



Living at Choice

Level 3 of the HAI Love, Intimacy, and Sexuality Weekend Workshop Series
10th – 12th November 2017, NSW Hunter Valley

Do you ever find yourself wondering why you make the choices you make? Do you let others create your “menu” of options? Do you go along to get along? What could your life be if you were to choose, really choose all your thoughts and behaviour?

Many of us feel trapped in our lives. Often we know what we “should” do to get what we want, but fears and patterns we’ve been developing since childhood slow us down or stop us.

In Level 3: Living at Choice we identify our patterns, notice how we limit our own choices, and develop the skills and courage to find new options.

Using the HAI tools and techniques you’ve enjoyed in Levels 1 & 2, at Level 3: Living at Choice you will:

- ♥ Expand your options and experience more freedom in your life
- ♥ Shift limiting patterns and feel comfortable being more authentic every day
- ♥ Choose when to go along with others and when to forge your own path

Join us and start making choices about love, intimacy and sexuality that bring more joy into your life. Learn to look at all your choices in a new way and find increased levels of self-acceptance. Discover what it’s like when making hard choices and sticking with them easily.

Want more freedom and self-acceptance?

Want to explore and express your authentic self?

Now is the time for you to register for Level 3: Living at Choice.



HAI Workshops in Australia are produced by SPACE Inc.
Supporting Programs for Awareness, Creativity and Expansion

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