

# Journeys of Transformation

## RESIDENTIAL WORKSHOPS

The CURA Institute is presenting a residential workshops in the Netherlands from **October 3 - 6 2010** facilitated by Mahmud Nestman, founder and director of the CURA Institute in Vancouver, Canada.

This is an intensive personal growth workshop that supports individual healing within the climate of a creative and compassionate therapeutic group dynamic.

Mahmud is the creator of Trust-Oriented Therapy (TOT), a unique approach which assists the unfolding of each person's process towards healing and wholeness.

The workshop is limited to 12 participants and there is an open-ended agenda. Each person works on whatever is important and alive for them. Issues that emerge cover the spectrum of human experience: healing emotional wounds, spiritual emergence, relationship concerns, creativity, talent and right work and more.

The essence of the workshop is the facilitation of a deep connection with self, and authentic, respectful communication with others.

Music and poetry are also an important part of this transformational journey. The working language will be English.

### LOCATION

Retreat Centre *De Voorde*, 15 km. outside of Zwolle, located in the rural part of the Netherlands. There is a straight connection by train from the airport. We will send you all details.

### THE KITCHEN OF THE HEART

*"La Cuisine du Coeur"* feeds the inner with delicious home-cooked meals prepared by the chef. Specific dietary needs and requests are met.

### COST

Single rooms with shower and toilet, full board and tuition is all included in the €595 fee. We offer the possibility of a flexible payment plan.

### DATES AND TIMES

The group starts Sunday October 3<sup>rd</sup> at 11.00 am and ends on Wednesday October 6<sup>th</sup> at 11.00 am.

For more info contact Hannah:

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**FACILITATOR Mahmud Nestman**, MEd, RCC, CCH, is a therapist, teacher and group leader with 40 years of experience. He facilitates transformation through acceptance, compassion, encouragement and spontaneity.

[www.curainstitute.com](http://www.curainstitute.com)



### WORKSHOP ASSISTANT

**Hannah de Roo** has her own practice as a counsellor and marital therapist.

