



Connecting in Love

17TH–19ST MARCH 2023
SEMINARHOF SCHOEPPINGEN

„HUMAN AWARENESS INSTITUTE (HAI)“
LEVEL 1 WORKSHOP

Hand on Heart e.V. first brought this series of workshops from the US to Germany 20 years ago.

- Would you like to feel more love in your life – for yourself, for your partner, for your family and friends?
- Would you like to deepen your relationship/s and feel more alive?
- Do you wonder whether it's possible to experience love, intimacy and sexuality in a more meaningful way?
- Are you single and want to experience love and connection no matter whether you have a partner or not?
- Would you love to meet new people who are asking similar questions of life?

See page 2 for more details

Venue: www.seminarhof-schoeppingen.de

When: 17TH–19TH March 2023

Begin: Friday 19 o'clock with dinner

End: Sunday approx. 18:00 o'clock

Costs: from 255,- € p. P. for the workshop
from 144,- € p. P. for accommodation
and full catering

(Reductions/Instalments are possible and to be negotiated, as we are a non profit association)

For more information and registration:

write to Mikki Kitz at mikki.kitz@hai.org

or just give us a call: **+49-40-2546 7773**

On our website you will find more about

Hand on Heart e.V. and our online registration form:

www.love-workshop.eu

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HAI workshops offer you the opportunity to

- create close and loving connections with yourself and others
- lovingly embrace your sexuality and discover your passion for living a fulfilled life
- respect and appreciate yourself and others
- trust your instincts and become more aware of your feelings
- learn to make better decisions for yourself and communicate them clearly in a safe and supportive environment
- become clear about when you're a "Yes" or a "No"
- overcome any barriers standing between you and love and connection

HAI workshops offer a wide range of mindful exercises to practise communication and experience physical touch. We aim to balance the numbers of male and female participants, singles and couples. Participants of all ages and sexual orientations (LGTBQI) are welcome!

The workshop will be led by 2 HAI facilitators (m&f) from the US. All our workshops are fully bilingual German and English. We emphasise the importance of respectful interaction and our large team is at hand to ensure that all participants feel supported and respected at all times. 'Consent' is at the core of our values.



Our venue is situated in beautiful rural countryside 40km west of Muenster/Westfalen.