



A Bridge to Each Other

How to talk when you're disheartened, disillusioned, or upset and truly create the connection and relationship you crave! For Couples and Singles.



With Cathy Hartman

Saturday, April 28th, 2012

10am – 4pm, | New Smyrna Beach, FL

“Cathy teaches with great presence and straight from the heart in a way that cannot be taught, but comes from embodying this work. Her vitality and vision and compassion for the quality of life on this planet are the combination in her that I cherish and deeply respect.

- Christine King – Trainer/Teacher at Stanford, UC Santa Cruz and San Quentin



Basic Truth:

We all get triggered. Too often we resort to old patterns - wanting to be right, not listening, withdrawing, speaking out of anger, frustration or worse.

But there is another way—

In this workshop you will:

Receive a simple 4-step communication process that can be used from the kitchen to the bedroom to create happier and more successful relating!

- Learn how to say what's important to you in ways that create more ease, heart-connection and genuine intimacy
- Find out how to handle disagreements without damaging your relationship
- Know how to listen no matter what's being said
- Transform blame and judgment (yours or your partner's) into understanding and successful communication
- End the day with more tools to create joy in your relationships!



REGISTER heartfulconnection.com/bridge
OR Call Cathy (386) 957-4495

INVESTMENT: \$97

LOCATION: Directions to beautiful NSB location will be given upon Registration. CLASS SIZE IS LIMITED