

# Try Out Conscious Relating In The Sun

by Rose Rouse

What is a holiday workshop? Because that's what this 9 days of Conscious Relationship – Sensual Awakening in La Gomera in the Canaries (from Aug 29th to Sep 5th) with facilitators, Jan Day and Malcolm Stern, is. "People who are on this path of personal development often don't want to just go to a beach and chill out, they want some of those relaxing holiday aspects but also the opportunity to do transformational work as well," says Jan. "That combination is what we've created. I think there are advantages too for people who do a lot of processing activities to slow down, enjoy themselves and allow integration."

This is the third year that this holiday workshop has run and the name has evolved across each year. "At first it was called Sex and Spirit because a lot of my work is centred on the powerfully transformational energy of sexuality and the healing that can come through working with it," explains Jan, "but Malcolm and I are both focused on the sacred as well so it seemed like a good pairing. It became Intimacy and Spirit when it was explained that Sex can sometimes be difficult to use in adverts. We asked the participants what they got out of the experience, which is how we've come to Conscious Relationship – Sensual Awakening. So much of what we do is about learning to relate in an authentic way."

Having two such experienced facilitators for 9 days is special, what do they both bring? "I bring the feminine aspects of love, compassion and acceptance, while Malcolm is the magician who can pull the unexpected out of the bag. Together we weave something unique and bring out the best in each other. Also as a man and a woman, we do bring different perspectives, I think participants appreciate that. As well as seeing a male/female partnership that is mutually supportive," she says.

The place – Finca Argayall – is run by a working community, is next to the sea, has three swimming pools, amazing vegetarian food and exquisite gardens to hang out in. "We have a day out in the middle," says Jan, "and people often opt for the dolphin/whale trip out in a boat, they love that. But there other options like going to town, the beach or simply staying in the gardens."

And what can people expect from their days? "There is a yoga meditation in the morning, this time we're having kundalini yoga, then there will be structures which will be sharing, loving touch, boundary work etc until 2pm, then lunch and every afternoon is free," says Jan, "that way they get both aspects, the holiday and the workshop. We have an second daily session in the evening before dinner"

Mandy is a past participant who is intending to go again this year. Why? "I found it was the perfect thing to do alone and yet be amongst a group of like-minded people. I'd worked with Malcolm before so I knew his style. I'd done Jan's Meetings Without Masks (for singles) and I could see how compassionate she is and the safe space that she creates.. For me, these two teachers combined with a holiday environment ticked all the boxes. I came back feeling totally nurtured. I'd been curious about the world of tantra so this was an ideal opportunity. I felt expanded by the end of it: it was a perfect mix of dance, meditation, circle work, and lovely connections. I was also able to snooze under trees in the afternoon, which totally suited me, as working in a corporate environment I really needed to relax and

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unwind. This time around I'm in a different space personally:. I have done more work with Jan since and am now doing her training . I'm going back with a different starting point this time, which is really exciting!”

What did you take away with you? “It opened me up. I felt more connected not just to others but to myself. In a way, it was the beginning of finding my mojo again! That in itself was worth it.”

Conscious Relationship – Sensual Awakening, a holiday workshop run by Jan Day and Malcolm Stern takes place from Aug 29th to Sep 7th on La Gomera. More info on +44-0208-123-9831 or [info@janday.com](mailto:info@janday.com)