



# The Yoga of Relationships

## LECTURE

DATE: 17 March 2006 (Friday)

TIME: 7:15 p.m. – 9:45 p.m.

VENUE: Potong Pasir CC, Multi-purpose Room

FEE: Member \$25, non-member \$35

## WORKSHOP

DATE: 18–19 March 2006 (Sat, Sun)

TIME: 9:30 a.m. – 5:30 p.m.

VENUE: Potong Pasir CC, Multi-purpose Room

FEE: \$300

*For more information and registration:*

Please call **6337 5183**

( 12.30 p.m. – 7 p.m., Tue-Sat )

**Relationship** is a key aspect of human life. From birth to death, we need other humans. Many would agree that love is the most powerful healing force that exists and yet, many of us find relationships to be challenging and disappointing. The potentially nourishing and enriching aspects of relationship seem to be lost in the pressures of daily life and unconscious, self-defeating patterns of behavior.

Join us for a safe yet heroic journey of exploring relationships; working with principles and tools such as authenticity, personal responsibility, empathy, forgiveness, appropriate boundaries and skillful communication. We learn to cherish relationship as an important vehicle of human maturity and spiritual awakening.

This workshop is for those who want to move beyond the existing boundaries of what seems possible in their relationships into greater aliveness and connection.

### INTRODUCING THE FACILITATOR:

**Hwee-Meng Tan** is an acupuncturist, a graduate of the Deva Foundation, and Barbara Brennan School of Healing. Her work is a blend of traditional and innovative ways of healing, gathered from an extensive background in altered state consciousness work, energy healing, several psychotherapeutic disciplines and health modalities. She brings together years of committed study with many famous healers and healing traditions from around the world. Her passion lies in empowering people to connect to their “healer within” in a safe and supportive environment.

