

# Spring 09 News from Jan Day

NEW: "Living Tantra" workshop series & Training starts Easter 2009



## Embracing Change

Changes are happening. In particular, you'll notice that my website is now [www.janday.com](http://www.janday.com). I am now promoting my work as Jan Day, Workshops, Coaching & Trainings. Over the past 6 months I've noticed how well this serves my work, bringing greater freedom, spa-

sciousness and creativity. You'll find up to date information about workshops and events that I'm offering at [www.janday.com](http://www.janday.com).

I have to smile, as I learn this lesson about change again. The Buddha said that the only thing that is certain is that change happens. Even so, most of us tend to resist change and, in the end, what matters is how we choose to be with it. We can allow it to be a challenge that grows us and brings opportunity or resist it so that it creates another stone in our boundary wall.

Recently I heard an inspiring tale from one of my teachers on facing challenge. Many years ago, shortly after starting a new business he was threatened with a lawsuit for \$1m. At that time his business was only bringing in \$12,000 per year so the law suit threatened to destroy his business and certainly caused him high levels of stress. He decided to write down all the ways that this apparent threat could serve him and benefit his business. He managed to write down 65 ways he could benefit, e.g. his business growing to be worth defending to the tune of \$1m. Looking back at this a few years later, he found that all 65 benefits had come about and his business had been inspired to grow to previously undreamed of heights. So next time you face a challenge, notice the choices you have and the ways that unwanted changes can bring you benefits.

## Choices!

Can you remember a situation recently where it seemed like you had no choice? This theme comes up often in my work with people. We all have choices and on many levels. What is surprising is how often we don't acknowledge them or habitually filter them out using words like "I have to" or "it's impossible". I experienced this myself recently, feeling the tightness and tension that came from a family situation and not seeing the way through, until finally I asked the question "how can I arrange it so that everyone gets what they really want here?" The result that came from this seemed miraculous and it felt like a weight had lifted from my shoulders instantaneously. Of course it wasn't really magic, it was just the opening that my unconscious mind needed to be available to notice the possibilities. Next time you are feeling stuck with

*(cont. overleaf)*

## Workshops and Events

### Meetings Without Masks

(A NEW WORKSHOP FOR SINGLES ONLY)

Belgravia, London, Sun, 17th May

Have you ever felt the tension in your body as you go on a date? Or noticed how loaded you are with fears or expectations? Ever simply looked back on a number of dates and realise that you probably didn't really meet them and they didn't have much chance to see who you are either? Would you just like to find a way to meet other single men and women in a situation where you feel relaxed and open? Would you like to feel so easy and ok just the way you are that you are fascinated in the people you are meeting and able to let them see you? Meetings without Masks has been designed with you in mind.

Many people come on my workshops because they love the authentic connections they make with themselves and others. Noticing that many of you come because you'd like to meet a partner in that environment, I want to give you an event that is designed for that. Meetings without Masks is a one-day event for around 30 - 40 people, with equal numbers of men and women.

The day will be structured to invite you to relax into yourself and feel welcome. You'll have a chance to meet many people in a variety of guided experiences and you'll be able to re-connect and meet others while you enjoy the delicious food we'll be providing. There will be dance, some structured exercises, opportunities to have fun, to laugh, to cry, to enjoy being together. Whether you meet your soul-mate or not, you'll have some tools to help you create the relationships you really want in your life and an experience of warm-hearted, conscious connections as your guiding light.

#### THE FIRST

#### "MEETINGS WITHOUT MASKS"

is Sun 17th May (10.30am - 6.00pm)

£97 including lunch and delicious afternoon cakes

Contact: [meetings@janday.com](mailto:meetings@janday.com) or 020-8123 9831

### Being in Love

Canterbury, Kent

21 March

Being in Love is the answer to "what do I do when I'm hurting, angry, lonely, frustrated or frightened". It is a way to begin the transformation of everyday life into a love affair with existence by coming home to ourselves in courage, no matter what is happening around us. The way lies in finding deeply loving acceptance of ourselves, including those parts of ourselves that we normally judge or are not prepared to live, by moving through the misunderstandings, perceptions and beliefs that keep us from enjoying what we all really want: open-hearted connection with others.

21 March (10.30 - 18.00) Cost: £67 (£57)

[www.janday.com](http://www.janday.com)

[jan@janday.com](mailto:jan@janday.com)

Tel: 020-8123 9831

Workshops, Training and Coaching to light up your life

cont. from p.1

something, see what happens if you ask the question, "How can I ....?" You could be amazed how powerfully you can open the doors to more happiness.

The choices we make also impact how we live our sexuality, and for sure those choices affect our relationships. In this context, choices can be dictated by our attitudes, culture, role models, our expectations of ourself and the projections we make about our partners expectations and attitudes. The choices we make determine how we live ourselves as man or woman, what we allow ourselves to live, experience or feel. The first step is to recognise that we DO have choices. This is one part of our exploration during Living Tantra. (New series starts Easter 2009)

## About Living Tantra

Living Tantra is a series of workshops in which you will discover the beauty and innocence of your own sexual nature when it is connected with your open heart and with the sacred in all existence. Because of the intimate nature of this work, a pre-requisite is the weekend: "Introduction to Living Tantra". If you are new to this work, this weekend is a gentle way for you to find your way into the realm of tantra and to learn how it can enrich your whole life. If this calls to any part of you, if you feel that you could benefit from bringing more joy into intimate relating and your life as man or woman, whether you are currently single or in a partnership, please do not hesitate to call and talk with me personally. The **Living Tantra Training** (starting April 2009) includes the Living Tantra workshops, some additional weekend seminars and group coaching sessions. It is designed for those who are committed to ongoing personal growth and would like the additional support and guidance that an ongoing training group can offer. Please ask for more details.

## Congratulations to EarthSpirit Centre

Congratulations to EarthSpirit Centre on being awarded the "Best Retreat Centre" Award from Kindred Spirit. Congratulations too to Andy (cook at EarthSpirit) on the publication of his cook book "The Heretic's Guide to Vegan Cookery". Now we can enjoy some of his delicious food when we come home. If you want to order a copy, contact Andy directly at [thehereticsguide@yahoo.co.uk](mailto:thehereticsguide@yahoo.co.uk). Price for the cookbook is £12.99 and it is a collection of his infamously delicious vegan recipes mixed together with his wicked humour. We are delighted to be coming back to EarthSpirit twice this year for Living Tantra.

## It feels great!

In the autumn, I told you about a new "Strength for Life" programme that I had just started. Having finished the first part of the programme last month, it feels great; I feel stronger both in body and spirit. The balance between focused intensity weight training and stillness was a powerful reminder of the need for both work and play. The physical results of the training programme were good, and the side benefits: insights, inspiration and stimulation of my creativity and productivity, were great. Simply *changing* my fitness programme for a while was beneficial. I'll be writing some more details on the blog ([www.janday.com](http://www.janday.com)) in case you are interested in this programme that inspired me in my life.

## 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](mailto:jan@janday.com)

## Living Tantra 1

10 -17 April

Introduction to Living Tantra, 10-12 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](mailto:jan@janday.com)

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

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

## Living Tantra 2

14 -19 October

EarthSpirit Centre, Somerset

This workshop dives deeper into the journey towards fulfilling relationships and ecstatic sexuality. It is open to anyone who has participated in Living Tantra 1 or Body, Heart & Soul. As always, all personal boundaries are honoured.

Contact Jan: 020-8123 9831 or [jan@janday.com](mailto:jan@janday.com)

Cost: £340 (295) plus food & accommodation

## Inviting Intimacy

1 - 3 May

Open Sky House, nr. Cologne, Germany

This workshop invites you to experience new levels of intimacy and connection. It is designed to encourage and guide you into the rich experience of being fully in touch, with yourself, and so with others.

Call Parvati for booking: 0049-2173-4099 203 or

Email: [office@openskyseminare.com](mailto:office@openskyseminare.com)

Cost: 320 (290) Euros plus food & accommodation

## Embracing the Beloved

18 - 20 Sept, nr. Faversham, Kent

Diving deeper into being in love with ourselves, present with all that is happening around us.

Contact Jan: 020-8123 9831 or [jan@janday.com](mailto:jan@janday.com)

## 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.

Contact Jan: 020-8123 9831 or [jan@janday.com](mailto:jan@janday.com)

## Passion, Power & Love at New Year

28 Dec 2009 - 2 Jan 2010

Poulstone Court, Herefordshire

Passion, Power & Love was once again a wonderful celebration and a profound start to the new year. Because we were oversubscribed last year, we've found a gorgeous new venue for this year so that we can accommodate more of you. Keep the dates!

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