

Relationships - Freedom without Distance, Connection without Control

2-Day Intimate Relationship Training in Auckland, NZ

- with Nonviolent Communication trainers, Liv Larsson & Kay Rung, from Sweden

We take care of our computers, cars and houses so that they will last. However, how is it with our relationships? How our close relationships function is very important in our lives. People often lack clarity and need support to ensure that their relationships flourish. During this training, you will have the opportunity to learn how to do a "relationship inspection" so you can find out how to help your relationship stay alive and be vibrant.

Love is something we all need and long for. We will explore how to "make" love so that the words "I love you" are not just words but a way of being that's possible to live on a daily basis, by sharing with one another what is going on inside ourselves in gentle and open ways, and to receive each other with compassion - nurturing love in our relationship.

This training is created especially for you if you want to:

- balance the need for freedom & mutuality
- freely express the warm & sweet feelings we have in our heart
- increase intimacy during situations when it is a challenge to do so
- love your partner even when you think he/she does not deserve it
- have sex that supports deeper connection and truly celebrates one another
- practice being honest during intense situations without blaming or criticizing.

You will have a chance to:

- ✓ liberate yourself from thinking that leads to shame, guilt & anger
- ✓ get full clarity about what to ask for in order to meet your need for love
- ✓ identify your enemy images & static thinking that keeps you from fully experiencing yourself & your partner
- ✓ value & help your relationship to grow, while acknowledging that limitations exist within all relationships.

Dates: Friday, 23 March – Sunday, 25 March 2012

Time: Fully Residential, starting with dinner @ 6 pm, Friday & completing Sunday @ 5 pm

Location: Bella Rakha Retreat Centre, 581 West Coast Road, Oratia, Auckland

Investment: \$150 minimum per person is required as a deposit with each enrolment to reserve your place(s), which is non-refundable unless the event is canceled.

Residential: \$500/person, \$950/couple

- includes 2 nights accommodation, six meals, snacks/hot drinks & workshop tuition.

Non-Residential: \$425/person, \$800/couple

- includes hot drinks, lunches, snacks/hot drinks & workshop tuition.

To enrol: contact Scott Mieras, T: 03 525 7888, 027 494 3188, E: OM@orcon.net.nz
or Phil - T: (09) 276 6338, E: NVCNZ@me.com

Trainers: Liv Larsson & Kay Rung have lived, worked and played together the last 15 years, sharing a passion for Nonviolent Communication in their work as mediators and trainers. They also publish NVC books with their own publishing company and learn a lot from living with their 8-year-old son, Neo. For more information, visit: www.friareliv.se/eng

