



Gratitude

Life is showering me with blessings.

As I sit down to write to you, wanting to speak to you of my personal journey this last year, the first thing that comes up is immense gratitude.

Gratitude for the people who come to work with me and that this work is flowing, for the support and community that is building, for the richness that comes into our lives though this path of tantra and heart-centred living. Gratitude for Frieder and the blessing of a loving, supportive relationship and for the peacefulness of our new home near the woods.

After reading the paper today, at the same time as feeling so blessed, I feel deep sorrow and pain and see the amount of healing that is needed for humankind. I am touched by the courage of those who risk their lives because they believe in something better. The courage and willingness to be able to BE here, to stay alive in our hearts, whether it is opening to joy or to depths of human suffering, whether it is our own or in the world around us - this is the foundation stone of all the work I teach. For me, this is the foundation of love. It is what calls me back over and over again, and it is the flame that burns in all my work.

There is lots to do to in my new office to improve the organisation and communication flow and I'm getting more and more help with that (thank you!). I am sending out email newsletters, announcements and offers regularly and I can see that many of them don't get opened. If you are not receiving them, or if you would like to sign up, please send an email to info@janday.com or go to my website and fill in the "sign up for newsletter" box. If you are already signed up but not receiving emails, please add info@janday.com to your address book.

The power of the training group process continues to unfold as the first training group finished their training last year and the second training group is now more than half way the training cycle. It is wonderful to see those who have been in the Living Tantra training stepping up to and begin to offer their gifts both independently and within my workshops. I celebrate that. And I celebrate those for whom it was a very personal journey that leads them to enrich their own lives and the lives of those around them. Each person has their own unique purpose in being a part of the training group, just as each has their own richness to bring to it. People have sometimes asked who it is for, what are they being trained for? Primarily, the training group is like an extended family that makes a commitment to keep being there for themselves and for each other for

(cont. overleaf)

Living Tantra 1

19 - 26 April, 2011 EarthSpirit Centre, Somerset
19 - 21 April, Intro to Living Tantra

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. 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. There is an option to enrol for only the first two days of Living Tantra 1, which form an introduction to this work.

Cost: Full week: £367 (327) + food & accommodation

Intro weekend: £160 (140) + food & accommodation

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

Being in Love

30 April - 2 May, 2011 Highfield House, Kent

Two days to restore your being, your body & your heart to the experience of living AS love, finding deeply loving acceptance of ourselves and each other, finding the courage to let ourselves be and to BE touched by our dance with each other and with existence. Finding connection, being and discovering your authentic self, befriending your own feeling body and discovering, breath by tender breath that your heart is so much bigger than your wounds.

The third day we'll spend a day at the seaside, enjoying the sweetness of simply being together.

This 3 day workshop is a wonderfully restorative retreat for those who have already experienced tantra, and also a careful and heartfelt introduction for those who would love to feel more connected to their own being, body, heart & soul.

Course fee: £150 (120 until 2nd April), £90 concessions

Food & accommodation: from £70

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

Meetings without Masks

(One day workshops 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 - 40 people (gender balanced) to discover a way of meeting that is fun and fulfilling in itself.

2011 dates

Sun 27th March Sun 8th May

Sun 10th July Sun 25th Sept

Sun 20th Nov

£62 confirmed booking, £31 standby

Book online at www.meetingswithoutmasks.com
or meetings@janday.com or 020-8123 9831

cont. from p.1

the duration of the training group (about 18 months). The closed circle and the commitment act hand in hand to enable each person to have the support and experiences that they need for their own growth, to come to a place where they feel more at ease in their own skin, able to trust themselves and their own heart's longings, able to live themselves with their feet on the ground and wings on their heart, able to live, honour and celebrate themselves more and more as man or woman, so that they can give their gifts to existence.

If you'd like to be a part of the next training group, you can join Living Tantra 1, 19 - 26 April or if you have already completed Living Tantra 1 you can join the first training seminar in May 2010. Call to talk with me about it if you are interested. (020-8123 9831)

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. Coaching is by telephone or in-person.

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

Living Tantra Training

starts 20 - 22 May, 2011

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. (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 leaflet detailing the training.

Passion, Power & Love (New Year)

28 Dec 2011 - 2 Jan 2012

Poulstone Court, Herefordshire

Open to all

Renewal, Integration, Inspiration & Celebration
A careful and heartfelt adventure into deep intimacy and love of life.

Come join us for New Year: laughing, learning, loving, sharing, creating, dancing, questing, deep in ritual, looking back, visioning forward, loving the present moment.

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

Cost: £287 (260) plus food & accommodation

Living Tantra 4

19 - 24 July, EarthSpirit Centre, Somerset

Pre-requisite: Living Tantra 1

Living Tantra 4 is a celebration of the sacred, the connection with divine mystery that happens when we allow ourselves to trust fully in the flow of our body, our energies, our heart, and our soul. The processes invite you into communion with life, moment by moment, so that every touch, every word, every movement is a dance with the Beloved. As in all Jan's workshops, the honouring of each individual's boundaries is paramount.

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

Cost: £267 plus food & accommodation

Living Tantra 2

1- 6 November, EarthSpirit Centre, Somerset

Pre-requisite: Living Tantra 1

This workshop dives deeper into the journey towards fulfilling relationships and ecstatic sexuality, building the connection between our heart and our sexual nature. We'll explore the ways we limit ourselves sexually, the sexual agreements we've made (consciously or unconsciously, with ourselves and others), 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: £287 (260) plus food & accommodation

Osho Leela Tantra Festival

7 - 12 June, 2011, Osho Leela, Dorset

Come join me, many other UK Tantra Union teachers and guests from further afield for this juicy festival. Workshops, music and community. www.osholeela.co.uk

Holiday Workshops in Hot Places

The Gift: Being Man, Being Woman

18 - 25 June, Cortijo Romero, Spain

A vacation workshop with plenty of time to relax around the pool and about 20 hours of workshop time. This workshop 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 including food & accommodation is £578.

Booking Cortijo Romero UK office: 01494-765 775

www.cortijo-romero.co.uk

A Taste of Living Tantra

11 - 21 August, Atsitsa, Sykros, Greece

A Greek holiday with yoga, music & arts, swimming in the bay, and all the delights of this living community that is at the heart of Skyros. The workshop time will be around 20 hours per week.

Cost inclusive of food & accommodation is £895

Book with Skyros UK office: 01983-86 55 66

www.skyros.com