



Many of us have issues around relationships.

Some of us want an intimate relationship and can't seem to attract a partner; some of us have an intimate relationship and can't seem to make it work. And then there are issues around friendship, relationship with family and least but not last being true to ourselves.

So let's use our combined energy, the SOL tools as well as inquiry, somatic exploration, co-sensing, social presencing exercises and more to go deeper around intimacy and relating.

Let us explore how we relate with ourselves and others in order to attract and empower true relationship. Let's look at the different ways of attachment and how our attachment style influences our relating, to be more conscious and able to change habitual ways. We will work with boundaries and needs to inquire how we might be sabotaging, avoiding or blocking true and open intimacy.

I'd also love to explore the use of love languages, different ways of communicating and regulating ourselves and others.

As we play with each other, we also learn new tools to attract deeper and more meaningful relationships into our lives and make them work.

PLACES ARE LIMITED AND BOOKING IS ESSENTIAL

Thursday 22 - Sunday 25 February 2018

9.00am to 5.00pm

at Jo's Temple, 418 Leftbank Road, Mullumbimby

Cost: \$990 (includes lunches)

Special Pricing for Couples, please enquire with Ghata

EARLY BIRD
SPECIAL \$890*

SAVE \$100

Pay before 31
December

FOR INFORMATION AND BOOKINGS

Contact Ghata Engels on 0403 399 904, email ghataspirit@gmail.com

Payments by direct deposit to Studio Services, CommBank, BSB No: 062-578, Account No: 10179413

*Accommodation can be arranged. Please discuss with Ghata

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