

About the Teachers...

Jan Day



Jan Day has been leading intimacy and relationship workshops worldwide since 1999. Her own healing journey started with Osho in 1982.

Jan's work invites you into:

- a deep and sensitive connection with your physical and emotional being
- embracing your vulnerability as well as your innocence and playfulness
- clear and loving communication
- honouring and celebrating your sexual being as man or woman
- conscious sexuality and intimacy
- deepening relationships

She is happily married and co-teaches with her husband Frieder.

Jan Day Workshops & Coaching

Tel : 020-8123 9831

Email: info@janday.com

www.janday.com & www.meetingswithoutmasks.com

Sarani



Danutė Vilionyte (Prem Sarani) is the founder of the meditation centre and publishing house Meilės kelias in Lithuania. After completing her Masters Degree, she chose the path of conscious sciences and meditation and studied with several masters and enlightened mystics in India, Japan, Brazil, Greece and America. Her studies range from the revolutionary Osho active meditation techniques to studies

of Primal Therapy with the Dr. Arthur Janov Institute in USA. Her Tantra trainings has been done with Sarita, Daniel Odier and Homa and Mukto. Sarani mixes her expertise of Tantra, hypnosis, Primal Therapy and intuitive energy reading in her work, to bring a balance between therapy and meditation, love and consciousness. The last past 10 years she teaches tantra for women, tantra for singles and tantra for couples in Lithuania, Turkey, Bulgaria, Russia, Georgia and USA.

Sy and Ash Balderson



The important bit: we love to do really yummy stuff!!

The other bit: We have a playful, creative & alternative approach to life and we have been loving, working and playing together for the last 21 years. Our journey with Tantra and Sacred Sexuality supports us to explore the joys of relationship and sexuality in many different ways and this continues to deepen our connection and openness with ourselves, each other, and those around us.

We love creating delicious spaces for us all to delve deeper into a joyful exploration of sexuality, sensuality and

spirituality, and have been holding the Love Lounge at Leela since the very first one! We have held Sacred Sexuality groups and workshops at Findhorn for three years and we are about to go global this autumn with a month long tour of Japan! ...and if you want to know more, just ask - we don't bite! (unless we *really* like you!)

The Love Lounge

The important bit: this is really yummy stuff!!

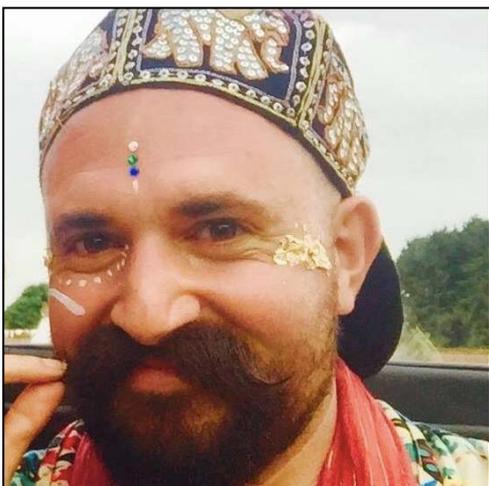
The other bit: This is a delight-full opportunity to connect deeply with yourself, another or others in a delicious safe space. The agreements we hold in this space allow you the freedom to explore your bliss, to discover new joys, to play with your boundaries and to be fun-fully courageous. Come and play! Come and watch! Come and explore!

There are *no expectations*, just a space to be.

If you have any questions or fears (!) just come and chat to us. We love to share this space and we'd love to see YOU there too!

www.syandash.co.uk

Adam Wilder



Adam's passion is bringing people together. The more we know about ourselves, the more we can be with others. Adam is known for creating an atmosphere of permission and combining it with humour to help people drop into and explore new parts of themselves. He is a champion of intimacy and human connection.

Over the last 15 years Adam has been exploring sexuality, performance, ritual, theatre, relationships and brings diverse experience to his work. In 2012 he

started Shhh Dating - a speed dating company where talking is replaced by eye gazing and non-verbal connection games. His performance work led him to create Clowning in Nature with Philip Burgers.

Adam considers himself an eternal student and continues to study sexuality, relationships, gender, meditation and ritual. He shares his experience through workshops, events and retreats.

Lucy Iredale & Christopher Berg



Lucy Iredale began her great love for yoga almost 30 years ago. She has been sharing her embodied delight widely with wonderful students ever since.

Her work as a Zen Tantsu practitioner and Sexological Bodyworker have expanded and softened her approach towards a greater inner listening to the movement emerging from fluidity in the spine and intimacy with breath.

She is happily living in Scotland with Christopher Berg, and joins with him in his capacity as a yoga teacher, musician and Energetic Cellular Healer to offer yoga explorations with music and meditation.

Natural yoga reflects their love of free and easeful movement, appreciation for exactly what we are experiencing right now and the deeper knowing that lives within each being. They enjoy teaching all abilities.

www.naturalyoga.info

Seth Newman & Dee



After completing his Ma in Community Music, Seth trained as a Humanistic Psychology Practitioner and then as a Bodyworker. He is an avid DJ with a love for Afro-Beat, Cuban and Brazilian music, and a 23-year love affair with Ecstatic Dance practices.

Over the course of more than twenty years he has explored a wide variety of humanistic psychotherapeutic modalities including Primal therapy, Encounter therapy, Bioenergetics & Core energetics, Authentic Movement, Non-Violent Communication, Enlightenment Intensive, Reichian

Bodywork, Holotropic Breathwork, Shamanic Plant Medicines, Group Therapy and 1-to-1 psychotherapy.

He is a graduate of the Humanistic Alchemy Facilitator Training at the Open Centre, London which is accredited by the Institute for the Development of Human Potential (IDHP). And is one of the few trained Art of Being© teachers in the UK having worked with Jan Day over a 7-year period.

He is a pioneer of Ecstatic Dance in the UK forming the URUBU Collective and running regular workshops and events in Central London for many years.

He has lead free-form movement in festivals headlining at ColourFest, Festival of Life & Into the Wild Festival. Over the years, Seth has collaborated with many artists and musicians to bring the art and healing power of music onto the dance floor and beyond.

In 2016 he formed the URUBU - School of Transformational Arts <http://www.urubu.com/>. He is the founder of Ecstatic Dance London www.meetup.com/london-ecstatic-dance

Dee - Musician and Singer

Over the past few years, Dee has developed a keen interest in exploring what 'conscious relationship' means. She has dived into numerous Humanistic Embodiment practices to answer the question "how does one grow and deepen self-love and self-empowerment?", "How do we expand the capacity to give and receive love to ourselves and others?". She wants to create a space for others to meet each other with awareness and kindness and to invite self-discovery and celebration of all the parts of ourselves.

Dee is passionate about music and body psychotherapy, is a co-founder of 'London Aerial Relaxation Pods', loves ecstatic dance, bioenergetics, gardening and walks in nature.