

WORKLIFEbalance's Susan Wammer requests!

by popular request!
*It takes a little skill,
but what price would you put on
creating deep, loving Relationships?*

*Susan is presenting the very best of the
tips and techniques she has used with*



*hundreds of people over the
last 15 years in an all-inclusive
Relationships Weekend Retreat.*

*Don't delay—immerse yourself in her
knowledge and insight over the
24—25 July 2010. Tell your friends!*

*Practical, enlightening and interactive
answers personalised for your unique
situation whether single or in a couple*

*...no previous success in relationships
required!*

Enquiries: 3369 7404, 0410 570 441

mail@susanwammer.com.au

CREATING THE RELATIONSHIPS YOU WANT

WEEKEND RETREAT 24-25 JULY BYRON HINTERLAND



“MINDFUL RELATIONSHIPS—LOVE INTELLIGENCE”

*The rubber hits the road of reality when you enter an
intimate relationship. You can't fake it without distancing
your lover. But do you know that the 'laws' which govern you
emotionally are as solid as the other laws which exist in
nature. Without guidelines, you might think that being 'nice',
or 'in love' will guarantee happiness and a future—not always.
Eight fundamental truths for*



Creating THE Relationships YOU want

- Create the right win-win energy to meet potential partners
 - Be **THE** person that **YOUR IDEAL** partner wants to be with
 - Deepen your existing relationships
 - If you are single, what if the person you met this year was 'The One'?
 - Proven techniques to enhance **COMMUNICATION**, intimacy and **passion**
 - Lessons from the Yoga Mat—resolving conflicts—“you're not the boss of me!”
- Drawing on the collected teachings of yoga and western psychology about how to relate to others. The very best of the 'Wammerisms' used and loved by clients to help you deepen your relationships. Includes *Conveyor Belt Theory*, *Princess and the Prize*, *The V Test*, *Emotional Tone*, *Partner Meditations* and more.

“GUNNEBAH RETREAT CENTRE”

Saturday 24 July—9 pm till Sunday 25 July 4pm

UPSKILL YOUR HEART. LEARN 8 FUNDAMENTAL RULES FOR GREAT RELATIONSHIPS. THEY WORK!



It's as simple as this. Learn to live your intimate partnerships on an *emotional* level. Learn to bring *intimacy* into your most intimate relationship. Be closest to the person you are in a close relationship with... *sound obvious?* Yes, but very little planning goes into relationships compared to other important events of our life—like holidays, and buying a car....

When you understand the *levers* of human attraction, you can effectively influence relationships by the way you speak, move, listen and communicate.

You have perhaps heard of mindfulness in Yoga—**mindful relationships** provide the balance between your passion and your serenity.

My personal driver for the retreat is that people ignore skills in relating and love until things go badly, and then they need a major emotional and life overhaul in a compressed timeframe. I hope those who attend can save themselves that ride or save themselves from mundane ordinary relationships that plateau. Do yourself and those around you a favour, and upskill!

Research shows that emotional intelligence is the number one driver for success in LIFE—over and above intellect and technical knowledge...higher than Emotional Intelligence, is LOVE Intelligence.

I promise you Five information and realisation-packed workshops answering your most burning questions. I will give you what you have always wanted to know! Let's look into theories and real scenarios of love...and war! Fair play and fair fighting, problem-solving and really effective 'scripts' for communication. If you're single, we'll cover dating vs longterm. Getting your needs met, needs bargaining, hurts,... know your shadow, get what you want!

Sample Weekend Program.

Saturday 24 July

- 9am welcome morning tea
- 10—12.30 Workshop 1: Your dream partner... and you
- 12.30—1.30 Organic Buffet Lunch
- 1.30—3.30 Workshop 2: Shadow/Your Vision—deep or?

Afternoon tea

- 4.30—5.30 Yoga/Walk/ rest-time
- 5.30—7 pm Workshop 3: Five levels of Communicating

7—8.30 Organic Scrummy dinner

Sunday 25 July

- 6.30 am Yoga/Walk
 - 8—9am Breakfast
 - 9—12.30 Workshop 4: Magic Problem-solving
 - 12.30—1.30 Organic Buffet Lunch
 - 1.30—3.30 Workshop 5: Intimacy—boredom busters
- Afternoon tea and farewell

Great value weekend

(what price would you put on creating a stronger, more loving relationship?)

Attend FIVE personalised workshops (12 HOURS)
All FOOD provided - we've had excellent feedback on quality
Share accommodation included
BONUS 'Behavioural Barometer' session and handout
Complimentary YOGA sessions
Tranquil country setting all to ourselves for PEACE & QUIET

Gunnebah Weekend \$425 per person
Nobbys Creek Northern NSW

Deposit \$200
To secure your spot

Balance \$225
1 week prior [19th July]

Payment at WorkLIFEbalance Couples deduct \$20
Consistency by eftpos, cash, cheque or credit card by phone each

WORKLIFE BALANCE

Post to PO BOX 2241
Milton 4064 Qld

Phone: (07) 3369 7404
mail@susanwanmer.com.au
www.susanwanmer.com.au

