

# How Jan Day's Living Tantra 1 Supports Relationships

by Rose Rouse

All Tantra courses in the UK are about sex aren't they? Well, the answer when it comes to top UK Tantra teacher, Jan Day is 'yes' but also 'no'.

"So often people think Tantra courses are about getting naked and exploring sexuality," she says, "but the reality of the sexuality healing Living Tantra 1 course is that the days are spent learning to tune into your own feelings in your physical and emotional bodies so that you know whether you want to engage in touch and what sort of touch, and whether you want to say 'yes' or 'no' on a moment to moment basis. It's a wonderful tool for supporting people into relationship as well as deepening the ones they're in."

Living Tantra 1 is a 7 day journey which is both challenging and deeply nourishing. There's no getting away from it, you'll be invited to leave your comfort zone when you participate. However, how deeply you go, is up to you. "Initially we do lots of movement to get people into their physical bodies and then we do exercises around making decisions based on the connection and feelings they have found in their body. This is about becoming present in the body which so often we are not in this society of numbing sensations down, here you can become re-sensitised," says Jan.

So many Tantra courses are purely technique-based, personally it was a relief to me when I found Jan's LT1, which had healing and sexuality at its foundations, but also was designed to provide a safe place to express the emotions that come up around touch and sexuality. And for me, there was a lot of crying to do. "So often we have shut so much down," says Jan, "it's so liberating to have the space and time to accept your own feelings without having to react, spin out or disassociate. Having done this, it makes it much more likely that you will have a healthy relationship or friendships."

Eighty percent of the participants of LT1 are single, although couples do come, and one half of a couple can get a lot in terms of opening from attending. "Many of the single people want to get into relationship but don't know how," says Jan, "LT1 provides them with a safe place to express emotions that haven't been let out, which means when they leave they are more likely to be present in relationships whether it be romantic, family or friendship ones. No-one is pushed to do anything in these seven days, they are invited."

But make no mistake, there is challenge and that is what helps with growth. "There are opportunities to step into the unknown and the unsure around touch," she says, "and that stepping into can create enough disturbance to cause growth and expansion. I've often seen participants who profess to not liking touch, finally relaxing and being able to receive and it's such a sweet experience for them and me. They finally open to receive and can feel how much they love being touched. It might be innocent, natural sexual touch, but it might also be loving, nurturing touch. Touch doesn't have to have an agenda."

Another big learning from LTI, is simply and yet not so easily in our culture, practicing being able to say 'No' to whatever you don't want. "For many people, once they know they can say 'No', they enjoy saying 'Yes' so much more. They become so much bigger at the end of it all and the world seems such an expanded place."

And it doesn't stop there. Jan offers an 18 month Living Tantra Training where a closed group keep on meeting and practicing different aspects of relationship. "Just the fact that the same people keep on meeting up and diving into areas that are uncharted for them, builds up a phenomenal amount of trust. In this setting, they learn how to have good relationships with this safe group at their roots. They might have had a toxic family so this may be the first time, they've had the chance to practice in a healthy setting. It's also a great place to learn to deal with conflict."

It's not a training in terms of training to become a Tantra teacher but it can be. "Often people want to deepen their relationships with themselves, and this is an opportunity to do that with the group as their mirror," says Jan. "but some people do go on to teach too."

Living Tantra – whether the 7 day Easter workshop or the ongoing training – gives participants the chance to experience a different version of themselves, one they know but want to be more often. "I see people arrive looking frightened and closed down," says Jan, "and they leave more confident, bigger because they have felt truly connected and know how to love and be loved. They often go home in state of exhilaration or exuberance because they are in touch with their aliveness, yet they are also calmer because the loving touch has settled their systems. In the ongoing training, they receive a level of support that they have often never experienced before and that can be transformational and healing."

*The next LTIs are 24 Feb – 3rd March 2017, Dorset, 13-20 April Somerset and doing LT1 is a pre-requisite for the 18 month training which starts on June 15-18th at Osho Leela. More info [janday.com](http://janday.com) Booking at [office@janday.com](mailto:office@janday.com)*