

Living Tantra

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

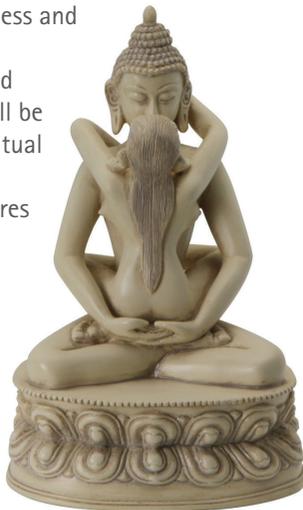
Living Tantra is for people who want to experience richer relationships, deeper intimacy and more authentic connection with others.

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

"Living Tantra revolutionised the way I relate to women: I feel a whole lot more solid and confident, and intimacy got way deeper as well as more playful and pleasurable. But the deepest changes were in how I relate to myself. There were things I was doing in all of my life that I wasn't even aware of, even after years of meditation, therapy, men's work and tantra. Something about the incredibly safe environment which Jan creates allowed me to finally acknowledge these core patterns, let go of the heaps of shame and be loved in my most wounded places." (male E.R.)

"Happy news to share with you is that my boyfriend and I have got engaged. Living Tantra sparked a new vision and brought such an amazing realisation of my YES.. first and foremost to myself, which has flowed out to him with an abundance of love." (K. St.)

"At work and with people generally, I can show my vulnerability and share more of myself and that has helped relationships. It has also helped me relax as I don't need to hide my vulnerability. Love-making is so different from how it was before LT. My heart and sex are connected. I am also so much more tolerant. I have the tools and language to express what I need while being able to hear what he needs and can negotiate with clarity and openness. I am not needy so don't need to push. Really enjoying this relating in this new way." (Gretchen, Edinburgh)

Other Workshop Dates:

Passion, Power & Love Our annual New Year retreat for inspiration & celebration. 28 Dec - 2 Jan 2019. 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 2019. 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.