

Workshops at the Portiuncula Centre, Toowoomba, Qld

www.portiunculacentre.com

info@portiunculacentre.com

The Mystery of Life

How to create your 'Union with the Divine'

with Pat Quinn and team

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.

Bring: Loose comfy clothing, biro, notebook.
Bed linen and doona if living in. Food to share.

Dates: February 12–13, 2011

Times: Saturday 9am–5pm, Sunday 9am–4pm
Register Saturday 8:30am

Fees: \$210

Holotropic Breathwork™ as a tool for self exploration

with Judith Dawson and Albert Scherrer PhD and team

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.

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.

For those who have not participated in breathwork at our centre, there will be an introductory talk on Friday night at 7.45pm prior to each workshop — this is a pre-requisite for newcomers.

Bring: Two towels, tissues, one fitted and one flat sheet for breathwork, art pad, crayons, biro, notebook, loose clothing; bed linen and doona if living in. BYO food to share for meals

Dates: March 5-6 and 7-8, 2011; June 4-5; Aug 6-7; November 26-27 and 28-29

Times: Saturday 9am–9pm, Sunday 8.30am–5pm
Monday and Tuesday 8.30am–4.30pm

Fees: \$210 for 2 days
\$420 for 4 days

Relationships

Mending the Past; Healing the Future

with Judith Dawson and Albert Scherrer PhD

A workshop using the process of Family Constellations to view current family situations in the context of a larger whole. Through this process you can gain insights into the deeper reasons why things occur in a family and why behavioral patterns appear to repeat, often unconsciously, over generations. This workshop will give you an opportunity to complete unfinished business from the past which can clear the way for a more fulfilling future.

Bring: Loose comfy clothing, biro, notebook.
Bed linen and doona if living in.
Prepared food to share.

Dates: March 26–27, 2011

Times: Saturday 9am–5pm, Sunday 9am–4pm
Register Saturday 8:30am

Fees: \$225

Portiuncula Open Day

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.

Date: Sunday April 3, 2011 FREE
10am–1pm

Finding Inner Wisdom

with Pat Quinn and team

This workshop is about finding ways to tap into and to interpret guidance that comes from within. Two very powerful techniques we will use are journaling and dream exploration. Dreams often hold hidden messages for us about our lives. Come and learn techniques for uncovering what your dreams reveal about you. If you recall any dreams from the past, please bring them with you. Similarly, you are able to gain new insight into yourself through writing. Discover your unique gifts and find new confidence by attending this workshop – you will be surprised how easy it is to find your own answers.

Bring: Notebook, biro, food to share. Bed linen and doona if living in.

Dates: April 9–10, 2011

Times: Saturday 9am–5pm, Sunday 9am–4pm
Register — Saturday 8.30am

Fees: \$210

Four steps to Personal Freedom

with Pat Quinn and team

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.

Bring: Notebook, biro, food to share. Bed linen and doona if living in.

Date: May 21–22, 2011

Times: Saturday 9am–5pm, Sunday 9am–4pm
Register — Saturday 8.30am

Fees: \$210

Creating Conscious Relationships

A seminar for singles and couples

With guest presenter Ana Barner

This experiential seminar is for anyone interested in exploring all kinds of relationships: between partners, siblings, parents and children, within the work situation and between friends. Voice Dialogue uses a unique framework to decipher unconscious and repeating relationship patterns, helping you to connect and communicate in new and deliberate ways. There is also room for more advanced students to learn the beginnings of facilitating couples.

Ana will be available for individual and couples sessions on Friday, June 17 and Monday June 20. Cost: \$130 for individual sessions (\$90 minutes) and \$170 for couples sessions (2 hours).

Bring: Notebook, biro, food to share. Bed linen and doona if living in.

Date: June 18 - 19, 2011, 10am – 5pm

Cost: \$300, \$550 per couple, Early Bird \$275 or \$500 per couple if paid fully by Friday, June 3.

Please contact Ana for concessions and payment plans, for enrolments and bookings.

phone: 02 6684 7158, mobile: 0410 740 420, email: anabarner@VoiceDialogue.com.au,

website: <http://www.VoiceDialogue.com.au>

Accommodation (if needed) contact The Portiuncula Centre. \$30 B & B.

Sandplay and Symbol Work

with Lynette Fox and Judith Dawson

Unlock the world of the unconscious through sandplay and working with symbols. Find deep healing and gain a greater understanding of what is running your life.

Sandplay is becoming universally accepted as a powerful technique for accessing unconscious factors that affect behaviour.

This course is suitable for professionals, teachers, parents and others and is especially recommended for those working with children and adults in counselling, therapeutic or teaching capacities and for those interested in their own personal growth. This week includes theoretical and experiential work with sandplay and learning how to facilitate others.

Bring: Loose comfy clothing, art pad, crayons, camera, biro, notebook. Bed linen and doona if living in.

Date: Monday July 25–Friday July 29, 2011

Times: 9am–5.30pm daily, finishing Friday 4pm
Registration 8.30am Monday

Fees: \$1290 residential (incl. breakfast, lunch & accom)
\$1170 non-residential (incl. lunch)

Limited places — please book soon.

Deposit of \$50 to register. Full payment by July 8, 2011.

If cancelled after this date, an administration fee of \$50 will apply. If cancelled after July 16, there is no refund of fees

Family Matters

with Judith Dawson and Albert Scherrer PhD

Change is possible! By viewing family situations in the context of a larger whole, we can gain insights into the deeper reasons why things occur in a family: why individuals are pushed out, denied a place or not spoken of; and why behavioral patterns appear to repeat, often unconsciously, over generations.

This workshop will give you an opportunity to gain insight into the deeper energies within the family, and a soul-level healing can begin to take place.

Bring: Loose comfy clothing, biro, notebook. Bed linen and doona if living in. Prepared food to share.

Dates: September 3–4, 2011

Times: Saturday 9am–5pm, Sunday 9am–4pm
Register Saturday 8:30am

Fees: \$225

Care of the Soul Retreat

A special workshop for Port graduates

with Judith Dawson and Albert Scherrer PhD

“Taking an interest in one’s soul requires a certain amount of space for reflection and appreciation.” *Care of the Soul – A Guide for Cultivating Depth and Sacredness in Everyday Life, Thomas Moore.*

This four day retreat for graduates of The Portiuncula or other TERC centres (minimum Level 1) will provide the space and opportunity to connect to the deeper parts of yourself. During this time you will have the opportunity to participate in a Holotropic Breathwork session which will provide a space for your inner healer to guide you on your life’s journey. There will also be time for reflection and meditation which can be so difficult to structure into our busy modern lives.

This retreat is an opportunity to experience and live the presence of your soul, which can lead to an understanding of the following:

- That there is much more to us than our five senses
- That we are eternal beings with no ending and no beginning
- That we are connected to all life
- That it is not only our deeds that contribute to the world, but also our thoughts and our energy.

Taking this time out to be still and reflect can be like resetting the compass of our lives.

Bring: Loose comfy clothing, biro, notebook. Bed linen and doona if living in. Prepared food to share for lunch.

Dates: November 5–8

Times: Saturday 9am–Tuesday 4pm
Register Saturday 8:30am

Fees: \$420

Expanding your Personal Potential

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 2011 and concluding November 2011.

Contact us for further details.

General Information for all Workshops

Fees: All fees include GST.

Workshop Times: Please come early to complete enrolment before commencement of workshop - we like to begin on time.

Food at Workshops: Unless indicated otherwise, we ask that you bring food for lunch and dinner. If you have a special diet, bring your own individual meals or bring food to share, eg for lunch— salad, cold cooked meat, cheese; for evening meal— barbecue chicken, veggies, pizza, casserole, lasagna.

Accommodation: Dormitory style accommodation is available - **\$30 / night bed and breakfast**. Bring bed linen, doona & towel.

Enrolment and Deposit: Enrolment may be made at any time up to 2 weeks before a workshop date. Book early to be sure of a place. **You can presume that your enrolment is accepted** unless you are notified to the contrary. There will be a **\$50 deposit with each enrolment**. (non refundable if cancellation within a week of commencement of the workshop)

Directions to "The Portiuncula": As you come into Toowoomba from Brisbane, at the top of the Great Dividing Range veer left and continue to travel west on James Street (also called the Warrego Highway). After crossing over Anzac Avenue (Clifford Gardens shopping centre is on the right) go another 100m and turn left into Karrool Street, then right into Glenvale Road. The centre is about 1.5km west along Glenvale Road, just past Greenwattle Street. Look for number 173 — the first house on the right, after Silky Oak Drive.