



Basking in love energy!

Tantra workshops are often dominated by singles. These men and women are beautiful ingredients for this strong energy - made of shyness, confidence, not knowing, flirting, falling in love, falling out of love, being upset and being happy - that I love so much. It's a kaleidoscope of life; coming and going, trying and not daring - the whole delightful drama of life happening.

How different and in an unexpected way deeply nourishing is the couples' seminar "*The Mirror of the Heart*". What a different start sitting in a circle together with only couples. Every pair already in the midst of a deep journey, willing to share what it means to be in love with each other, as well as all that gets in the way of that.

It felt so precious for me, sitting in this circle with Frieder. We've been together for 10 years and married 8 years. It means so much for me that our marriage works - and here we are, having a space to share with other couples what is going on for us, and how we've learned from our own challenges. For example, we have learned that we both need to make more time for the experience of exuberance, for silliness that makes us both laugh; simple things that change the energy in our marriage and bring us more laughter, lightness and easiness.

Just how deeply and profoundly the "*Mirror of the Heart*" workshop influenced us, we realised only after the workshop was over. Normally we drive home, unload the car, eat and go to sleep pretty soon after. This time was different. Lying next to each other in bed, we felt a beautiful energy from the workshop, something strong and quite silent and instead of going to sleep we basked in making love.

Even that evening we had not quite realised what had happened to us. Only the next morning talking with each other we suddenly realised how much we were both still swimming in these strong energies of Love and Bonding from working as a couple with couples.

What participants said about "*The Mirror of the Heart*"

"The weekend inspired an intimate sex life beyond our expectations. Emotionally, we got back to early days, sexually we have gone past where we've ever been before." Wendy, homeopath

"At the end, we both felt much more loving towards one another, and we had great sex which was a brilliant result, and we felt much closer. I think the good sex happened because we'd been very open about our feelings in both positive and negative ways, and also about our dreams. It was also very poignant, there was a lot of tenderness between us." Peter - clinical psychologist

"There was an exercise on the Saturday night that was challenging but great. There was great music and lovely candles, and it was really exciting. I was self-conscious sexually but it was also fun. I think a door opened for me. I thought I want to do this more. It made me think that I have the courage to really go for what I want in this way. It was just a beginning for me." Liz - teacher / gardener

The Mirror of the Heart (open to all couples)

31 Aug - 2 Sept, Canterbury, Kent

This workshop is for couples who want a passionate and honest relationship, whether they have been together for decades or just started their journey together. It is based on Jan and Frieder's personal experience. Our main focus will be on what is needed to keep a relationship sexually and spiritually alive, learning about communication, and having fun growing together.

8pm Fri 31st Aug - 4pm Sun 2nd Sept

Cost per person: £160 (140 early booking) plus f & a

The Mirror of the Heart, Level 2 & 3

12 - 14 October (Level 2)

7 - 9 December (Level 3)

Being in Love (open to all)

Fri, 29 June - Sun, 1 July

EarthSpirit Centre, Somerset

A workshop 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, we are open to be touched by each other and by life itself. Two days to live your authentic self, befriending your own feeling body and discovering, breath by tender breath that your heart is so much bigger than your wounds.
6pm Fri 29th June - 4pm Sun 1st July
Course fee: £160 (140 until 1st June) + £145 f & a

"I've been in a state of heartbreak for a while and this workshop allowed me to open my heart again. In a tender, beautiful way. Jan held the space with genuine care and concern. I felt safe and that was very important to me. It was the right time for me to really receive love. It was like being re-parented in a way. I am in love and that's the title of the workshop." Anna, workshop facilitator

Introduction to Living Tantra

26 - 28 October Venue tba

The discovery of our natural sexual aliveness as man or woman and the relaxation into our beauty and innocence is the journey of the Living Tantra workshops. We will no longer be offering the option to attend just the first two days of Living Tantra 1. This introductory weekend is for people who are interested in having a taste of Living Tantra without committing to the full 7-day Living Tantra 1 workshop. In a safe and respectful space we'll be working with touch - both emotional and physical. You'll be learning to say yes and no authentically, exploring your own boundaries and practicing being able to express them clearly so that your relating has ease, trust and authenticity.
8pm Fri 26th October - 4pm Sun 28th October
Course fee: £160 (140 until 1st October) plus f & a

New for 2012/13

After such a powerful start with the first couples workshop "Mirror of the Heart" we will offer a series of couples' workshops that will become a closed group at some point so that a depth of ongoing work can be experienced to support couples in their journey toward deeper and more fulfilling relationship.

I will no longer be offering the option to join Living Tantra 1 for the first two days as an introduction to this work. *Introduction to Living Tantra* will now be offered as a separate weekend (in 2012 it will be held 26 - 28 October). This will enable us to better meet the needs of those who are committed for the full 7-day intensive journey while at the same time honouring the needs of those who wish to attend for an introductory to this work. It will also enable a slower and deeper exploration into the issues of boundaries and touch that are such a crucial foundation for this work.

The next Living Tantra series will start again at Easter 2013 with Living Tantra 1. A new 18 month on-going Living Tantra group will start every year in May/June. Living Tantra 1 is a pre-requisite for anyone who wants to join the 18-month intensive training group. You don't have to want to teach! You only need to be committed to a deep inner journey with a circle of like-minded beings, to be willing to explore the nature of love and connection and willing to include and use all that happens within the group and in your life as a way of travelling and growing on your unique spiritual path.

"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

Meetings without Masks

One day workshops for singles to meet each other with curiosity and an open heart. A day for 20 - 30 men & women (gender balanced) to discover a way of meeting that is fun and fulfilling in itself. We all yearn to be seen for who we really are and that is what this is about; being naked with your clothes on.

2012 DATES

in London near Victoria (10am - 6pm)
Sundays: 24th June, 23rd Sept, 18th Nov

NEW - Meetings without Masks in Canterbury

Friday eve, 22nd June (6.30pm - 10pm)
Sunday, 7th October (10.30 am - 6 pm)

Book online at www.meetingswithoutmasks.com

Living Tantra (One day taster)

Alternatives, St. James' Church, London
Sunday 2nd December 2012 (10am - 6pm)

A one-day workshop to experience the power of being in love - with yourself and your life

Contact Jan: 020-8123 9831 or jan@janday.com
www.alternatives.org.uk

Living Tantra 3

EarthSpirit, Somerset

24 - 29 July 2012 (Pre-requisite: Living Tantra 1)
Intimacy, authentic relating and deepening love and presence are the themes of this workshop. You will be invited to make the transition from goal oriented meetings (whether those meetings are with a lover or a friend) to diving into the dance that can emerge when we allow ourselves into "not knowing", not needing to be doing anything or going anywhere, and instead being with all that arises within us and between us. This is a celebration of the natural unfolding of love and presence that ultimately takes us beyond ourselves.
7pm Tues 24 July - 4pm Sun, 29 July
Cost: £327 (£297 before 25th June) plus f & a (from £320)

Living Tantra 4

EarthSpirit, Somerset

2 - 7 November 2012 (Pre-requisite: Living Tantra 1)
Opening to the sacred in existence we become a celebration and all that we live contributes to that celebration. Discovering the meaning of surrender, we can let go of the struggle with existence and open to the mystery. Sexuality and all life become sacred. The dance and the dancer are one.
8pm Fri 2nd Nov - 4pm Wed 7th Nov
Cost: £180 (160) plus food & accommodation (from £320)

Swedish Tantra Festival

Angsbacka, Sweden

7 - 12 August 2012

Jan will be leading some sessions at this new, exciting tantra event. Come join us!

Passion, Power & Love

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 let go of the old and welcome in the new year with your passion for life renewed. You'll learn how to live each day, and especially the moments when it could be seriously otherwise, as your very personal love-relationship with existence. This workshop is open to everyone.
6pm Fri 28th Dec - 2pm Wed 2nd Jan
Cost: £325 (285 by 28 Oct) plus f & a (from £340)

Living Tantra 1

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: Course fee £375 (350) plus f & a (from £314)

For workshop bookings call Jan at 020-8123 9831 or email office@janday.com