tantra Training 18 month ongoing group

starting 29 May - 1 Jun 2014

pre-requisite: Living Tantra 1

After completing Living Tantra 1, you may wish to join the Living Tantra training group which makes a commitment to complete the full Living Tantra course and a series of seminars which are only for the training group. There are three advanced 5-day Living Tantra workshops and six 3-day training seminars. The seminars are designed to integrate the learnings of the workshops and create a learning space that allows each participant the opportunity to be seen and to do individual work. The added support and commitment that are so much a part of the training group creates a powerful medium in which to learn about authentic relationships as well as honouring the individuality and the masculine and feminine energy in each individual. Ask for the full training dates.

Previous participants talking about this training:

"I found myself on a very intense journey and believe me, I've done more in 21 months since I met Jan, than I would have done in 10 years. Jan's knowledge and massive experience helped me to stay with my feelings and therefore overcome situations in which I would have gone into meltdown and left. As a result of the training, my self-esteem is much higher as well as my self love." Anna, maternity nurse

"It turned out to be about my masculinity in a way that I hadn't expected. It wasn't necessarily about sexuality, more about how intimate I could be in a vulnerability kind of way. I had profound insights about myself and gained a huge amount from committing myself for this length of time. It feels much deeper than other courses. Also I have a connection with people that has continued outside the group which feels like a community." Rupert, environmental consultant

Holiday in the Canaries

Intimacy & Spirit

Led by Jan Day & Malcolm Stern

23 Aug - 1 Sept 2014

Finca Argayall (place of light), La Gomera, Canary Islands

Early booking deadline 31st May

Celebrate your sensuality, immerse yourself in community, explore intimacy and relationships, deepen your sense of the sacred and have fun with like-minded people in this beautiful place beside the sea.

For more info and booking contact Jan Day

Cost: £585 (£550) (plus food and accommodation from £440)

Holiday in Spain

Being Man, Being Woman

10 - 17 May, Cortijo Romero, Spain

A vacation workshop with plenty of time to relax around the pool, inviting 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.

Booking with Cortijo Romero UK office: 01494-765 775

www.cortijo-romero.co.uk

For more details contact jan@janday.com, or call 0208-123 9831 visit www.janday.com

We will be adding some more workshops to the calendar. To keep up to date, go to www.janday.com and sign up for the e-newsletter.

If you have any questions, you are always welcome to call and talk to me.