Location:
Kak Alom Studio
Rue de la Navigation, 21bis, 1201
Geneva, Switzerland

Date:
Oct. 15th & 16th 2016

Time:
Saturday 15th: 10h – 18h
Sunday 16th: 10h – 16h

Tuition:
275 € before September 1st
295 € before October 1st
310 € as of October 1st

Please register here:
www.the-art-of-loving.eu/event/

Nina Koren
Psychologist, body-mind facilitator, living in Austria

Jan Janssen
Integral Coach, trainer, concept creations, living in Belgium

The Art of Loving

Exploring the Sacred Life-Force that drives us crazy ...
or blissful ...
or anything in between

“Your task is not to seek love, but merely to seek and find all the barriers within yourself that you have built against it.”
- Rumi
Workshop

This workshop is intended for singles, couples and individuals who want to live in depth, integrity and truth.

Love exists in many forms and qualities: **agape** (unconditional love), **eros** (passionate attraction), **philia** (friendship, bond, loyalty), **storge** (kindness, tenderness, sweetness), and more …

---

Content

We offer a safe space for you to deepen your consciousness and expand your awareness through direct experience.

Together we explore some essential themes in a practical way during a 2-day program. We use mindfulness, contact exercises, Integral Presence, boundary exercises, body awareness and process work to discover more of who we truly are and how we (can better) relate with others.

Challenges are respectfully welcomed in a learning experience. We grow through practice and communion.

---

2-day program:

- The Art of Centering
- The Art of Connecting
- The Art of Skillful Boundaries
- The Art of (living the 10 stages of) Love
- The Art of Transformation (of obstacles into Love)
- The Art of Universal Love

www.the-art-of-loving.eu