

Living Tantra

*'allow the soft animal
of your body to love
what it loves'* Mary Oliver

Living Tantra is for people who want to experience richer relationships, deeper intimacy and more authentic connection with others.

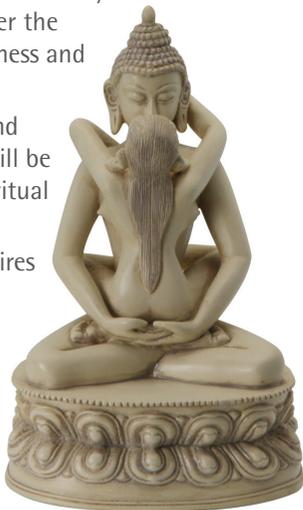
Living Tantra is a carefully structured seven day residential workshop which includes guided meditations, explorations in small groups and sharing circles. Many of these explorations involve dance and touch, two simple actions which can encourage all that is within to be held with consciousness and compassion.

You will also be introduced to ritual and ceremony, to breathwork and the body's natural sources of energy. This workshop invites participants into expansion of the heart, mind and body.

The workshop will focus on the ways that we love, relate and express our sexuality as man or woman. It aims to open participants to a deeper 'yes' to all that they are. In the process, you will discover the potential for ease, delight, playfulness and consciousness.

You will meet others in a caring and respectful environment and you will be encouraged to awaken a more spiritual connection with your sexuality.

You will learn to discover your desires and how to express them openly, with care and respect. You will learn to love and honour yourself and your sexual nature as a man or woman and to celebrate your sensitivity, sensuality and innocence.



Heart Centred Sexuality

Throughout Living Tantra your willingness to be alive and present with your core emotions is always encouraged. Explorations that focus on discovering and expressing your personal boundaries are an integral part of Living Tantra.

The benefits you can get from this workshop are:

- A sense of ease in your male/female body
- Increased self-confidence
- A way of growing and healing your sexuality
- A growing consciousness and connection to spirit
- Learning to communicate your boundaries, desires and needs
- Moving towards rich, pleasurable relationships and heart-centred sexual relationships
- Experiencing yourself as a vibrantly alive man or woman
- Learning that you are strong enough to hold all you feel
- Allowing yourself to be tender and vulnerable
- Living with passion and love

Living Tantra gives you permission to enjoy pleasure. It also gives you the permission to say 'no'. The workshop invites you to connect with truth and love, to discover and integrate your masculine and feminine selves.

This workshop will bring new experiences, new practices and ideas and a greater clarity of thought to anyone consciously seeking personal growth in this area of the human psyche - sexuality.

Allow your spirit to connect with your body, give yourself a truly holistic experience which can set the tone and pace of your future sexual self!

Testimonies

"Since the workshop I've had a much more positive outlook on life. Now lots of things give me joy on a daily basis and I'm happy to be alive. I'm much more relaxed with family members and friends. At work too, I'm opening up and sharing more of myself with my colleagues; I find that pleasurable. The workshop has had a very positive impact on my work." - Andrew

"I can truly say that nothing has accelerated my development faster than this work. For me, it has been an experience of becoming more truthfully myself. I am now better able to be around people (after years of social anxiety and discomfort). I can now set boundaries, I've learnt more about what love is, love for myself and love for others. I am better able to stick around for it rather than run in the opposite direction!" - Jemma

"Jan, this workshop has been a big stride on my journey towards bliss and living totally in the present. I thank you from the bottom of my heart for your presence, your holding and safety, your laughter, your insights and your open-hearted love and generosity. I will be back for more! My heart is open and tender and that's how I want to live my life." - Louise

"Finding Jan and this work is like uncovering a diamond in the coal mine of life" - Tom S

Other Workshop Dates:

Passion, Power & Love Our annual New Year retreat for inspiration & celebration. 28 Dec - 2 Jan 2017. Open to all.

Living Tantra is a series of four workshops that can either be taken individually or as part of an extended training course of personal and spiritual growth.

Next 18-month **Living Tantra Training** starts June 2017. **Living Tantra 1** is a pre-requisite for the **18-month Training** and for Living Tantra 2, 3 & 4. For a detailed flyer and more info email: office@janday.com or visit www.janday.com.





The themes of sexual healing, self-acceptance, forgiveness and loving kindness are central to Jan's life and work. She is held in high regard by the many people who have come to know her through her guidance in both workshops and coaching. She brings to her teaching deep understanding and a warm-hearted appreciation for people's need to find and learn to trust their own unique journeys into being.

"I have been divorced and married. I have known the darkness of depression, the despair of great loss and the joy of finding my way home again.

Above all, I believe in ability to heal, grow and evolve to become the fullest expression of our potential. Sexual healing, self-acceptance, forgiveness and the all-embracing life-acceptance of tantra have been and continue to be powerful tools in my life."

Jan lives in England with her husband, Frieder, who often co-leads sections of the workshops.

Jan's life and work have been influenced by a wide spectrum of eastern and western spiritual teachers including Osho, Alan Lowen, Jack Kornfield, David Deida, Ron Kurtz, Ken Wilber, Genpo Roshi, Thomas Hübl and Ammachi. Jan has been teaching workshops in Europe and Hawaii since 1999.

"My passion is to support people in finding the courage and inspiration to express their own unique being, integrating the learning into their daily life."

Individual coaching is available to students of the 18 month Living Tantra Training which starts every year in May/June, and for which Living Tantra 1 is a pre-requisite.



Workshops, Training & Coaching.
info@janday.com Tel: 020-8123 9831
www.janday.com

Living Tantra 1, 24th Feb – 3rd March 2017

Osho Leela, Gillingham, Dorset
Price including dormitory accommodation & food £920
(early booking by 20th Dec £890)
Booking with Osho Leela
info@osholeela.co.uk, 01747-821 221
www.osholeela.co.uk

Living Tantra 1, 13th – 20th April 2017

EarthSpirit Centre, Somerset
Course fee £495 (early booking until 13th February), full fee £535
F&A from £490 (hot tub included)
Booking with Jan Day Workshops: 020-8123 9831 office@janday.com

Living Tantra 1, 1st – 8th September 2017

Florence House, Seaford, nr Brighton, Sussex
Course fee £495 (early booking until 1st July), full fee £535
F&A £490 (shared rooms)
Booking with Hanna Angell, info@awakenyourpassions.com

A deposit of £250 reserves your place. Contact for booking:
Jan Day Workshops Limited, 020-8123 9831, office@janday.com
Osho Leela, 01747-821 221, info@osholeela.co.uk
Hanna Angell, info@awakenyourpassions.com

Workshop venues:

EarthSpirit Centre, an award winning retreat centre with a warm and friendly atmosphere in the Somerset countryside.

Osho Leela, one of the UK's leading personal growth centres and well known for its festivals and celebrations.

Florence House - on the brow of Seaford Head, near Brighton, enjoy comfortable rooms and delicious food, the sea air and surrounding wild landscape.

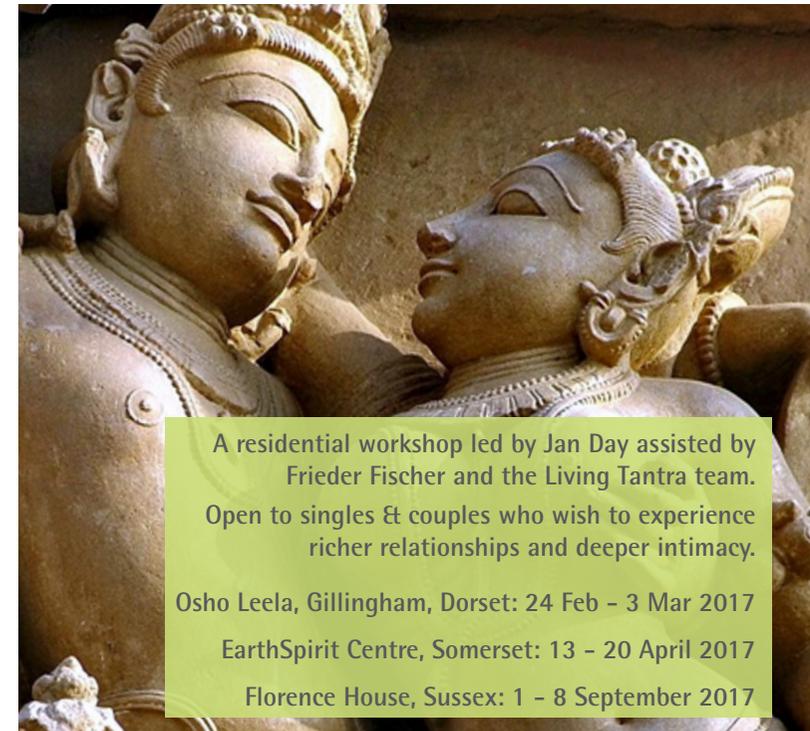
At EarthSpirit and Osho Leela, upgraded accommodation is usually available.



www.janday.com

Living Tantra

'to live with passion, presence & love'



A residential workshop led by Jan Day assisted by Frieder Fischer and the Living Tantra team.

Open to singles & couples who wish to experience richer relationships and deeper intimacy.

Osho Leela, Gillingham, Dorset: 24 Feb – 3 Mar 2017

EarthSpirit Centre, Somerset: 13 – 20 April 2017

Florence House, Sussex: 1 – 8 September 2017



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