

Elizabeth Schnugh  
Institute for The Study of Man

Presents

RELATIONSHIPS 1 COURSE, PRAGUE, BREVNOV  
MONASTERY, CZECH REPUBLIC, JUNE 4, 5, 6TH 2010

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A letter from the INSTITUTE FOR THE STUDY OF MAN

Dear Friend,

**We Believe...** that every man and woman should have the freedom to follow a path with a heart. *To this end we will support you.*

If you say you can't, *we'll show you that you can.* If you believe that it is not possible, *we'll show you from experience that it is possible.*

**We Believe...** that all men and women are equal even amidst our differences. For the life-force bestowed upon king is the same as that bestowed upon beggar.

Should you feel unworthy of life, *we will affirm your beauty and strength.* Should you feel you have nothing to offer, *we will show you the riches in your heart.*

**We Believe...** in the importance of the individual unit to the well being of the greater whole. *In this we will uphold you.*

If you fear the distance you have yet to travel, *we'll show you the long way you have already come.*

If you feel the burden of loneliness, *we'll show you the joy of taking hands, heart and courage.*

*Life is a most priceless gift,* but if we are to savour the full beauty of this gift we must be able to relate to ourselves and to those around us in a meaningful and fulfilling manner.

Our biggest difficulties arise in our personal relationships. Because we have a whole heap of unvoiced and unfulfilled expectations, warmth and camaraderie soon become supplanted by anger and blame. We tend to think that a partner has to supply that which we ourselves lack. So we often involve ourselves in relationships which are debilitating and frustrating, as they are based upon conditions and co-dependency, rather than upon mutual appreciation and sharing. Because all of life is a series of relationships that are interwoven and interdependent, you need not be "in a relationship" with a partner; you will still benefit. This is because ALL our relationships, whatever their nature, *reflect our primary relationship with ourselves.*



### Participant Experiences

"I realised my relationships are more poor than I thought them to be. There is still a lot of fear in me in really showing myself and trusting life, myself and the other. I also learnt that in order to relate it is important for me to express myself, to express what I'm feeling, thinking."  
~ Peggy

"I learned that standing up and claiming my power shook my wife's world. Being ruthless with myself and her provided her the opportunity to also uplift herself. Ruthlessness is absolutely key!"  
~ Garrett

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ALL OUR RELATIONSHIPS, WHATEVER THEIR NATURE, REFLECT  
OUR PRIMARY RELATIONSHIP WITH OURSELVES

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First, we need to see this in practice, and then take the necessary steps to relate better with ourselves. Until we do so, we will continue to experience problems and frustrations, not only with a partner, but also in our working, social and family relationships. Whether in business, social activities or family life, managing relationships takes skill and practice. On this course we will give you the general principles that make any relationship work.

#### Participant Experiences

"I don't have to pretend to have any answers. I am a good person and I can put myself first and care for myself. It is OK for me to have fun, laugh at my own folly and the comical dream of the status quo. Sometimes people will not understand me but I don't need to go down an angry or sad route. I can work out alternative ways of behaving."  
~ Ann

"I learned that there is much work to be done before I can claim to be in control of my emotions. More specifically, I learnt that I still hold back who I truly feel is me, and that I hide behind a lot of bullshit when the going gets tough. Deep down I do thoroughly enjoy interacting with others when I allow myself to be vulnerable and in the moment."  
~ Paul

#### *We will show you:*

- How to determine what you want out of a relationship with another person.
- That your own Inner Being is beautiful and is worth relating to.
- How to make your fear of relationships work for you.
- The basic differences between males and females.
- How to deal with conflict, using both your male and female energies to succeed.
- Intelligent co-operation between the sexes instead of competing against & blaming each other.
- How to have effective communication in any relationship.
- How to change the feeling of futility and hopelessness you often get if you do speak up.

Our courses require no prior knowledge or particular standard of education. We start with the basics principals and move forward from there, always remembering that we need a firm foundation to succeed. This is our first course and lays the groundwork for a lot of what we do in our other courses.

Yours sincerely,

#### About Elizabeth Schnugh



Elizabeth qualified as an accountant at the University of Cape Town, South Africa, in 1976. She then embarked on a highly successful career in the corporate world, becoming Financial Director of Gilbey Distillers and Vintners in 1984 – a position she held for over ten years.

Through her experience of working with a wide cross section of people in her career, Elizabeth began to realize that her talents and fate did not lie in the corporate world, but in helping people to help themselves. Consequently, in 1991, she started training as a teacher of the humanitarian disciplines, under the guidance of Christopher Nevill.

In 1995, Elizabeth resigned from Gilbeys, and since the beginning of 1996 her commitment to teaching became full time. In November of 1995 she started training under the guidance of Théun Mares, Lightbringer of the Toltec Tradition. Since that time Elizabeth has continued to work closely with Théun to bring the courses offered by the Institute into line with the Toltec Teachings.

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**GIVE YOURSELF A MOST PRECIOUS GIFT BY PARTICIPATING IN  
THE RELATIONSHIPS I COURSE MASTERFULLY FACILITATED BY  
ELIZABETH SCHNUGH AT HOTEL ADALBERT, PRAGUE,  
JUNE 4, 5 & 6, 2010.**

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**We will, at all times...**

Support you in an environment that is safe and secure to bring about the changes you desire; whilst remembering that you alone determine the results that you achieve.

**Course Content**

The courses include discussions, individual work, group interaction and a variety of games. Everything is designed to show you how you behave in your life so that you can decide whether or not you like it, and then if you don't, we will give you the tools with which to change it.



**Post Course Support**

Because of the habits of a lifetime, these courses are the beginning and not the end of a process. With that in mind, there are a variety of other courses, after-course meetings, further learning opportunities and activities on an on-going basis. Whether or not you want to take part will depend on where you want to take your life.

**Relationships 1 course Prague schedule**

- Dates: Friday, Saturday and Sunday June 4, 5 and 6, 2010
- Times: Friday 9am to 7:30pm; Saturday 9am to 7:30pm; Sunday 9am to 6:30pm (The evening times may vary a little)
- Saturday evening – special visit of the Břevnov Monastery
- Sunday evening – participants “graduation” evening out in Prague old town

**Course Venue:**

- Břevnov Monastery complex, Hotel Adalbert
- 28/1 Markétská Str, 169 01 Praha 6
- Prague, Czech Republic

**Course costs:**

**Early bird cost on payments made by April 15<sup>th</sup>: 8 430 CZK / 330 EUR**

**Course fee on payments made beyond April 15<sup>th</sup>: 10 860 CZK / 400 EUR**

*\* 50% non-refundable deposit required - The second 50% must be paid within one month of the course starting.*

*\*\*All bank transfer fees must be covered by payer*

*\*\*\*Credit cards accepted - a 5% handling fee is charged for credit card commission/exchange rate fluctuations*

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**ENROLMENTS ACCEPTED BY MAY 5TH LATEST**

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## ACCOMMODATION AND ADDITIONAL INFORMATION

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Hotel Adalbert located at Břevnov Monastery complex. (Please announce your participation on Relationship 1 course when booking to use a special 15% discount on accommodation.)

**Reservations:**

Phone: +420 220 406 170

Email: [recepce@hoteladalbert.cz](mailto:recepce@hoteladalbert.cz)

For more information and details on venue and accommodation please visit this link  
[http://www.hoteladalbert.cz/en/index\\_adalbert.php](http://www.hoteladalbert.cz/en/index_adalbert.php)



Welcome social will take place on Thursday, June 3, between 7 and 9:30 pm at “Klasterni senk” restaurant at the Brevnovsky monastery complex ([www.klasternisenk.cz](http://www.klasternisenk.cz)). *(Food and drinks not covered in course fee).*



Tea, coffee, juice, water and snacks will be available throughout the 3 days of the course. Due to the nature of the course, set meals are not always practical so we will act in accord with the energy of the day. Lunch will be available at the hotel restaurant *(cost of lunch not included in course fee).*

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FOR INQUIRIES AND DETAILS ON PAYMENT PLEASE CONTACT  
MICHAIL TSVETANOV ON  
[MIKAIL@MIKAIL.INFO](mailto:MIKAIL@MIKAIL.INFO) OR TEL.: +420 724 009 330

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