

# CONSCIOUS RELATIONSHIPS AND CONSCIOUS PARENTING



Coming together as lovers, parents and friends, the same skills are required.

Listening, touching, engaging, expressing, setting boundaries, dealing with conflict.....  
Learning to use touch, movement and space for integration to heal and recreate, deepen and enrich, the  
relationships in your life.

Anyone involved in relationships, is welcome to explore with us, within a safe, nurturing and respectful  
environment.

**Date:** Sat 29 May and Sun 6 June

**When:** 10.00am sharp - 5pm

**Investment:** \$375

**Book in or Inquire:** [wetton@ozemail.com.au](mailto:wetton@ozemail.com.au)

**Course Includes:** learning objectivity around problems that are not yours, empowering ownership and problem solving, exploring needs and effective communication, easy non-verbal protocols to enrich and nurture etc.

This course is taught by creating a safe space as a model for relationships, using mindfulness and compassion to bridge the skills into conscious, loving, communicating and connecting.