



# SPRING COURSES GUIDE

Louise de Caux

Took Living Tantra course with Jan Day



The Living Tantra course is not like mainstream tantra as there are no breathing exercises. It's more about emotional depth and intimacy. It's about relating in some ways, and it's about really being able to be here now in this moment and enjoying that. I can't do it all of the time, but when I'm there I feel

a very real joy in life.  
 I did Jan Day's tantra training over a year, which we go through as a group and grow together. There are four seminars which other people can join as well.  
 Jan's work is on many different layers. What I really learnt from it was first how to relate to myself and then to other people. I worked in a corporate macho environment and this affected my relationships. So working with Jan helped me look at myself as a feminine sensual woman.  
 As men and women we exchange a lot of information about what we like between the sexes

and so get to understand each other. It's impossible to describe what goes on.  
 In the course there's a lot of stuff about setting boundaries so we feel safe. You only need to do what you want to do.  
 Jan is great as a facilitator. She dances the edge of making you feel safe but also challenging you. During training we have one-to-one coaching sessions with her. Everyone has their own hot buttons in the areas of intimacy and relating to others.  
 It changed my life in so many ways. I have more self-worth and confidence. Now I've started

teaching a dance class which has a tantric side to it and I realise that's where my heart is. I also realised how empty the corporate world is. In fact, some of Jan's techniques could be brought into the corporate workplace.  
 I now attract a different kind of man, the kind I used to think was not my type at all.  
 I'd recommend the course to everybody. A friend in Cambridge told me I'd really changed and she was interested to find out why. She came along to the course and got a lot out of it about her.