



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 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 the 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, Rob 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 and integrating the learning into their daily lives."

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.

## 21st – 28th February 2025

Led by Jan Day & Frieder Fischer

Price including food, standard accommodation, hot-tub & VAT:

£1290 early booking until 23rd January 2025

Full price £1440 after 23rd January 2025

Booking with Jan Day Workshops Limited,  
office@janday.com, 020-8123 9831

## 17th – 24th April 2025

Led by Jan Day & Frieder Fischer

Price including food, standard accommodation, hot-tub & VAT:

£1290 early booking until 6th March

Full price £1440 after 6th March

Booking with Jan Day Workshops Limited,  
office@janday.com, 020-8123 9831

## 10th – 17th October, 2025

Led by Ed Rooke & Bethan Evans

Price including food, standard accommodation & hot-tub

Super early bird £970 until 5th May 2025

Early bird £1070 until 24th August 2025

Full price £1230 after 24th August 2025

To book: contact Rachel (workshop coordinator)  
info@workshopcoordinator.com, 07515 482 426

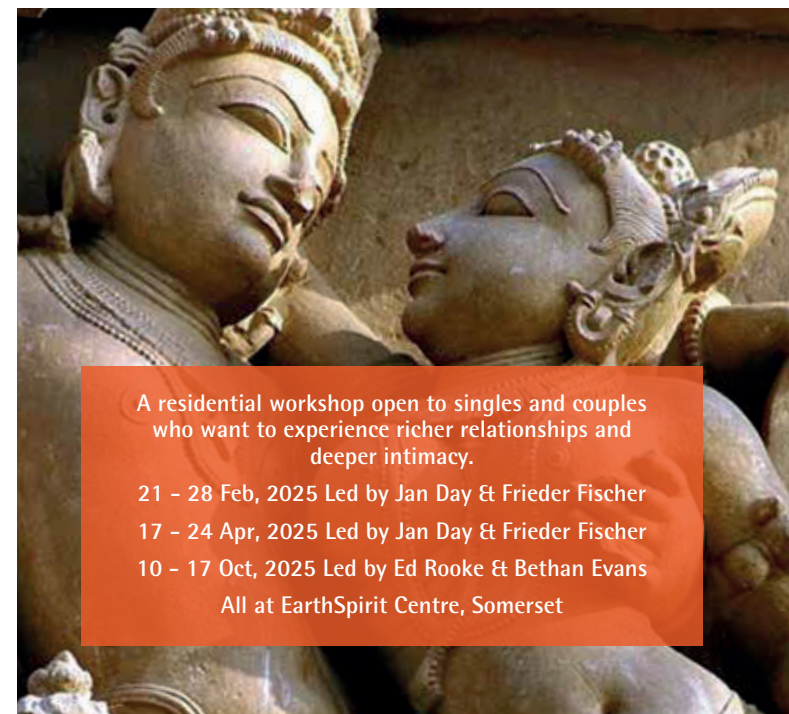
www.edrooke.com

## Workshop venue:

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

# Living Tantra

'to live with passion, presence & love'



A residential workshop open to singles and couples who want to experience richer relationships and deeper intimacy.

21 – 28 Feb, 2025 Led by Jan Day & Frieder Fischer

17 – 24 Apr, 2025 Led by Jan Day & Frieder Fischer

10 – 17 Oct, 2025 Led by Ed Rooke & Bethan Evans

All at EarthSpirit Centre, Somerset



Workshops, Training & Coaching.

info@janday.com Tel: 020-8123 9831

www.janday.com



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# Living Tantra

# Heart–Centred Sexuality

# Testimonies

## ‘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.

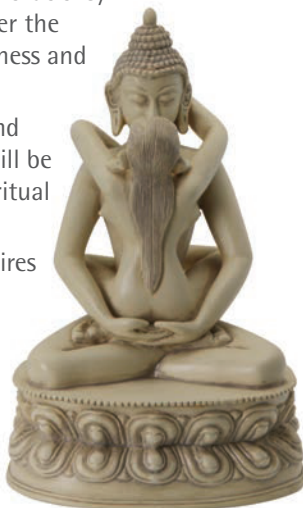
Living Tantra is a carefully structured seven day residential workshop which includes guided meditations, explorations in small groups and sharing circles. Many of these explorations involve dance and touch, two simple actions that can encourage all that is within to be held with consciousness and compassion.

You will also be introduced to ritual and ceremony, to breathwork and to 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.



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 that can set the tone and pace of your future sexual self!



"Proudly innocent. Transformed back to a time before alcohol. To a time before guilt and shame. To a time before sexual abuse. It's my body! And I'm beautiful! I love my body. I love me. I trust me. I honor me. And thus, I can love, trust and honor you." (male K.N.)

"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 D.R.)

"My relationship with myself has blossomed into a love affair and I have learned to be deeply authentic in my dealings, which is changing my life path into something I am longing for. As a result of all this I have also attracted a beautiful, honest and authentic relationship with a significant other whilst holding on to myself and my needs." Ch. M. (female)

## Other Workshop Dates:

**Passion, Power & Love** Our annual New Year retreat for inspiration and celebration.  
28 Dec 2024 – 2 Jan 2025

**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 Trainings** start June 2025 and June 2026.

Living Tantra 1 is a pre-requisite for the 18-month training and for Living Tantra 2, 3 & 4.

For more information email [office@janday.com](mailto:office@janday.com) or visit [www.janday.com](http://www.janday.com)