

# COUPLES WORKSHOP

with **Beth Falch-Nielsen**, RCC, Certified Hakomi Therapist and Trainer

and **Dr. Dennis Brown**, Registered Psychologist and Certified Hakomi Therapist

**EDMONTON • August 18-20, 2006**

**Upstairs @ Healthworks 10303-65 Avenue**

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Couples often find themselves in "stuck" places - relationships that have become too busy with everyday life, too painful, or just flat. Their ways of trying to get out of those stuck places often become loops that keep them from getting unstuck. Sometimes one or both of the partners start to wonder if the relationship is worth saving, and begin seeing the other as "the enemy". Usually both are desperately wanting out of the pain.

This workshop will offer experiential exercises and concrete skills to take home. It is an opportunity to stop doing what isn't working, and to start doing something different. It will also be an opportunity to re-connect, to shift some attitudes and learn some different models of how to nourish and take care of a relationship.

For those who are not having "problems" in their relationship, but just want to deepen what they already have, this workshop will also offer many opportunities to further explore your connections with each other.



**The Hakomi Institute of Edmonton**

Friday, August 18, 7-9pm, Saturday, August 19, 9am-5pm, Sunday, August 20, 9am-4pm

**Early-bird, by June 15<sup>th</sup>, \$550/couple (After June 15<sup>th</sup> - \$575/couple)**

**(includes gst + \$50 non-refundable deposit)**

**For information or to register, please contact:**

**Joanna Shandro 780 922-4267 or email [hakomiedmonton@shaw.ca](mailto:hakomiedmonton@shaw.ca)**