



THE MINDFULNESS LECTURES

The Foundations of Intimacy and Relationships Series

Lectures presented by Dr. Stéphane Treyvaud

“WHY ARE RELATIONSHIPS SO FUNDAMENTAL TO HEALTH AND WELLBEING?”

Saturday, February 4, 2012 3:00pm - 5:00pm \$45 plus hst

We all know how we can break each other's heart, wrench each other's guts, mess with each other's heads and bliss each other's souls through relationships. Why is that so? Because our brain is first and foremost a relational organ. It connects our inner experiences with the external world of people and objects. When you know how your brain and your body affect other people's brains and bodies and vice versa, you become profoundly empowered to improve or change your relationships to ensure success and wellbeing.

“EXPERIENCE AND MEMORY - HOW NOT TO CONFUSE YOUR PARTNER WITH YOUR PARENTS”

Saturday, March 3, 2012 3:00pm - 5:00pm \$45 plus hst

Your spouse politely asks you to please pick-up your socks from the floor and put them in the dresser, and a major marital crisis ensues. Does this sound familiar? 'Something stupid' causes major relational earthquakes, and we have no clue why.

Embedded in our relationships there lies an invisible shadow from the past. All life experiences from the time we were in our mother's wombs have deeply shaped the way our brain cells connect with each other and fire. This prewiring determines how successfully we relate to our loved ones – our partners and our children. In our interactions with our loved ones we can be convinced that what we feel right now is related to the other person, when in fact we are unknowingly relating to personal ghosts of the past. Naturally, when we confuse past and present, unnecessary relationship conflicts and tensions arise. In order to heal our relationships, we need to understand this phenomenon and use specific tools to undo its distortions.

“THE STORY OF YOUR LIFE - GARBLED OR COHERENT?”

Saturday, March 24, 2012 3:00pm - 5:00pm \$45 plus hst

Sit in a restaurant and watch what people do besides eating – they yack and yack and yack. Why? Because we are story-telling animals – from way back in childhood we love to hear and tell stories as a way of making sense of our world.

Does it surprise you then that as an adult the manner and structure of stories you tell yourself and others is indicative of the state of your psychological health? In this lecture you will find out why telling stories is important in our lives, how the manner of your parenting affects your children's story-telling abilities, how healthy and unhealthy stories look like, and how to transform unhealthy story patterns into healthy ones.

- Pre-registration is required for all lectures.
- Enjoy all three lectures for \$122 plus hst
- **We cannot issue refunds**
- Please contact Creating Space Yoga Studio for all registrations and inquiries.
- Each lecture is self-contained and will have a specific mindfulness home practice suggestion