

Strengthen Your Relationship

Creating Bonds That Last...

Join Sarah Anma, of Art of Relationship, for a couples workshop.
Learn simple techniques to keep your love vibrant and healthy for years to come.

Do you want to deeply connect with your mate?

Is it a struggle to get yourself heard by your partner?

Are you in a loving relationship that is hindered by patterns of ill-communication, hurt feelings, and misunderstanding?

Some information Sarah will touch on:

- 100% Effective Forgiveness protocol
- Compassionate and Honest Conflict resolution
- Simple and effective Communication Strategies
- How to Discover Your Love Strategy for Optimum Mutual Satisfaction

How to increase the level of Happiness in your Relationships



First Workshop:

Forgiveness Process for COUPLES

Sunday August 16 from 1-3pm

Second Workshop:

Compassionate Conflict Resolution For Everyone

Wednesday, August 19 from 7-9pm

Third Workshop:

Learn YOUR Language of Love for COUPLES

Wednesday, September 2 from 7-9pm

\$35/couple preregister and \$40 day of the workshop for EVERYONE (August 19) is \$20 suggested donation
Space is limited. Be sure to register today at www.SeattleUnity.org or Call (206) 622-8475

About Sarah

Sarah Anand Anma has had years of experience researching, recording, and ultimately IMPLEMENTING the best techniques to optimize her relationships. From romantic to family, platonic to business, she has transformed her interactions with others to heart-centered and mutually beneficial connections. Sarah is highly intuitive and works with each individual as their specific needs determine. She offers very simple tools for shifting perspective that have profound results. Sarah is a spiritual filmmaker, a Kundalini and Prenatal yoga teacher, and is currently writing a book with her husband.

Learn more about Sarah and her work at www.ArtOfRelationship.net or www.IntimateCouplesRetreat.com