



Weekend Residentials

A time away. A time to talk, to share, to learn.
The Phoenix Centre for Creative Living offers you a
safe place to dig deeply and find more of your Self.
Private time, just for you.

Many people have dropped in to see us, and have expressed interest in learning more about what we know about building strong relationships and whole people. We've always been glad to have our "brains picked" and our approach to each other and to life observed and modeled.

**We've decided to be more intentional about helping you to learn new approaches and have new experiences.
We're opening our home to you, for what we call Weekend Residentials.
(We're at 94 Arthur Street South, Elmira. There's only one Guest Room, so this is a weekend just for you!)**

Here's the deal: You arrive for supper on the Friday night. We'll then meet for a planning session. We'll discuss what you hope to accomplish and design a flexible schedule. The Weekend Residential ends at 3 pm on the Sunday.

Possible "Topics" (by no means limited to this list)

- A weekend practicing communication skills** – with us and with your partner.
- Learning to have a healthy relationship** – through dialog, discussion, exercises.
- Deep process psychotherapy** – delving into the issue of your choice.
- Visualizations, Meditation and Centering** – includes the possibility of silence and/or fasting.
- Body Image & Health Weekend** – the focus turns to how you view your body – becoming comfortable with your body, meeting your body halfway, dealing with allergies, chronic illness or chronic pain, depression.
- Gender Identity and Sexuality** – exploring, through dialog and bodywork, the sexual side of you and your relationships.
- Ceremonies** – welcoming milestones in your life, letting go of old hurts and relationships, through ceremonies we create with you.

Possible "Methodologies"

Once the topic for the weekend is designed, we'll prepare an agenda which will include at least six sessions with Wayne:

- Counselling** – dialog, teaching, exploring new possibilities.
- Bodywork** – designed to break you free from the muscular knots you've tied yourself in.
- Jin Shin** – an Acupressure body work style – great for meridian corrections, immune system boosting.
- Breath Work** – learn proper breathing techniques.
- Meditation Techniques** – guided, using a wealth of styles.
- Chakra Work, Hara Work** – Bodywork techniques for opening the chakra system, moving energy throughout the system, and for healing the energy that is often locked in the belly (hara).

This is only a sampling of what we do. Individuals receive six sessions of their choice. Couples receive eight sessions, and sessions can be either joint or individual. (i.e. you might have joint counselling and individual body work.)

Also included in the package is your room, plus two dinners, two breakfasts and two lunches.

From late May to late September, the pool's open (and heated!) There's always a nice, warm hot tub. In nice weather, outside Tai Chi and Chi Gung (Dr. Shen style) are available. And then there's the fireplace, comfortable chairs and lots of books to read.

Cost for individuals: 400.00 for the weekend.

Cost for "couples": 600.00 for the weekend. Obviously, the deal of the century!

**Call 1-519-669-8880, or 1-800-220-7749, or
e-mail Wayne at wcallen@rogers.com to set a date.**