

***A Powerful
Love, Intimacy
& Sexuality
Workshop***

“Love is a Miracle”



**The
Human Awareness Institute**

Invites you to a

Love, Intimacy and Sexuality Workshop

“Love is a Miracle”

26th – 28th March 2010
Central Coast

Experience our unique workshops where in a safe and nurturing environment you can learn and practice many ways to improve your relationships.

HAI Mission Statement

The Human Awareness Institute (HAI) empowers individuals to be potent, loving, contributing human beings. HAI promotes personal growth and social evolution by replacing ignorance and fear with awareness and love. The Human Awareness Institute aims to create a world where people live together in dignity, respect, understanding, trust, kindness, compassion, honesty and love. HAI is committed to creating a world where everyone wins.

Our workshops are about choice.

“We provide our participants with the opportunity to express their personal choice in each and every moment.”

Introductory Evenings

for our workshops are held regularly. Please contact our office to find out where and when:

(02) 9990 1546, or email info@SPACE.org.au

To register for this workshop, or for more info, contact:

SPACE Inc.
Neil Grainger
Phone: (02) 9990 1546, or 0425 210 962

Email: info@space.org.au

www.SPACE.org.au

HAI workshops in Australia are produced by SPACE Inc.

SPACE... Supporting Programs for Awareness, Creativity and Expansion.

Love, Intimacy and Sexuality can be some of the hardest issues to deal with in a relationship. Human Awareness Institute workshops offer skills that help you to deal with these sensitive topics with the people who are most significant in your life.

In a caring, supportive and safe environment, you can discover the ingredients for happy, healthy, loving and intimate relationships. You can shed your fears, release the judgments and disempowering beliefs that keep you separate from others. Most people come out of the workshop with a greater level of self-awareness, self-esteem and self-acceptance. The insights and experiences people gain provide them with greater confidence and this is reflected not only in their personal life but in their professional life as well. They have a much deeper understanding of others and they know how to create loving connections. Many form new life long friendships with others at the workshop. Some have found their partners there. At the completion of the workshop, for many, there is a feeling of "coming home". You too can gain insights into how to create real connections at all levels of your life.

What is the structure of the workshop?

The workshop consists of informational talks, experiential exercises as well as opportunities to share your experience with the whole group, a smaller group, or with individual participants.

Who leads the workshops?

At each workshop there are two facilitators (one male, one female) and a team of volunteers. Whatever you need, there's always someone available to help.

Do I have to come with a partner?

No. In a typical workshop, about one third of the participants are there with a partner and about two thirds are not. The workshops are "gender-balanced" meaning that there are approximately an equal number of men and women. This has no relation to sexual orientation, but has to do with ensuring that all participants can share experiences equally with people of both genders.

How much does the workshop cost?

The workshop cost is \$620 if paid by the 5th March 2010. (Early Bird Price). If paid after this date, the cost is \$675 (Regular Price). Included in the price are all meals, morning and afternoon tea, and comfortable community-style accommodation. A limited number of partial scholarship grants are available, to assist those with financial constraints. Scholarship application forms are available on request.

Why attend?

Do you keep repeating the same patterns in relationships over and over again and keep hoping for a different result? For most of us our relationships work, (or don't) but understanding why is a mystery.

During the workshop, you will explore and create new ways of being with others that are satisfying and nurturing. You will also be supported in discovering anything that may be keeping you separate from others – like the fears and judgments that can stand in the way of reclaiming your happiness.

The Facilitators:



Peter Sandhill is a personal development workshop leader, counsellor and educator. He has a Master's degree in International Management, specialising in Cross-cultural Training. Peter has been a university educator for six years in Japan & in his native homeland of Australia. A facilitator with the Human Awareness Institute (HAI), Peter leads adult personal development courses on four continents. Peter is passionate about assisting people of all ages and backgrounds to see their own inner power, beauty and potential. He has been involved in the Men's Movement in Australia and North America for much of his adult life. He is happily married to Sarah and parent of an adorable son, Jeremy.

Anne Watts is an insightful, compassionate and sensitive counsellor/facilitator. She leads workshops on four continents and travels extensively teaching adults to have more loving, fulfilling relationships with themselves and others. Anne has been leading Love, Intimacy & Sexuality Workshops for the Human Awareness Institute since 1985. She also leads workshops on healing the inner child, financial intimacy and freedom, and the art of aging. She has a successful counselling practice in Petaluma, California where she lives in a deeply loving relationship with her husband, Mark Kupke.



Level 1: Love is a Miracle

"Welcome to The Room of Love." Every 'Love is a Miracle' Workshop begins with this greeting, for love is what the workshops are all about. Love. Learning to fall more deeply in love with ourselves and others. Learning to trust. Discovering how to fully and authentically share who we really are with others. Risking beyond our limitations. Healing past hurtful relationships. Growing. Expanding. Discovering the love you deserve.

It is hard to put words to the magic, power and transformation of these workshops. Participants are profoundly moved by the depth of intimacy that repeatedly occurs throughout the course of a weekend. Just imagine, if you can, a group of people being honest and real with each other. Hear the laughter. Hear cries of pain being released. Watch participants comfort each other. See them cheering for each other. Feel the camaraderie, the love, and the compassion.

The Level 1 Love Intimacy and Sexuality Workshop brings us back to the simple fact that everyone wants

to love and be loved. The workshop gently moves us through the layers of pretense, negative beliefs, fears and protective behaviours that have prevented us from receiving and giving love. At Level 1 we uncover our passion for living, our natural appreciation and acceptance of ourselves and others, and our inherent desire to live joyously.

This workshop is extraordinary. It is unlike any other seminar or workshop. And it is only the beginning...

Level 2: Loving Yourself

Level 3: Living at Choice

Level 4: Spirituality and Sexuality

Level 5: The Dance between Control and Surrender

Level 6: Creating Community

Level 7: Being Love

Level 8: Sacred Energy Exchange

A one-day workshop "Pathways to Intimacy" and weekend Couples Workshops are also conducted.