



Workshops at the Portiuncula Centre, Toowoomba, Qld

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The Mystery of Life – Jan 17-18, 2009

How to create your 'Union with the Divine'

What is your definition of the 'Divine' — your spirit, a Presence, a God, or do you have a sense that there is something greater than us guiding our existence? If so, you **know** there is a greater power.

This workshop explores our relationship with the Source — whatever this might mean to you. Deep in the unconscious is the longing for connection with something beyond our personal existence.

This weekend will help you to recognise when you are being guided in subtle ways, such as inspiration, intuition or synchronicity. The workshop will help explain how you can benefit from Your Very Own Union with the Divine.

"The sharing and caring has given me more strength to face the future sensing that the Divine lives within me." Past participant

Holotropic Breathwork™ - Feb 21-24, May 23-26, 2009

as a tool for self exploration

Learn how to breathe in a way that will help you remove energetic and emotional blockages, which could be affecting your health and keeping your potential locked up.

This is a powerful tool that, when used under skilled guidance, is particularly effective for self exploration.

This process combines a powerful breathing technique with music to enter into a deep meditative state enabling one to gain access to the unconscious. It can heal past hurts, open up hidden potential and allow your energy to flow freely. Participants may attend for the weekend or for the four days.

This workshop is not appropriate for pregnant women, or for persons with cardiovascular problems, severe hypertension, severe mental illness, recent surgery or fractures, acute infectious illness, or epilepsy. It is not compatible with the use of illegal drugs.

Dates: February 21-22 and 23-24, 2009; May 23-24 and 25-26, 2009;

Four steps to personal freedom – Feb 7-8, 2009

Are you able to do what is important to you? Or is your life dictated by deeply entrenched beliefs and roles? This is an exciting weekend which will help you to gain a deeper sense of personal freedom in the way you live your life.

- Beliefs, thoughts, feelings and actions govern how you live your life. The workshop will help you discover and examine what they are.
- Know how they serve or don't serve you. This awareness enables you to decide which of these no longer serve you in creating what you desire.
- The Change Point – Living Differently. We then examine ways of making changes in how we live each day.
- Being supported during change. We also consider the ongoing support required to maintain this new way of being.

Healing the Family Tree – April 4-5, 2009

with Judith Dawson and Albert Scherrer PhD

Do you feel held back by unresolved family issues? Do current or past experiences impact on your life? Do you notice negative family patterns appearing in your life?

Healing these patterns will not only allow you to live a happier life but will also pave the way for your family, and the next generation, to become free of these influences.

Judy and Albert have completed the Family Constellation training and will draw on this experience in presenting the weekend. They will also incorporate other powerful techniques to help you to recognise what blocks you from living a more satisfying life. The methods used will enable you to explore and resolve aspects of your family's past. You can work with these issues and find more clarity and contentment in your life now.

Portiuncula Open Day – April 26, 2009, 10am-1pm

Have you ever wondered what we are up to at the Port? Recent changes in our focus will be explained in detail. We have some exciting new courses — to compliment our tried and true programs.

For those of you who want to know more about how to "Explore Your Personal Potential", why not come along and find out more about our programs?

And if you have never been to our centre, please come this time. If you know our centre, you are welcome to revisit and to bring friends and colleagues. We encourage you to be here for the full time — cuppa provided. Please book ahead if you are coming.

Voice Constellations – May 9-10, 2009

With guest presenter Ana Barner — an international staff member of Drs Hal and Sidra Stone, the founders of Voice Dialogue.

This dynamic and lively form of Voice Dialogue provides the opportunity to explore personality and relationship patterns within a group format.

The process can be used to explore relationships, life choices, health matters, dreams and spirituality. This seminar also provides the opportunity for experienced facilitators to learn the group techniques and add them to their existing skills.

For enrolment please contact Ana Barner:

phone: 02 6684 7158, mobile: 0410 740 420, email: anabarner@VoiceDialogue.com.au, website: <http://www.VoiceDialogue.com.au>

Expanding your Personal Potential – June to Nov 2009

Are you looking for Profound Change in your life? Would you like to be guided through this Change so you can feel safe and secure?

This course is the one we recommend for people who are committed to Deep Personal Growth and Development.

The focus of this 22 day course is to use a range of innovative techniques which will bring about lasting effects and lead to:

- Self empowerment
- A happier and more fulfilled life
- Creating a vision for your own life
- Improved self image and increased self confidence
- More rewarding relationships

This course is designed for two purposes — to facilitate personal growth and also it is a pre-requisite for engaging in our counsellor training course. Commencing June 2009 and concluding November 2009.