

## Celebrating Love and Intimacy in Paradise



# Celebrating Love and Intimacy in Paradise

a celebratory workshop for couples and singles

6 pm Thurs., December 7 to 2 pm, Sun., December 10, 2017

with Lori Grace, Joan and Tomas Heartfield, Donny Regalmuto and Heather Salmon, Evalena Rose, Robert Silber, Mark Brown and Merrilynn White, Eduardo Davenport, and others!



As you luxuriate at Hale Akua Garden Farm, our beautiful eco-retreat with spectacular views, you will have a chance **to greatly expand your capacity to love, both yourself and others.**

Whether you are new or experienced in Compassionate Communication (NVC), you will enhance your communication skills by incorporating body awareness into your life more fully. We call that **Embodied Compassionate Communication (ECC)**. You will become more empathic with yourself and others and more centered in your body. You will also be able to understand others better by reading their body signals. Some of the body awareness work we will teach you includes **Gestalt awareness work, Aikido centering movements, subtle breathwork and body reading**. This will all be incorporated into your role-playing work using ECC.

**Embodied Compassionate Communication** work will enable you to:

- ~ **Practice self-empathy more deeply and more quickly**, be able to make requests of yourself that are do-able and that you can trust.
- ~ **Tune into your feelings and needs** so that you know more clearly what you really want from yourself and others.
- ~ **Communicate your desires** in a way that can be more easily heard and understood.
- ~ **Understand and empathize with the needs of others.**

- ~ **Assure others** that you have heard and understood them.
- ~ **Arrive at win-win agreements much more quickly** by empathizing better with yourself and others.

**All of these skills are necessary to have a really successful relationship of any kind!**



### **In Addition to Embodied Compassionate Communication**

we have many other wonderful offerings, presented by our very skilled team members, including **Tantric meditation, Sexual Energetics, Intimacy work for couples, Communication for Touch, Erotic Communication and Full Presence, Conscious Sensuality, Self-Loving Meditation, Choosing partners (for singles) using ECC, Sound Healing Meditation, Sufi Dancing, Tantric Massage for Couples, Ho'oponopono**, and **two different ritual Celebrations of Love and Intimacy -- also known as spiritually-oriented Tantric pujas.**

We will be adding to future newsletters and the event page detailed descriptions of all these additional offerings and bios for the teachers. All of our teachers have had a minimum of 10 years of experience teaching in these fields.

You may stay longer at Hale Akua after the workshop at a highly discounted price if you want to work with any of the teachers who also stay longer.

Feel free to [call or text Lori Grace at 415-847-5950](tel:415-847-5950) if you have questions about this workshop. If you call and get her voicemail, leave a message and she'll get back to you as soon as her schedule permits.

**\$270 including meals**

**6 pm Thurs. (dinner), Dec.7 through 2 pm Sunday (lunch), Dec. 10**

Lodging additional -- \$90 shared occupancy  
Private rooms (couples only) -- call for pricing

[Register](#) for workshop only

Reserve a room and/or get pricing: Call Hale Akua Garden Farm:  
[888-368-5305](tel:888-368-5305) (toll free) or [808-572-9300](tel:808-572-9300) (local)