



FUN, SEXY, PEACEFUL & EASY

A NEW APPROACH TO RELATING

Sunday, February 7, 2010 ~ 12:00 noon – 6:00 pm

***Separate Class to Follow: Mendocino, 6-8:30 pm, Wednesdays, Feb. 10, 24, March 10, 24**

Relating with the person we are closest to can often present the most intense challenges, as well as the greatest opportunities for growth and healing. The tools and perspectives of Process Coaching offer a new map for manifesting truly loving and fulfilling relationships.

In this workshop we will explore the dynamics of relating and how to bring more ease, connectedness, and fun to the process of relating. Together we will create an environment of safety and support to adventure in, and explore new terrain. Join us for a fun-filled and transformational experience.

- **Discover how to bring out the best in your partner**
- **Fan the spark that brought you together**
- **Break free from old patterns & expectations**
- **Learn a new approach to unconditional love**

Pre-registration recommended

Price: \$95 single / \$175 couple

For registration and further information contact:

**Adam 431-1739 or
Betty 463-3739**

ProcessCoaching.com

Betty Idarius is the co-director of Process Coaching Center and co-founder of Full Circle Wellness Resource Center in Ukiah. Her background includes 30 years as a homebirth midwife, and 17 years as a classical homeopath. She also has extensive experience in Neuro-Linguistic Programming, hypnosis, mind-body healing and spiritual psychology. Betty's passion is to bring unconditional loving acceptance to the deepest feeling parts of self, and to help others do the same. She offers individual Process Coaching sessions and relationship coaching for couples.

Adam Bulbulia is a certified Process Coach with 7 years experience in Process Coaching and over 13 years of experience in the healing arts. Adam weaves together his experience as a Waldorf Educator with the healing approach cultivated in Process Coaching. "I love helping people become the guide on their own path to living their deepest dreams." Adam offers individual, relationship, and teen coaching sessions in Ukiah and Sebastopol.

FORT
BRAGG

YOGA STUDIO



426 S. Franklin Street, Fort Bragg, CA 95437 - 707.962.0356 - www.FortBraggYogaStudio.com