

Relationships 1 Course

Clare Center in Spokane, Washington, USA

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

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 problems 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.



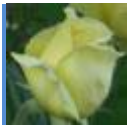
Relationships 1 Course

Clare Center in Spokane, Washington, USA

We dispel the myth that two halves in a relationship can make one whole. We show you that if a relationship is to succeed, it needs two whole people.

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.*

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.



"The first step is to start believing in yourself – and we will show you how."

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,

Relationships 1 Course

Clare Center in Spokane, Washington, USA

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.

Give yourself a most precious gift by participating in the ***Relationships I Course*** masterfully facilitated by ***Elizabeth Schnugh*** **April 16, 17 & 18, 2010.**

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.

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

Relationships 1 Course

Clare Center in Spokane, Washington, USA



Clare Center Retreat Facility is nestled on a rolling hillside in the Palouse countryside just two miles south of Spokane, Washington, USA. The entire facility will be occupied solely by course attendees for a special, intimate retreat.

Rooms are available on a first-paid request basis. Room arrangements can be made through the course registrar, Robert Cattadoris. **Please see next page for details and pricing.**

RELATIONSHIP COURSE NO. 1 Presented by Elizabeth Schnugh	
Venue:	Clare Center Campus - 4624 East Jamieson Road, Spokane, WA - USA http://www.corhome.org/clare-center
Dates:	Friday, Saturday, and Sunday April 16, 17 and 18, 2010.
Check In:	Plan to arrive Thursday, April 15 , between 6:00 pm and 10:00 pm for Welcome Social with refreshments.
Times:	Friday 9:30 am to 7:30 pm; Saturday 9:30 am to 7:30 pm; Sunday 9:30 am to 6:30 pm. (The evening times may vary a little.) Check out: Monday April 19, 11:00 am.
Check Out:	No later than Monday April 19, 11:00 am.
Cost:	Course: \$595.00 Food: \$50.00 See Next Page for Details.
Payment:	Register with \$100 deposit by February 1, 2010. Payment in full by February 1: \$645.00 Payment thereafter until March 15: \$700.00
Accommodations:	Tea, coffee, juice and snacks will be available throughout the day. Due to the nature of the course, set meal times are not always practical so we will act in accord with the energy of the day. NOTE: Clare Center is located 2 miles south of the city bus system. Plan transportation accordingly. The Clare Center has rooms available for 16 participants (with shared occupancy) on a space available, first paid basis. See Next Page for Details and Pricing.
Registrar:	Robert Cattadoris - 1+509-979-0511 - bcattadoris@hotmail.com

Contact: Robert Cattadoris - bcattadoris@hotmail.com - 1+509.979.0511

Relationships 1 Course

Clare Center in Spokane, Washington, USA

Accommodations at Clare Center Retreat Facility

FOOD

\$50.00 includes:

Welcome Social	Thursday Evening
Breakfast	Friday, Saturday, Sunday and Monday
Lunch	Friday, Saturday and Sunday
Dinner	Sunday (<i>Friday and Saturday dinners are not included</i>)

Nearby Dining

<http://www.lunaspokane.com/luna/content.php?id=153>

<http://doitalian.com/>

<http://www.maggiesgrill.com/>

<http://www.thaibamboorestaurant.com/index2.html>

LODGING

Rooms are available on a first-paid request basis. Room arrangements are made through the course registrar, Robert Cattadoris. **Please specify your first and alternate choices when registering, including roommate preference:**

Rm 1	2 single beds
Rm 2	1 double bed and 1 single bed
Rm 3	1 double bed and 1 single bed
Rm 4	1 double bed and 1 single bed
Rm 5	1 double bed and 1 single bed
Rm 6	1 single bed
Rm 7	1 single bed

Room Pricing

\$150 per person for single occupancy for 4 nights

\$ 75 per person for double occupancy for 4 nights

\$ 50 per person for triple occupancy for 4 nights

Alternative Lodging

<http://www.the-madison-inn.com/>

<http://www.qualityinn.com/hotel/wa181>

<http://www.hojo.com/HowardJohnson/control/home>

<http://www.comfortinn.com/hotel-spokane-washington-WA215?promo=gglocal>

Contact: Robert Cattadoris – bcattadoris@hotmail.com – 1+509.979.0511