



## Hello friends!

I'm feeling more and more in love with life. I think of love as the willingness to be present, accepting, to receive and be touched, by all that life offers, both light and dark. To be in love is the invitation all my workshops offer.

And being in love - the highlights of my summer have been camping with Frieder in the Jungfrau region of Switzerland, laughing myself silly at an Improv workshop with Andrew Risner, the finale of the last and the beginning of the new Living Tantra training groups, and diving deep into Ken Wilber's Integral Approach under the inspired guidance of Core Integral. All of these things are inter-connected because they are about LOVE, each in their own way.

Camping with Frieder (my beloved husband) was a melting into love for each other and love for nature. We've been together nearly nine years now and our love keeps growing. To have the spaciousness of two weeks simply hiking together in the Swiss mountains was a blissful way of recharging our batteries and being together in LOVE.

Andrew's Improv workshop reminded me how much laughter is good for all of us. Revealing ourselves, risking showing ourselves, encouraging and appreciating each other, seeing each other, loving.

And of course, all this resonates with the Living Tantra training. The last training ended in September: a circle of love and support with many enduring connections. The new training group started and is emerging as another wonderful group with an incredible commitment to dive deep into themselves, to be willing to see each other, to be willing to strive to show themselves.

Finally my summer has been coloured by my interest in Ken Wilber's work. I just passed the Level 1 certificate course with CoreIntegral and continue to study with a group of people from around the world. This approach offers a way to see myself and the world as fully as possible, to include all aspects of being and becoming in the ever opening and emerging flow of spirit unfolding as LOVE.

## New for 2012

Turning to the programme of workshops I'm offering, I will be a re-focusing on group work for couples. The first Mirror of the Heart weekend, which will lead into a new training group for couples, is in February. It is open to any couple who want to develop their

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## Passion, Power & Love (New Year)

28 Dec 2011 - 2 Jan 2012

Poulstone Court, Herefordshire

Open to everyone. 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 luggage you may be carrying from the year that is ending
- to enter the new year with your passion for life renewed
- to become established in the personal power that enables you to create your life instead of being run by it
- to learn how to live each day, and especially the moments when it could be seriously otherwise, as your very personal love-relationship with existence

Contact Jan: 020-8123 9831 or [jan@janday.com](mailto:jan@janday.com)  
Cost: £287 (260) plus food & accommodation

*"Jan is immensely gifted as a teacher. There's no-one to compare her to, in the tantra field. She creates magic like an artist does. I like the fact that she does so much process work, it allows people to really see what's going on for them."*  
Pete, entrepreneur

## Living Tantra 1

5 - 12 April, 2012

EarthSpirit Centre, Somerset

£ 5 - 7 April, Intro to Living Tantra

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. There is an option to enrol for only the first two days of Living Tantra 1, which form an introduction to this work.

Cost: Full week: £375 (350) + food & accommodation  
Intro weekend: £160 (140) + food & accommodation  
Contact Jan: 020-8123 9831 or [jan@janday.com](mailto:jan@janday.com)

*"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

## The Mirror of the Heart (for couples)

24 - 26 February, venue in Surrey

This workshop is for couples who want a passionate and honest relationship, whether they have been together for decades or have just started their journey together. Our main focus will be to learn about communication, and what is needed to keep a relationship sexually and spiritually alive and have a lot of fun growing together.

Start time: 8pm Fri. End: 4pm Sun.  
Contact Jan: 020-8123 9831 or [jan@janday.com](mailto:jan@janday.com)  
Cost: £180 (160) plus food & accommodation

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relationship and open deeper into love.

You'll see that Passion, Power & Love is happening as always at New Year. This 5-day workshop has been a big first step for many people who know they want more from their lives and who long for deeper connections with others. Many people who participate in Passion, Power & Love go on to Living Tantra 1 and then often to the full 18-month training. Passion, Power & Love is anyway a powerful journey in itself, focussing on relationships, how we can let go of the past and what we really want for the future.

There will be another Living Tantra series starting again at Easter 2012 and 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.

## Meetings without Masks

(One day workshops for singles)

Belgravia, London, Sundays (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 - 30 people (gender balanced) to discover a way of meeting that is fun and fulfilling in itself.

Sun 20th November 2011

### 2012 DATES - all Sundays

11th March, 13th May, 24th June, 23rd Sept

£62 confirmed booking, £31 standby

Book online at [www.meetingswithoutmasks.com](http://www.meetingswithoutmasks.com)

[meetings@janday.com](mailto:meetings@janday.com) or 020-8123 9831

*"I'm divorced and I wanted to test the waters re. going back into the dating world. I wanted to explore how to relate to women again, but from more than a friendship position. It was a fabulous day. Jan used a lot of novel ideas to prompt connections and conversations. It was very relaxed and I enjoyed it." Barrie, Reiki practitioner*

## Inviting Intimacy

23 - 25 March 2012, Surrey

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. 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: 8pm Fri. End: 4pm Sun.

Contact Jan: 020-8123 9831 or [jan@janday.com](mailto:jan@janday.com)

Cost: £180 (160) plus food & accommodation

## Living Tantra Training

18 month ongoing group

starting 8 - 10 June 2012

pre-requisite: Living Tantra 1

After completing Living Tantra 1, you may wish to join the Living Tantra training group which makes a commitment to complete the full Living Tantra course and a series of seminars which are only for the training group. There are three advanced 5-day Living Tantra workshops and six 3-day training seminars. The seminars are designed to integrate the learnings of the workshops and create a learning space that allows each participant the opportunity to be seen and to do individual work. The added support and commitment that are so much a part of the training group creates a powerful medium 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.

*Previous participants talking about this training:*

*"I found myself on a very intense journey and believe me, I've done more in 21 months since I met Jan, than I would have done in 10 years. Jan's knowledge and massive experience helped me to stay with my feelings and therefore overcome situations in which I would have gone into meltdown and left. As a result of the training, my self-esteem is much higher as well as my self love."* Anna, maternity nurse

*"It turned out to be about my masculinity in a way that I hadn't expected. It wasn't necessarily about sexuality, more about how intimate I could be in a vulnerability kind of way. I had profound insights about myself and gained a huge amount from committing myself for this length of time. It feels much deeper than other courses. Also I have a connection with people that has continued outside the group which feels like a community."* Rupert, environmental consultant

## Holidays in Spain & Greece

### The Gift: Being Man, Being Woman

21 - 28 April, 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](http://www.cortijo-romero.co.uk)

### A Taste of Living Tantra

1- 11 July, Atsitsa, Sykros, Greece

A Greek holiday with yoga, music & arts, swimming in the bay, and all the delights of this living community that is at the heart of Skyros. Workshop time is 8-20 hours per week.

Info & booking: Skyros UK office: 01983-86 55 66

[www.skyros.com](http://www.skyros.com)

Contact Jan for questions about workshop content.