

Listen!

What Do You Hear?

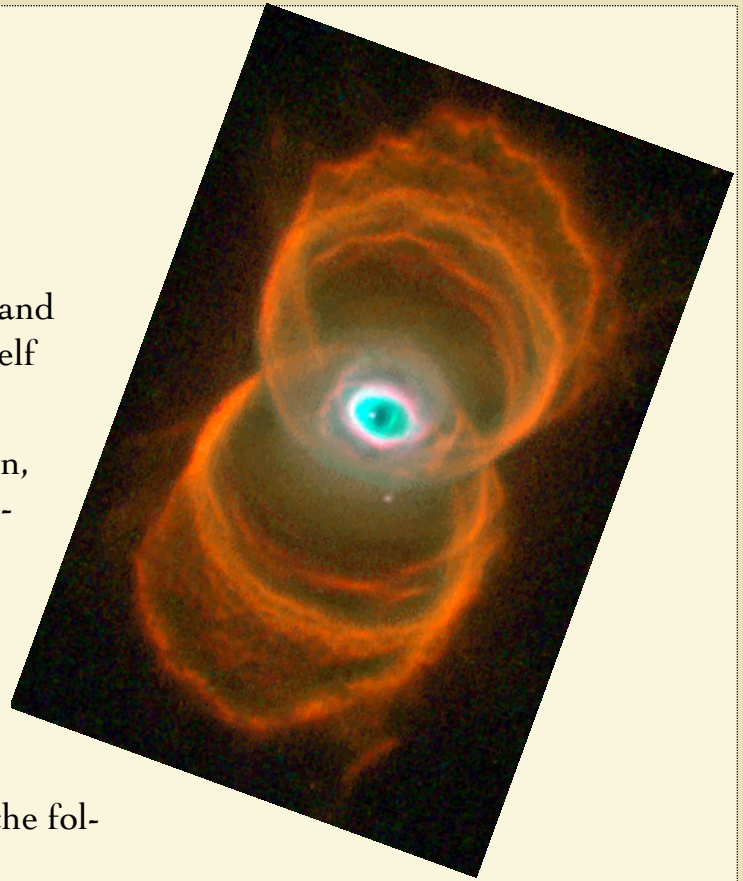
Would you like to discover, strengthen and refine a healthy relationship with yourself and others?

Learn to listen deeply and with intention, which enables you to build trust and develop true dialogue.

You will discover how to set and maintain healthy boundaries in all areas of your life.

This interactive seminar will include discussion and practical application of the following concepts:

Anchoring (grounding, breathing, centring, aligning); Silence; Presence; Coherence; Compassion; Sacred Space; Shadow and Perception



When: Saturday & Sunday, October 23 & 24, 2010, from 9:30 AM - 4:30 PM

Where: In Kitchener, ON
You will receive the exact location upon registration

Who: Martina Steiger, ThD, visit www.MartinaSteiger.com for more information

Cost: \$130/person + HST (total of \$146.90; pay by cheque or credit card as part of the registration (VISA or MasterCard); bring your own lunch

Contact: [Email](mailto:) me or call 519-742-4310 (Canadian number) or 202-657-6704 (US number; please leave a message). You can also contact me through Skype or Facebook.

Please note that the number of participants is limited to 8. So act now to secure your place by sending your payment as early as possible.