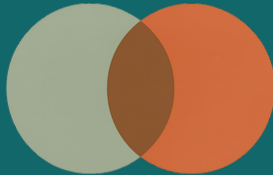


THIS BEING TOGETHER



A 4 - WEEK JOURNEY INTO PRESENT - MOMENT AWARENESS IN RELATIONSHIP AND COMMUNICATION

In this 4-part series we will practise present-moment awareness: of self, and of self-in-connection. Not as a concept, but as a living experience, moment by moment.

With

Psychodynamic Psychotherapist & Therapeutic Educator Tash Young
Embodied Leadership Coach & Conscious Relationship Guide Daphne van Run

The Journey

Sun 9th Nov & 7th Dec, 10am–2pm — In-person (Hove)

Tuesday 18th & 25th Nov, 6.30–8.30pm — Online

Max participants: 12.

More info: www.tashyoung.com/this-being-together