



Restoring Embodied Awareness, Compassionate Connection and Hope

Do you want to feel more secure in your close relationships? Would you like to more fully heal relationship wounds? Are you interested in feeling more comfortable with yourself? Do you desire more intimacy in your life?

The REAC²H workshop has been designed to address these fundamental human desires! Building on years of education, training and clinical experience in the field of trauma recovery, Dr. Jon Caldwell, DO, PhD, has developed a scientifically based workshop to help people better understand how early “attachment” relationships with caregivers contribute to patterns of thinking, feeling and relating to others in adulthood.

The REAC²H workshop encourages the use of time-honored *mindfulness* techniques to bring gentle awareness and compassion to the memories, beliefs and emotions associated with experiences in close relationships. Through a harmonious blend of rich instruction and practical mindfulness exercises, participants can heal past relationship wounds, live more wholeheartedly in the present moment and enjoy true intimacy with others.



REAC²H Workshop Details:



- Place:** **Villa Can Amonita, Ibiza Spain**
(see photos of the lovely venue at www.canamonita.com)
- Date:** **September 17th, 18th, and 19th, 2013**
(Tuesday – Thursday), **10am – 6pm** each day
- Price:** **300 Euro** including lunch and refreshments
(does not include accommodations)

Registration for the workshop and **accommodation** at Villa Can Amonita (optional) can be arranged with Lizzy Webster:

lizzy@amonitearte.com / tel: (0034) 680 303 114

Workshop will be limited to 20 participants
100 Euro registration fee (non- refundable) payable at the time of registration.

Learn more about the REAC²H workshops at www.healingisinreach.com and more about the workshop in Ibiza at <http://www.healingisinreach.com/reach/schedule/september-17-19-2013>.

Learn more about Dr. Caldwell at www.drjoncaldwell.com.