

Couples' Workshop

"Keeping in Love"

*With Beth Falch-Nielsen, RCC, Certified Hakomi Therapist and Trainer
and Dennis Brown, Ph.D., Registered Psychologist, and Certified Hakomi
Therapist*

August 15-16, 2009

Edmonton, Alberta

Almost all couples have had the experience of falling in love. "Keeping in Love" takes falling in love to the next level. Using mindfulness and compassion, this workshop will teach skills needed to sustain a healthy, respectful, and mutually rewarding relationship over time.

Often couples find themselves in "stuck places"-relationships that have become too busy, too painful, or too flat. Our ways of trying to get out of these stuck places often become loops that keep us from getting unstuck. Often 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 will teach 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 have a different experience - to re-connect, to shift some attitudes, and to learn some different models of how to nourish and take care of a relationship.

For those who are not having "problems" in the relationship, but just want to deepen what you already have, this workshop will also offer experiences to further explore your connection to each other - to help "keeping in love".



Sat. August 15, 9 am – 5 pm, Sun. August 16, 9 am – 4 pm
Early bird, by July 15 \$550+gst/couple (After July 15 \$625+gst/couple)

**For more information or to register, contact Hakomi Organizer:
Diane Priebe, R. Psych. @ (780) 469-7829 or diane.priebe@shaw.ca**

Keeping in Love:

A Couples' Workshop

with Beth Falch-Nielsen, RCC, CHT and Dennis Brown, Ph.D., R.Psych., CHT

<u>TIMES</u>	<u>INVESTMENT</u>
Saturday, Aug. 15, 9:00 a.m. - 5:00 p.m. Sunday, Aug. 16, 9:00 a.m. - 4:00 p.m.	"Early Bird" Fee \$550+gst=\$577.50 (for registration prior to July 15, 2009) "Regular Fee" \$625+gst=\$656.25

LOCATION: T.B.A. Edmonton, AB

For more information or to register, contact Diane Priebe

(780) 469-7829 9313 - 95 St., Edmonton, AB T6C 3X1

Please make cheques payable to: Hakomi Edmonton

www.hakomiedmonton.ca or email: diane.priebe@shaw.ca

WORKSHOP REGISTRATION FORM

Refund Policy: No refunds after Aug. 1, 2009. Refunds prior to Aug. 1, 2009 are subject to a \$50 admin fee.

Name _____ (Please print)

Address _____

City _____ Province: _____ Postal Code _____

Home phone (____) _____ Work phone (____) _____ Cell (____) _____

Email: _____

How did you hear about this workshop? _____
