

Autumn 08 News from Jan Day

NEW: "Living Tantra" Training starts 2009 (details overleaf)



It feels good!

This bright and chilly September air always reminds me of the new term, time for learning, exploring and opening. Personally, I've started a new exploration in the area of strength and fitness that I'm very excited about. The programme is called Focus Intensity Training and it combines strength training for body and mind (see Blog, Sept 9, on my website: www.artofbeing.co.uk, for more information).

As I've applied it to exercise and nutrition, I've noticed how the principles have touched other areas of my life. Practising focus and enjoying intensity in strength training has sharpened my work and my relaxation time, bringing deeper concentration and deeper relaxation – and it feels good.

The Essence!

For me, to be connected to Essence (see next workshop in October) means to be connected beyond the limitations of myself, to feel my connection with all that is; it is a sense of the vast boundless spaciousness of eternity. When I can live connected to that, I know an inner bliss that wants to give and pour myself joyfully into the world. When I live without it, I get tripped up in the stuff of life rather easily, find myself getting upset, anxious, caught in the traps of personality that keep me contracted and less than I can be.

Practice and awareness!

If you're reading this newsletter, chances are you already have some ways of connecting yourself with Essence and maybe you even practice them regularly. Just writing that reminds me of my first ever yoga teacher. It was on Crete, a gorgeous ex-footballer who taught a group of us Ashtanga yoga. His first words to me (on questioning whether I was flexible enough to try yoga) were, "If you aren't then it's even more important to start now!" And his last words on that course were, "The yoga isn't difficult, hardest thing is getting on the mat". It was true. However many practices and resources we know to keep us opening and growing, actually using them, especially in the isolation of our own home, requires encouragement, support or innate motivation. Both coaching and workshops can give you the support that enables you to use, live or practice that which opens you, grows you and expands you towards your fullest expression of loving, relating and being.

How do I work with people?

I love learning, I love exploring, I'm passionate about self-discovery. My curiosity and fascination are probably what led me into science many years ago and why I enjoyed it so much. Strangely, at least at first sight, my sci-

ence background seems to have been a perfect preparation for the way I now work with people; it brings the spirit of open, non-judgmental curiosity, truthfulness and letting things be the way they are: finding out what happens rather than trying to make result be the one that might be more convenient. I certainly feel that same fascination, curiosity and passion when I'm working with people, witnessing their self-discovery and their own "Aha!" moments, that I did many years ago when I worked as a chemical researcher.

New season of workshops!

So it's time for the new season of workshops and I want to remind you about what I'm offering in the coming months.

Touching the Essence Workshop EarthSpirit, Somerset, 8-12 October

Touching the Essence is my next workshop in England. This 4-day workshop is an opportunity for a richer, deeper exploration. The longer time enables us to open to the issues that can only arise once we've spent some time together, revealing what is important, now, for each one of us and between each other. Touching the Essence is both a way to connect more deeply with the essence of who you are and a way to discover, explore and witness the ways you keep yourself small, automatic, something less than you really are.

Call Meru: 01453 752 604 or Jan 020-8123 9831

Cost: £230 (200) plus food & accommodation

The Gift of Being

Waldhaus, Switzerland, 18 – 21 Oct

This workshop is a very touching way to bring more appreciation towards yourself and the life journey you have made so far. It includes a powerful process to enable you to release old, self-limiting patterns. Journeying through the stories of your entire life, you can see the gift of your unique being and find your personal connection with the source of all life. Call Waldhaus for booking

0041-34-461 0705 or Email: waldhaus@waldhaus.ch

Cost ~£220 plus food & accommodation

Being in Love: Dancing with Life Open Sky House, nr. Cologne, Germany 31 Oct – 4 Nov

How do you meet the unexpected adventures life brings you? Do you live with an inner "yes" to life? or an inner "no"? What conditions have you put on the dance? And what happens when those conditions are not met? What happens when you fall over? What holes do you fall into again and again.

This is an invitation to explore and reveal yourself and the patterns of your unique life-dance and also to extend out into feeling your heart's deepest longing.

Call Parvati for booking: 0049-2173-4099 203 or

Email: office@openskyseminare.com

Cost: 320 (290) Euros plus food & accommodation

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

Workshops, Training and Coaching to light up your life
www.artofbeing.co.uk jan@artofbeing.co.uk Tel: 020-8123 9831



Holiday in Spain

Cortijo Romero, 22-29 November

This will be my first workshop at this well known and loved alternative holiday centre. I've heard great things about the place. The workshop (The Gift: Being Man, Being Woman) will occupy about half the time, and the rest of the time we're free to play together.

Book directly with Cortijo Romero. Tel (UK): 01494 765775 or Email: bookings@cortijo-romero.co.uk.

Cost: £430 including food & accommodation.

To encourage equal numbers of men and women for this vacation workshop, there is a discount for men from my mailing list, so be sure to mention that when you book.

Passion, Power & Love, New Year Workshop

Integral Life Centre, nr. Chester, UK

28 Dec 2008 - 2 Jan 2009

Renewal, Integration, Inspiration & Celebration.

New Year is simply a very powerful time, a window of time in the midst of winter to take stock of what has been happening, to integrate, find completion with what has gone before, tap into your inspiration and inner purpose for the coming year, and to have quiet times to bask in the nourishment and encouragement that we give each other in these circles of being.

Come join us for New Year: laughing, learning, loving, sharing, creating, dancing, questing, deep in ritual, looking back, visioning forward, loving the present moment. We are already taking bookings for this workshop. Call or email now to reserve your place or simply to find out if it is the right workshop for you.

Call Meru: 01453 752 604 or Jan 020-8123 9831

Cost: £250 (220) plus food & accommodation

Book now for early booking discount & cheapest train tickets.

Easter 2009

Introduction to Living Tantra, 10-12 April

Living Tantra 1, 10 - 17 April

EarthSpirit Centre, Somerset

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.

Call Meru: 01453 752 604 or Jan: 020-8123 9831

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

Introductory w/e: £150 (120) plus food & accommodation

Living Tantra Workshops 2009

I will continue to offer a series of workshops that enable people to explore their relationship to their own sexuality in a deeply sensitive, respectful and supportive space. The new series of workshops is called Living Tantra and the first one will be at Easter 2009 (see above). Living Tantra 2 will be in October 2009 (dates to be announced).

I will no longer be offering the Body, Heart & Soul workshops. If you have already participated in Body, Heart & Soul 1 with me during the last years and wish to continue the journey further in the Living Tantra series, please call to talk with me. Discounted prices will be available for people who have participated in Body, Heart & Soul with me.

About Living Tantra

Living Tantra is a series of 5 day workshops. Because of the intimate nature of this work, a pre-requisite is the weekend: "Introduction to Living Tantra". If you are new to this work, this introductory weekend is a gentle way for you to find your way into the realm of tantra and to learn how it can benefit your whole life. You will begin to discover the beauty and innocence of your own sexual nature connected with your open heart and to the sacred in all existence.

If this calls to any part of you, if you feel that you could benefit from bringing more joy into intimate relating and your life as man or woman, whether you are currently single or in a partnership, please do not hesitate to call and talk with me personally so that you can ask whatever you need to.

You can participate in all the Living Tantra workshops without joining the Living Tantra Training. Living Tantra 1 will be a pre-requisite for the following Living Tantra workshops.

New Training starts Easter 2009

Living Tantra Training - how does it work?

Living Tantra 1 will form the beginning of a year-long training. There will be an option to continue into a second year of training. During the training there will be opportunity to work with other invited teachers who bring different perspectives and will introduce e.g. psychodrama and family-constellation work as ways to know and love yourself more deeply.

The aims and benefits of being a part of the training group, as opposed to simply participating in a series of workshops, are:

- To provide continuity and growing trust with a group of fellow-travellers.
- To encourage the commitment needed to ensure that you move through obstacles and challenges that you encounter.
- To provide ongoing support to integrate the workshop learnings into your daily life.
- To offer an opportunity to become part of the team that presents future events.
- The price of the whole training will be discounted so it will enable you to participate in more workshop days for less expense.

During the second year of the training (and possibly earlier) there will be an opportunity to assist with me and to have mentoring/coaching to set up your own programme. Ongoing individual coaching will be included in the training to encourage you to really integrate what you learn into your life, day by day.

Coaching for Joy

If you'd like to jump start a new phase of your life, whether it is starting a new business, getting fit, or diving into intimacy, consider if you'd like to have the support of regular telephone coaching sessions. Call Jan: 020-8123 9831

What people have said

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

"Jan, this whole 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 - with love." Louise