

Living In Process

ONE DAY WORKSHOP

Saturday the 14th of March, 2020

10am to 5pm • Katoomba NSW

"We cannot embrace the fullness of spirituality without accepting the reality of life as a process and participating in the process of our lives."

The Living in Process® one day workshop offers an opportunity to experience an introduction to the Living in Process® work. We will discuss and explore three aspects of Living in Process®:

- **Noticing, naming and recovering from addiction and the addictive process.**
- **Doing deep process work.**
- **Learning to "live in process" in our daily lives.**

The day will offer a taste of Living in Process®, and for those interested, the opportunity to then attend a three day LIP Weekend where we explore Living in Process® at a deeper level. These are held several times a year. The next one is in June 2020.

The workshop will be facilitated by people who are part of the Living in Process® community, are doing their own healing work, and have extensive experience in Living in Process®. A healthy lunch will be provided as well as tea, coffee and snacks.

To find out more about Living in Process®, we recommend you read **Living in Process** or **Beyond Therapy Beyond Science**, or other books by Anne Wilson Schaefer. Go to: <https://livinginprocess.com/books/>.

You can also watch or listen to Anne's talks on Youtube:

<https://www.youtube.com/channel/UCyOHB0uLJ5ByzXAmH45kJnQ> or download and watch another of her talks here: <https://vimeo.com/ondemand/aws>

WHEN:
Saturday the 14th of March 2020
10am - 5pm

VENUE:
Karuna Sanctuary, Saywell Rd,
Katoomba

ENQUIRIES:
For further information please contact:
Joe Hughes on 0421 757 347 or via
hughesj80@hotmail.com

REGISTRATION & PAYMENT:

Registration and payment of \$50
is due by Friday the 7th of March

Please deposit payment to:
Account name: Living in Process
BSB: 062 501
Account: 10277061
Reference: one day fee

WHAT TO BRING:

- Lap-rug or blanket for group sessions
- Shoes are not allowed inside the main hall so you may want to bring slippers or socks
- Warm clothes. It can get cold in Katoomba.

----- REGISTRATION FORM -----

Please complete this form and email to hughesj80@hotmail.com by the 7th of March.

Name: _____
Phone: _____
Email: _____

Special Dietary Requirements:
 Gluten Free Vegan
 Dairy Free Vegetarian
 Other:
Payment Deposited
 One day workshop \$50

I wish to reserve my place at this Living in Process Workshop and I acknowledge that in attending a Living in Process Workshop I am not seeking therapy, psychotherapy, counselling or group therapy from Wilson Schaefer Associates or members of the Living in Process community.

Signed: _____ Date: _____