



Learning to Love

Half-way through the Living Tantra training and the power of the ongoing circle that is such a feature of the training group, is evident. A Living Tantra training group is for those who have

a deep commitment to their own growth and are drawn to the path of tantra. It is like a monk's initiation where he says, "yes I mean it, I join the flow of this river".

I'd like to share with you some of what I've been reflecting on since our last training weekend in February.

As one participant observed at the end of the last workshop "we've been totally naked with our clothes on". We'd been stripped naked of our preconceptions, concepts, all that holds us back from that natural state of being that flows when we just let ourselves be who we really are. We include our selves in ourself. That sounds funny but generally we throw out lots of parts as unacceptable, and lay dormant other parts because we didn't recognise them as part of us. During the training we develop a willingness to step into every part imaginable to see what it has to offer us. This gives us clarity, choice, fullness and inclusion; the ultimate sense of being connected - because in connecting totally with ourselves we ARE all one.

There is a choice in nakedness and transparency. Included in that nakedness is: sensitivity, vulnerability, empathy, wisdom. And we have permission from ourselves to be whole, and in that self love, comes an ease and naturalness that allows life to flow and dance. This willingness to become more and more naked with ourselves and with each other, regardless of whether we have our clothes on, is the foundation of Living Tantra, Meetings Without Masks and all the workshops. The place we are seeking, that is so profoundly fulfilling when we find it, is the state where

(cont. overleaf)

Meetings Without Masks

(NAKED DATING FOR SINGLES)

Belgravia, London, Sun, 28th March
(10am - 6pm)

"We all yearn to be seen for who we really are and that is what naked dating is about; being naked with your clothes on." Meetings without Masks is a one-day workshop for 20 - 40 people (gender balanced) to discover a way of meeting that is fun and fulfilling in itself.

www.meetingswithoutmasks.com

MORE DATES in 2010: Sun 16th May (10am - 6pm)
Sun 18th July (10am - 6pm)

Sun 19th September (10am - 6pm)

£97 incl. lunch & delicious afternoon cakes

Contact: meetings@janday.com or 020-8123 9831

Read articles published in The Evening Standard & The Belgravia at www.janday.com/articles.php

Living Tantra 1

2 - 9 April, EarthSpirit Centre, Somerset

Intro to Living Tantra, 2 - 4 April

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. Open to everyone.

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

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

Contact Jan: 020-8123 9831 or jan@janday.com

Living Tantra Training

starts 29 - 31 May, 2010 Canterbury, Kent
pre-requisite: Living Tantra 1

After completing Living Tantra 1, you may wish to join the training group, which makes a commitment to the whole Living Tantra series (Four workshops in total) and for the 3-day seminars that come in between. The added support and commitment that are so much a part of the training group gives a powerful experience in which to learn about authentic relationships as well as honouring the individuality and the masculine and feminine energy in each individual. Ask for the leaflet detailing the training. People who have completed Body, Heart & Soul 1 with me are also welcome to join this training.



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I can be me, you can be you, and we see each other transparently.

What I see, both looking back on my own journey and looking at this current training, is how much this work provides a basis for learning about all kinds of relationships. We learn & explore how to be in relationship, how to say what we want and don't want, to set boundaries, to express our joys and pains and above all, to keep being there, authentically, through it all, without threatening to walk out, sulk, or cut off from the relationship. It's a way of learning how to be in a committed relationship because the training group makes a commitment to each other to be there for 18 months. It is powerful medicine in learning to love and it is a learning that is for everyone.

If you'd like to be a part of the next training group, you can join Living Tantra 1, 2- 9 April or if you have already completed Living Tantra 1 you can join the first training seminar in May 2010. Call to talk with me about it if you are interested. (020-8123 9831)

Holiday Workshops in Hot Places

The Gift: Being Man, Being Woman

12 - 19 June, Cortijo Romero, Spain

A vacation workshop with plenty of time to relax around the pool and about 20 hours of workshop time. This workshop invites you to recognise and celebrate your being as man or woman. It is designed to encourage you to make fundamental shifts and to create your life and relationships free of self-limiting patterns.

Cost including food & accommodation is £578.

Booking Cortijo Romero UK office: 01494-765 775

www.cortijo-romero.co.uk

Embracing Yourself & Relationships

15 - 28 August, Sykros, Greece

A Greek holiday with yoga, music & arts, beach in a traditional village setting. The workshop time will be around 20 hours per week,

Cost inclusive of food & accommodation is £1245

Book with Skyros UK office: 01983-86 55 66

www.skyros.com

Contact Jan for questions about workshop content.

Inviting Intimacy

1 - 3 May, Canterbury, Kent

Intimacy, while sometimes hard to find or maintain, is what we yearn for. Intimacy is also the doorway to meaningful connections and loving relationships. The workshop invites you to find the courage to be true to yourself and to feel into another person. It will encourage you not to shut down, but learn to open in consciousness and to shed the limiting beliefs you hold. Inviting Intimacy is a journey of growing compassion and care, for yourself and others, opening to all your feelings while trusting that you are greater than your wounds; you are growing and the past doesn't need to limit or confine you.

Start time: 10.30am, Sat. End: 4pm Mon.

Contact Jan: 020-8123 9831 or jan@janday.com

Cost: £160 (140) plus food & accommodation

Living Tantra 3

9 - 14 July, EarthSpirit Centre, Somerset

Pre-requisite: Living Tantra 1

This workshop explores the dance that happens between two people, embracing stillness and feeling deeply into each other. You learn how to keep being there, being present. Suitable for singles or couples. All personal boundaries are honoured.

Contact Jan: 020-8123 9831 or jan@janday.com

Cost: £267 (240) plus food & accommodation

Passion, Power & Love (New Year)

28 Dec 2010 - 2 Jan 2011, EarthSpirit Centre, Somerset
An inspiring celebration of life, letting go of the old, welcoming the new.

Contact Jan: 020-8123 9831 or jan@janday.com

Cost: £287 (260) plus food & accommodation

Living Tantra 2

Pre-requisite: Living Tantra 1

2 - 6 January, 2011, EarthSpirit Centre, Somerset

This workshop dives deeper into the journey towards fulfilling relationships and ecstatic sexuality, exploring the ways we limit ourselves sexually, the sexual agreements we've made, our judgements, shame, relationship to excitement and the willingness to give and receive pleasure. All personal boundaries are honoured.

Contact Jan: 020-8123 9831 or jan@janday.com

Cost: £287 (260) plus food & accommodation

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. Coaching is by telephone or in-person.

Call Jan: 020-8123 9831 or email jan@janday.com

I will be adding some more workshops to the calendar. To keep up to date, go to www.janday.com and sign up for the e-newsletter. If you have any questions, you are always welcome to call and talk to me.

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