



# THE QUESTION OF LOVE

A weekend relationship workshop | The Clophill Centre, Shefford Road, Clophill, Beds. MK45 4BT | 13th & 14th June | £199 for two days

**Ever felt love's a lottery? Wondered whether you're in the right relationship? Worried that you're not? Seem to circle around the same old arguments and get nowhere? Feel unlucky in love? Seem to repeat the same mistakes over and over? No idea how to get better at this thing called love?**

Then this is the workshop for you. Whether you're in a relationship or not, time spent raising your level of awareness about how we relate (or don't), is never wasted. We will begin the weekend by getting to know each other, our hopes for the weekend and establishing some ground rules such as confidentiality, how to get the best out of the weekend, and so on. We'll discuss love ~ the types of love, what we mean by love, etc and we will then move on to a series of experiential exercises designed to help throw light onto how we develop an unconscious blueprint of our 'ideal' mate. We

will explore the qualities of this blueprint and reflect on how this affects us in the present day. We will look our relationship histories and discover what stops us from developing relationships, or keeps us trapped in repetitive patterns of unsatisfactory or dysfunctional ones ~ or even prevents us from establishing relationships at all.

We will look at how our romantic choices address our soul's longing or whether they are more influenced by our childhood wounds or experiences. We'll then find out how to listen more attentively to the call of the soul.

To sign up for the workshop or for more information, please visit Lynn's website, call or email. Numbers limited so if you're interested, please book early.

*Lynn Somerfield is a UKCP accredited psychotherapist and abides by their code of ethics. She has a Masters Degree in*

*Transpersonal Psychotherapy and Diplomas in Transpersonal Psychotherapy, Advanced Psychotherapy and Supervision. A psychotherapist for 18 years, Lynn works in London and Beds. She is an experienced group facilitator, tutor and supervisor.*

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Equal opportunities workshop. All welcome.