



The Tao of Love, Sex & Relationships

9 - 11 October 09

This weekend course is for those who want to open more deeply to love and grow in the way they relate. Whether you are in or out of relationship this course will give you the understanding and ways to bring about great changes in your life, sexuality and relationships.

The course will introduce:

Self help meditations, processes and practices

that safely and effectively unravel and heal blocks to love, sexual intimacy and aliveness. These support the process of moving from the confines of old patterns, imprints or conditioning, and enable hurt or fearful places to heal and any trauma or difficulty to gently release.

The dynamics of yin and yang energy in love, sex and relationships. This can greatly help in understanding and unravelling common problems and difficult scenarios that often occur in relationships.

Taoist sexual energy cultivation practices

which bring about healing, clearing and integration within the body. They free up the flow of energy and life force enabling you to become energised, and fully present in body, emotions, mind and spirit. The practices enable the healing of any sexual fragmentation or wounding. We explore how to heal and grow in the increased flow of love and sexual energy that will result. We will share how to bring these practices into lovemaking to enable a state of sexual intimacy that is deeply healing, playful and ecstatic.

Self help for relationships

for working constructively with hurt, fear, anger, blame, arguments, codependence and other difficulties, and for creating and maintaining healthy, conscious, deeply loving relationships that support mutual healing and growth.

Given the vastness of the subject matter, this weekend course serves as a useful and practical introduction to the material. All of the issues addressed on this course will be covered in more depth on the Barefoot Practitioner Training and can be followed up in individual sessions.

Cost: sliding scale £150 - £90 according to ability to pay. **Deposit: £40**

Times: Friday 7.30pm -10pm, Saturday 10 am - 7pm, Sunday 10 am - 4.30 pm

Lunches: We provide simple organic vegetarian lunches

For further information, articles, feedback and photos visit our website: www.livingtao.co.uk

Or ring 01458 850704 or email: andyella@livingtao.co.uk

Send deposits to: Andy & Ella Portman,

Avalon Permaculture Gardens, Barton Rd, Butleigh, Glastonbury, Somerset, BA6 8TL.

About Ella and Any Portman

We each bring over twenty seven years experience as group facilitators and healers. In the early 80's we both trained in Conscious Breathwork and Andy also in Shiatsu and Ella in spiritual healing.

We met in 1987 and started working together shortly afterwards. We have held regular weekend, long term groups, healing camps and practitioner trainings since then. Our practitioner trainings started as breath work trainings and have increasingly incorporated the breathwork with in-depth relationship and sexuality work and the Taoist meditations and energy cultivation and healing practices. We have been personally putting these Taoist practices into practise in our own lives over the last nineteen years and have been teaching and integrating them into our work in groups and sessions for the last sixteen years.



Since 1998 we have been developing the five acre site here at Avalon Permaculture Gardens as a personal growth centre where we hold a range of courses and individual sessions that give support for making real and healthy changes in life, relationships and in the world. APG provides a haven away from the busyness of modern life – a place to reconnect

with nature and with yourself in a simple and direct way. It is now a feast of naturally growing orchards, gardens, meadows, native trees - a rich and natural biodiversity. Here we grow most of our own food, all in a way that supports wildlife. We produce our own energy from sun and wind. Here we live simply, close to the earth - with a low carbon footprint in our hand built natural eco home.

"This is the simple path: to return to the simplicity and naturalness we once had.

The path of the breeze that gently whispers through the trees, of the bird that climbs into the open, clear blue sky. The way of the simple flowers that blossom without effort and through Wu Wei catch the warmth and blessing of the sun. The way of the waters that run through the veins of the earth and pass at last into the wide ocean. To feel Wu Wei is to know the inner pulse of the Tao, which is reality itself." Lao Tzu c 6th century BC

Individual and Couple sessions

In-depth personal growth work: Recognising and releasing limiting patterns, imprints and survival strategies. Healing of fear, anger, hurt, grief, broken trust or trauma from any stage of your life.

Conscious breathwork which has roots in ancient Taoist and Yogic breathing techniques and brings about deep clearing, healing and integration. This breath work is effective on all levels of being - emotionally, energetically, physically, mentally and spiritually to heal and release whatever prevents free flow of energy and full presence.

Taoist Meditations Simple yet profound meditations that enable full presence and centredness in the source of your being.

Relationship healing and growth Support for work-

ing through difficulties and conflicts. Freeing blocks to love and sexual intimacy. Creating and maintaining healthy, conscious, deeply loving relationships that support mutual healing and growth.

Sexual healing and Taoist sexual energy cultivation practices Taoist sexual energy cultivation practices for healing, clearing and unification within the body.

Healing sexual fragmentation and the effects of conditioning, trauma and abuse. Conscious lovemaking as spiritual practice that is healing, playful and ecstatic - enabling a deep state of union and oneness with source.

Cost:

Individual sessions: £40 per hour (£35 concessionary)

Couple sessions: £70 per hour with both of us. £45 with one of us

Practicals for courses

For supper on Saturday you can bring ingredients for a communally created meal or there are good cafes and pubs locally.

Deposits: We will refund deposits if we have to cancel.

Staying on site: Camping £7 a night per person,

Staying in heated group space £9 a night (includes foam pad.)

Caravans: £12 a night per person with 2 sharing. All include hot camp shower and self serve breakfast. Local **B&B list** available

For further information, articles, feedback and photos visit our website: www.livingtao.co.uk
Any questions: **email:** andyella@livingtao.co.uk
or ring **01458 850704**

**Send deposits to: Andy & Ella Portman,
Avalon Permaculture Gardens, Barton Rd, Butleigh,
Glastonbury, Somerset, BA6 8TL.**