

## Next Living Tantra Training starts April 2013



### Tantra

*What's it all about?*

#### Hello lovely people!

Tantra gets ever more popular as more teachers are emerging and the variety of workshops

and offerings is increasing and becoming ever more diverse – which is wonderful. Recently I've written quite a few magazine articles giving my perspective on tantra and clarifying what I am offering in my workshops and how that relates to daily life and fits into the scheme of other tantric practices. You can read all these articles on the press page of my website ([www.janday.com](http://www.janday.com)). I'd like to give a short version here, and know that if you have questions, I am always happy to talk with you about the workshops and if they would be suitable for you.

#### So this is my view!

Tantra is an all-embracing path of growth. It includes our sexual nature but isn't exclusively about sex. To reduce tantra to being just about sex would be like reducing yoga to a stretching sequence. Traditional spiritual paths tend to push sexuality out and make it taboo, hidden and unconscious as if God and Sex were somehow separate and mutually exclusive. Tantra invites us to bring consciousness to all aspects of life – including sexuality.

But sexuality isn't the only thing we push out of our field of awareness. Some of us push anger out, or sadness, or happiness. We may push out our feelings and de-sensitize ourselves. Tantra is a path of growth that invites us to start from where we are (where else could we possibly start anyway, but you can watch people trying), by looking deeply at ourselves and invites us to grow using every aspect of our experience in service of our growing expansion of consciousness.

That means we can start by bringing consciousness and awareness to the everyday interactions that we have with our friends, lovers, partners, family or colleagues at work. Making friends with ourselves and all that we are feeling, finding a deeper acceptance of ourselves – in service to the journey of being as totally present on this human journey as we possibly can.

When we bring consciousness to our sexual nature, our sexuality becomes transformed from holding a meaning that belittles it, and becomes a doorway to blissful union, to the delight of being fully one with another, in which we embrace all that it means to be a man or a woman, in our wholeness, our innocence and our totality.

This is my journey and this is how I bring transformation to every aspect of being human, day by day.

#### Passion, Power & Love (open to everyone)

28 Dec 2012 – 2 Jan 2013 (New Year)  
EarthSpirit Centre, Somerset

A heart-opening journey of conscious renewal and celebration, this workshop is designed to become 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: £325 plus food & accommodation (from £340)

*"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 1 (open to everyone)

28 March – 4 April, 2013  
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.

Cost: £395 (370) plus food & accommodation (from £430)

*"I've done a lot of different tantra workshops from exotic to academic ones and Jan's are very real. It's all about being here right now which is liberating and tough too. I found this week course challenging and refreshing, so much so, that I did the 18 month training afterwards."* Rupert, environmental consultant

#### Living Tantra (one day introduction)

An Alternatives Workshop  
at Columbia Hotel, 95 Lancaster Gate, W2 3NS  
Sun 2nd Dec 2012 (10.30am – 5.30pm)  
Bookings: 020-7287 6711 [www.alternatives.org.uk](http://www.alternatives.org.uk)

The Isbourne Centre, Cheltenham  
Sunday 10th March 2013 (10 am – 5pm)  
Bookings: 01242-254 321 [www.isbourne.org](http://www.isbourne.org)

#### Living Tantra (weekend introduction)

Living Tantra, 1 – 3 March 2013  
The Grange, Isle of Wight.  
Bookings: 01983-865 566 Email: [office@skyros.com](mailto:office@skyros.com)

Workshops, Training & Coaching

For more details contact [jan@janday.com](mailto:jan@janday.com),  
or call 0208-123 9831 [www.janday.com](http://www.janday.com)

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

## 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 and fulfilling in itself.

### 2013 DATES

27th Jan, 24th Mar, 19th May, 14th Jul, 15th Sept

£62 confirmed booking, £31 standby

Book online at [www.meetingswithoutmasks.com](http://www.meetingswithoutmasks.com)  
meetings@janday.com or 020-8123 9831.com

*"I'm divorced and I wanted to test the waters re. going back into the dating world. I wanted to explore how to relate to women again, but from more than a friendship position. It was a fabulous day. Jan used a lot of novel ideas to prompt connections and conversations. It was very relaxed and I enjoyed it."*

Barrie, Reiki practitioner

## NOW ALSO IN CAMBRIDGE led by Louise de Caux

Sun 2nd Dec & Sun 3rd Feb

Info: 07999-842905 or [ldcaux@btinternet.com](mailto:ldcaux@btinternet.com)

## Meetings without Masks 2 (for singles)

A Deeper exploration in authentic connection -  
One day workshop for singles

NEW

Belgravia, London, Sun 10th Feb 2013

This workshop will take the exploration into authentic meeting and connection to a deeper level including invitations to physical and emotional touch, allowing ourselves to be more fully present with the other, while honouring ourselves fully.

Book online at [www.meetingswithoutmasks.com](http://www.meetingswithoutmasks.com)  
meetings@janday.com or 020-8123 9831

## Living Tantra 2 (pre-requisite: Living Tantra 1)

EarthSpirit, Somerset

3 - 9 January 2013

Living Tantra 2 invites you into a deeper acceptance and expression of your sensuality, your sexual nature, your natural and playful desires as man or woman while honouring yourself and maintaining connection with your heart energy. We'll explore pleasure and ecstasy, shame and innocence, encouraging you to embrace the fullness of your nature as man or woman.

7pm Thurs 3rd Jan - 2pm Wed 9th Jan

Cost: £350 (330) plus food & accommodation (from £384)

## The Mirror of the Heart (for couples)

1 - 3 Feb & 19 - 21 April, Dorset

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. Our main focus will be to learn about communication, and what is needed to keep a relationship sexually and spiritually alive and have a lot of fun growing together.

Start time: 6pm Fri. End: 4pm Sun.

Cost: £160 (140) plus food & accommodation

## Living Tantra Training 18 month ongoing group

starting 31 May - 2 Jun 2013

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 Sex & Spirit

Led by Jan Day & Malcolm Stern

24 Aug - 4 Sept 2013

Finca Argayall (place of light), Canary Islands

Early booking deadline 31st January

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 for "Sex & Spirit" contact Jan Day

Cost: £767 (plus food and accommodation from £420)

£667 (if £300 deposit paid by 31st Jan)

NEW

## Holiday in Spain

The Gift: Being Man, Being Woman

5 - 12 October, 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](http://www.cortijo-romero.co.uk)

For more details contact [jan@janday.com](mailto:jan@janday.com),  
or call 0208-123 9831 [www.janday.com](http://www.janday.com)

We will be adding some more workshops to the calendar.  
To keep up to date, go to [www.janday.com](http://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.

Heart Centred Sexuality

