



About The Art of Being®

Art of Being® is a down-to-earth way to learn to fly high in being yourself. It enables you to restore full connection with your nature, heart, being and soul. It shows you how to stop getting in your own way and to find what you are really looking for. It helps you heal the wounds of your childhood and transcend your self-limiting beliefs. It opens your way into living vibrantly in the present and profoundly awake to life's deeper mysteries. It shows you how to love the life you are living!

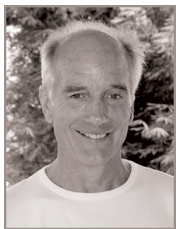
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Visit artofbeing.com for all Alan's workshops and courses, plus articles, podcasts, CDs, Alan's personal blog, etc



About Alan Lowen

Born and raised in England, Alan has lived for over 20 years between Hawaii and Europe. He studied psychology at London and Oxford universities. His first mentor was Dr. Carl Rogers, one of the founding fathers of the human potential movement. Alan's training covered a wide spectrum including spending 10 years as a disciple of the great mystic, Osho Rajneesh. He subsequently founded The Art of Being® as a path of personal growth and spiritual awakening. In 2003 he won the Kindred Spirit award for his work in the field of personal transformation. For 37 years he has been presenting workshops, mostly in Europe and the USA, on relationship, sex, love, death, soul, longing and being. He has extraordinary trust in everyone's potential: "I love the surprise of being there as people discover themselves. I wouldn't want to spoil it by trying to make it happen. To me, teaching means creating the space where people can discover and learn." Alan begins where people are, and uses his natural talent, his personal presence, and his rich repertoire of group processes, meditations, music, dance and trance work to make the ordinary extraordinary

Alan's Calendar Sep 2009 - Aug 2010

Evening start unless otherwise stated

2009

Date	Workshop	Location	E-mail	Telephone
Fri 11 Sep (10.30am) - Sun 13 Sep	The Art of Being Experience	Kientalerhof, Switzerland	kientalerhof@gmx.ch	+41-33 676 26 76
Wed 16 Sep 19.00 open evening	A short, deep look into the art of being	Bern, Switzerland	waldhaus@waldhaus.ch	+41-34 461 07 05
Fri 18 Sep - Sun 20 Sep	The Universal Experience	Waldhaus Zentrum, Switzerland	waldhaus@waldhaus.ch	+41-34 461 07 05
Tue 22 Sep - Sun 27 Sep	The Art of Being Training 3 (closed)	Waldhaus Zentrum, Switzerland	waldhaus@waldhaus.ch	+41-34 461 07 05
Fri 2 Oct - Sun 4 Oct	Free to Feel, Free to Love	Finkenwerder Hof, N. Germany	spiritoflovemassage@hotmail.com	+49-30 39 03 18 88
Fri 2 Oct - Fri 9 Oct	Body, Heart & Soul® 1	Finkenwerder Hof, N. Germany	spiritoflovemassage@hotmail.com	+49-30 39 03 18 88
Wed 14 Oct - Sun 18 Oct	Soul-Life	Skalka u Doks, Czech Republic	martina@artofbeing.com	+420-777 64 49 67
Fri 23 Oct - Sun 25 Oct	The Art of Being Experience	Jonathan-Centre, München, Germany	info@Jonathan-Seminarhotel.de	+49-8669 79 090

2010

Date	Workshop	Location	E-mail	Telephone
Sat 13 Feb - Fri 26 Feb	High on Life in Costa Rica!	Blue Beach Retreat, Nosara Peninsula	office@artofbeing.com	+41-44 586 87 43
Sat 6 Mar - Thu 11 Mar	The Art of Being Training 4 (closed)	Waldhaus Zentrum, Switzerland	waldhaus@waldhaus.ch	+41-34 461 07 05
Fri 19 Mar - Sun 21 Mar	Soul Incorporated	Kientalerhof, Switzerland	kientalerhof@gmx.ch	+41-33 676 26 76
Fri 26 Mar - Sun 28 Mar	Into the Mystic (graduates only)	Schloss Glarisegg, Switzerland	info@schloss-glarisegg.ch	+41-52 770 21 88
Fri 2 Apr - Mon 5 or Thu 8 Apr	Love & the Shadow (for couples)	Schloss Glarisegg, Switzerland	info@schloss-glarisegg.ch	+41-52 770 21 88
Fri 16 Apr - Sun 18 Apr	Spiral: the Tantric journey from Sex to Soul	München, Germany	Anja.Schick@gmx.de	+49-89 651 14 227
Fri 23 Apr - Sun 25 Apr	The Art of Being Experience	Berlin, Germany	spiritoflovemassage@hotmail.com	+49-30 39 03 18 88
Fri 30 Apr (10.30am) - Mon 3 May	Free to Feel, Free to Love	Skalka u Doks, Czech Republic	martina@artofbeing.com	+420-777 64 49 67
Fri 30 Apr (10.30am) - Thu 7 May	Body, Heart & Soul 1	Skalka u Doks, Czech Republic	martina@artofbeing.com	+420-777 64 49 67
Fri 14 May (10.30am) - Sun 16 May	The Art of Being Experience	Kientalerhof, Switzerland	kientalerhof@gmx.ch	+41-33 676 26 76
Fri 21 May - Wed 26 May	Mystical Tantra	Waldhaus Zentrum, Switzerland	waldhaus@waldhaus.ch	+41-34 461 07 05
Fri 23 Jul - Fri 6 Aug	Let there be Love! Maui Special for couples	Shanti-Alegria, Maui, Hawaii	office@artofbeing.com	+41-44 586 87 43

The Art of Being Experience:

inviting you into all that it means to be human, to be yourself, to BE!

This a microcosm of all that it is to be human. You experience yourself and others in the magnificence and in the fallibility with which we all continually rise and fall. The focus is always on EXPERIENCING. Never mind who you think you should be. Here you become the celebration of who you are, as you learn to live in your trust, courage and with your whole, body-heart-and-soul presence. Your life becomes a never-ending adventure in learning to be happy alone and in all your relations with others.

Body, Heart & Soul 1:

The Essential Tantric Foundation Workshop (7 days) and Freedom to Feel, Freedom to Love (the opening long-weekend and designed to be complete in itself)

“Learning to live the totality of our being, from sex to soul, is the real meaning of Tantra. It opens us to the deepest gifts of intimacy, and also teaches us to live our daily life with love and presence.” -Alan

There are certain workshops that are really important keys. Body, Heart & Soul 1 is one of them. Of all the sex-into-Tantra workshops available today, it stands among those that can be regarded as essential.

When we are in a good relationship with our sexuality, it offers us an exquisite path of awakening. Body, Heart & Soul 1 creates this relationship. It restores the delight and passion that belong to our sexual nature. It dissolves fear, shame, inhibition, and the pretence and performance games that come with them. It weaves our sex, feelings, heart, being and soul into an integrated wholeness. It nurtures the personal presence in which we celebrate nature and spirit together instead of cutting them apart from each other. It puts the sacred back into our human sexuality.

High on Life in Costa Rica!

A Transformational Vacation: Sat Feb 13 - Fri Feb 26, 2010

For two weeks we create our Art of Being community, this winter at Moksha, a lovely, brand-new retreat centre next to the white Pacific sands of Guiones, the finest beach in Costa Rica. All around us is the verdant, tropical peninsula of Nosara, one of the most beautiful green zones in the country. Here we live an unhurried and potentially life-transforming mix of time together in the Art of Being circle, and time exploring and enjoying this Eden of Central America. Come to restore and re-vitalize your body, senses, feelings, heart and soul! Come to experience the intimate and sacred community that we become as we live and learn to celebrate the art of being!

Into the Mystic! For all Art of Being® graduates:

If the journey into being is like learning how to swim in deep waters, it is also like learning how to let go and drown! It is the depth of our opening and our trust to let-go that brings us into the mystical. We experience life here and now - its colours, shades, subtleties and mysteries that emerge and enter our being when we open ourselves to them. This annual weekend gathering is open to graduates and teachers of all Art of Being Trainings, whether with Alan or with Saleem. It is a precious opportunity to refresh your inner connection, to open new doors into your being, and to connect with old and new friends - in celebrating together the art of being.

NB: As a licensed Art of Being teacher your participation in this weekend is the way in which you maintain your license.

Love and the Shadow: A workshop for couples

Love and the Shadow is about deepening your love relationship with your partner as you learn to find your way through the shadows that are bound to be there because you are both human! In the workshop circle you find priceless reflections, insights and creative ways to negotiate the shadows –your own and each other's. And Alan guides you through processes and experiences to renew the love that brought you together in the first place, and that opens your shared journey to new depths and heights. The first (Easter) part of the workshop ends on Monday afternoon. It then continues on through Thursday lunch-time, a smaller circle and the explorations extraordinarily deep and intimate.

Mystical Tantra

If we open ourselves deeply enough, we encounter mystical reality. Mystical Tantra is a continuous journey of opening into this experience through intimacy, whether sensual, sexual, of the heart, or all of these together. You can come with a partner, or simply choose to trust being here with whoever is also here – or with nobody but yourself. In any case you open just as much as you choose in the Tantric rituals that flow one into another. In the end, your intimacy is not fundamentally with another person, but resides in the quality of your conscious engagement with all that is happening here and now. Present in your whole being, your intimacy becomes mystical.

Soul-Life *“So that you can live with your soul fully engaged in your daily life.” -Alan*

We can function quite normally in daily life without being connected with our own soul. Being successful doesn't require soul. Fulfilment does! Our soul-connection gives us our awareness, playfulness, creativity, happiness and our way to be truly intimate when we so choose. The purpose of the Soul-Life workshop is to restore fully this connection with the innermost core of your being. Through words, touch, music, movement, stillness, silence, the process takes you deep into your aloneness and into deep connection with others.

Spiral: The Tantric Journey from the Sex to Soul

It isn't anything sexual that makes sex deeper, richer or higher-flying. It's how much of you is present! In this new workshop, explorations in sexual intimacy are designed to gradually engage the entire spectrum of your feelings, energies, senses and sensitivities. Celebrating your whole being, you spiral from sexual intimacy into spiritual communion. As guide and facilitator, Alan's part is to make available the explorations that open this path, and to help you befriend and integrate sensual, erotic, emotional, heart and soul aspects of your being.

The Universal Experience: An intimate encounter with your own death

Learning how to let go and to embrace death's mysteries, we discover how to live in real freedom and happiness. To encounter death intimately through participating in an experience of profound beauty is hard to imagine. Yet this is exactly what The Universal Experience offers. Free of

theory and dogma, it is a remarkably real journey into life's greatest mystery. It has been for many people around the world the key that released them from old, destructive behaviour patterns and attitudes, and restored their joy in life. This is a workshop that transforms your relationship with death. Its greatest blessing, however, is the effect it will have on your day-to-day life.

Open Evenings

(Zürich Jun 9, Bern Sep 16. Possibly also London, Berlin, München – see website calendar for details and updates). Whatever the theme of the evening, it is naturally an opportunity to experience Alan and his life-work.

ADVANCE NOTICE!

“Let there be Love!” An Art of Being Maui Adventure for couples. July 23 - August 6 2010

For 6 couples at our lovely north-shore residence: a two-week vacation balanced between time in Alan’s Art of Being circle and time out on the island revelling in Maui’s tropical delights. The circle sessions with Alan are devoted to deepening intimacy, healing and resolving personal and relationship issues, and celebrating love.

SOUL INCORPORATED

SOUL INCORPORATED is The Art of Being’s new enterprise for people in the corporate world. Conventional ‘wisdom’ assumes that soul has no place in business. That attitude fosters corporate and personal failure. When our presence in what we are doing is so total that it includes our soul-consciousness, we are the best we can possibly be – highly successful at work, and fulfilled in our personal life. Look for the new website: www.soul-inc.com