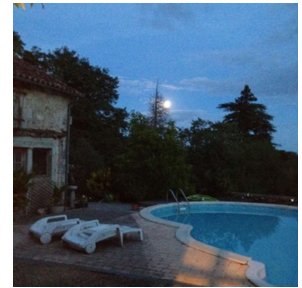


# THE POWER OF CONNECTION

## What are you looking for in your relationships?

The Power of Connection is for anyone who wants to make changes to, or deepen, a relationship of any kind ~ be it romantic, in your family, with a friend, work colleague or neighbour or with yourself and the events of your life. The course is equally useful whether you are currently in a relationship or not, and whether you come alone or with a partner.



**In this time we will spend 3 days working together on the course material. Two further days will be spent visiting the beautiful medieval market towns close to our village or walking through the forest, musing in our meadow, relaxing in a hammock or cooling in the pool. There will be a balance of time together and time in which to take your own space. Food will be delicious and nourishing and mostly shared.**

### During the course you will...

- discover new levels of satisfaction, fulfilment and intimacy in your life
- learn how to stay connected to yourself and to others
- practice expressing your love and openheartedness
- step through inhibitions and fears and help others do the same
- find your real wants and express them clearly and confidently
- notice if you are distancing from and judging people and how to stop
- learn how to maintain healthy boundaries instead of walls of resentment
- turn differences into valuable growth opportunities
- see how your deeper purposes create the relationships that you want

This course is for 8 people only. Zoë Grace is an exceptionally experienced mentor and there will also be additional team support. CPD accredited. Early booking advised!

### Sunday Oct 1st to Friday Oct 6th

**Costs:** £700 per person, £1200 for couples, includes course materials, teaching, local gites or yurt accommodation, home cooked meals and trips. Costs can be spread.  
**Early bird registration by Sept 1<sup>st</sup>** £600 pp or £1100 per couple. Full payment by Sept 25

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