

Opening to Intimacy

A weekend workshop
Led by Tim Broughton

Saturday 16 Dec - Sunday 17 Dec 2006
Lamma Island ~ Hong Kong

Opening to Intimacy: a journey to reconnect with our feelings and reclaim our natural wholeness.

In this weekend you are guided on a journey into the realms of touching and being touched physically, emotionally, and spiritually.

It is virtually impossible in our culture to grow up free from emotional, sensual and sexual repression. Our habitual and often unconscious patterns - which we believe can protect us - frequently become barriers to intimacy with the people we meet, with our loved ones, with our own being, and with spirit.

We will use simple meditations, guided processes, dance and open sharing circles to lead us into real friendship with and acceptance of those patterns - in ourselves and others - and open beyond them.

Through opening to our natural innocence we free ourselves into playful, joyful and loving relating. We work always with an honouring of personal boundaries that lead you to grow in trust and confidence in your own intimate, sensual and sexual relating. This can open the doors into the rewards of heartfelt meetings in your life. They may be light and joyous, in honest friendship, or where sexual pleasure becomes deeply nourishing and a doorway into spiritual consciousness in love-making.

The Art of Being

The weekend creates the possibility to -

- notice what's happening inside ourselves - what we are feeling - our wants and desires
- become aware of our resistances - see how we can prevent intimacy by holding back and not allowing feelings to move in us
- see how honouring and sharing honestly what is happening in us brings us closer to ourselves, to the core of our being, and closer to others
- develop sensitivity and openness to feeling, hearing and seeing the other
- allow our vulnerability as a creative choice which honours our being and opens the heart
- discover more intimacy with ourselves and how this supports intimacy with others
- experience the pleasure of letting go into trust, playfulness and tenderness
- be deeply touched by life as it unfolds moment to moment so that you can experience more aliveness in your life
- reconnect with our juicy and wild vibrant selves

This workshop is open to anyone who wishes for more intimacy - whether you are single or in an ongoing relationship.

Venue: Lamma Island, Hong Kong

Course fee:

HK\$1,7500 (HK\$1,500 if booked by 15 Nov) (HK\$1,250 if booked by 27 Oct)

Please bring food to share for lunch and supper on Saturday, and lunch on Sunday.

Please speak to Deidre if you would like to stay overnight on Saturday.

A few bursaries or skill trades may be available

Information & bookings: Deirdre Butler,

Payment: By bank transfer to Deirdre Butler: HSBC Account no: 502 680804 001

Or, cheque payable to Deirdre Butler, to: C/O ABC, 20 Shum Wan Road, Aberdeen

Tel: 2982 6936 E-mail: deirdrebutler@netvigator.com



Tim Broughton.

I have worked with individuals and groups in a variety of contexts for many years. I am a counsellor and accredited 5 Rhythms™ teacher. I trained with Gabrielle Roth in 1994 and 1997/8. I have also trained with Alan Lowen and am a licenced Art of Being® teacher. I regularly run day, weekend and longer residential workshops, and an annual Dance Camp. My work has taken me to Europe and further afield. Through the ups and downs of life I have learned to live anyway. My wish for all of us is to find the courage to live with all the love, passion, vulnerability, intensity and celebration that is our birth right.

Enquiries about other workshops & events:

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