



The Human Awareness Institute (HAI) holds a bold vision of a world where people live in dignity, respect, understanding, trust, kindness, compassion, reverence, honesty and love. Thousands of participants (couples and singles of all genders and sexual orientations) have enhanced their relationships and their lives.

Free Mini Workshop

An Introduction:

The free 2-3 hour workshops provide the opportunity to see for yourself how magnificent your life and relationships can be. A Human Awareness Institute presenter leads you through a gentle series of exercises designed to open your heart and allow you to be more connected with others.

Our deeply personal workshops focus on:

- *Love, intimacy and sexuality*
- *Relationships, communication and being authentic*
- *Improving body image to deepen your relationships with yourself and others*
- *Making the right relationship choices for you*
- *Finding love, being honest and creating emotional intimacy*



Date	Theme	Location
Saturday 2/09 2-5pm*	Communicating with Loved Ones	Topanga
Sunday 2/24 2-5pm*	Loving Your Self	Culver City
Saturday 3/02 2-5pm*	Exploring Relational Intimacy	Westwood
Saturday 3/09 2-5pm*	Finding Love - An Exploration	Granada Hills

*Doors open at time listed above and start 30 minutes after

To register and/or inquiries please contact: Niki Schmid
SoCal Producer @ 408.805.5440 or Niki.Schmid@hai.org

Visit our website: www.hai.org

Next weekend workshop at the

Joshua Tree Retreat Center is: 3/29-3/31