

Relationship As a Dance: An Imago-Based Workshop

Relationships are like a dance. It's as much about your patience, kindness, confidence, body-awareness, and sense of rhythm as it is your choice of partner.

Bring your partner **or friend** to this half day workshop
No Prior Dance Experience is Necessary

- Actually *have fun* while exploring the dynamics of your relationship(s)
- Learn hot Latin dance moves
- Gain concrete tools that deepen connection and improve communication
- Revitalize your sensuality and eroticism
- Uncover the opportunities for personal healing and growth
- Learn why conflict is good and necessary
- Gain confidence on, and off, the dance floor

In this experiential workshop we will alternate between Imago-based relationship and communication exercises and beginner-level dancing (no prior dance experience necessary) so that you may grow into the graceful partner (and dancer) you are meant to be.

Join us for this fun way to experience the tension that naturally arises in life and in relationship. We'll safely explore how you can effectively meet and use conflict to make your movement, on the dance floor and in your relationship, flow more easily.

Whether you are in a committed relationship or would just like to learn how to have more fulfilling, healthier relationships, then this workshop is for you!

About Your Facilitators

Garet Bedrosian, LCSW, CIRT, CBT, CET is a certified Imago therapist specializing in couples work. She is also a certified Bioenergetic therapist and certified Expressive therapist. She has presented workshops both nationally and internationally. For more info, visit www.garetbedrosian.com

Nicole Kahn, LMFT, SEP is a Marriage & Family therapist, certified Imago therapist and Somatic Experiencing Practitioner. Prior to opening her practice, she was a professional salsa dancer while living in NYC. She combines her spiritual practices and clinical skills to help create conscious relationships and improve couples' ability to connect deeply with one another. For more info, visit www.sandiegotherapy.com



Why Should I Take This Workshop?

- To protect, strengthen, and better understand your relationship(s)
- Gain a new, motivational way to continue growing in all of your partnerships
- To have some light-hearted, sensual fun with one another

When: Saturday, February 25th, 2:30 - 6:30 pm

Where: Pattie Wells Dance Time Center,
1255 West Morena Boulevard, San Diego, 92110

Cost: \$169 per couple before Feb. 11, \$199 after
Bring your partner or your friend!

**Don't miss this exciting opportunity!
Contact Nicole at (858) 442-5548 or
nicolekahnmft@earthlink.net
to reserve your space today!**

*Pattie Wells' Dancetime Center features group, private, semi-private dance lessons in social dancing plus practice dance parties. Their top ranked, award winning dance instructors offer individual or group lessons in almost all partner dances.
For more info, visit www.dancetime.com*

"There are shortcuts to happiness and dancing is one of them." - Vicki Baum