



Opening to Life

living principles for changing times
with
Richard Farmer

March - July - October 2012 - February 2013

Remember a time when you felt really good, open to life? Remember what it felt to be really yourself? How did it feel? What were the qualities present? As you remember this, you, like me will find that in some way you were in your body and totally present. You will notice that there was a sense of flow and ease. You will see that you were in relationship with what it was that you were in front of, connected and communicating.

Now think about when things were not going so well, or when you were out of sorts with yourself. As you remember, you will see you that you were tense, caught in worry, disconnected from yourself. Yet it is precisely at such times that you need those qualities which I would call your more essential self.

It is at those times that you need the qualities of Presence, Relaxation and Connection in order to move with agility, fluidity and compassion.

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We live in a time of flux with changing values and life conditions and seemingly less time to deal with them. This course “Opening to Life - living principles for changing times” is designed to help you live, rather than just survive, this.

How does it do this?

The good news is that behind the tension these principles still exist in you, they just get overridden by fear when things get difficult.

- ◆ Every 3 months we will spend a day focusing on one of these fundamental principles - Presence, Relaxation and Connection - qualities for living life, not just surviving it.
- ◆ There will be talks, gentle movement and simple meditation to ground the principles, with abundant support materials to help you keep in touch between meetings.
- ◆ You will also be supported by a series of informal aims and focuses to help you integrate what you’re learning.
- ◆ Once formed the group will be closed, and this continuity fosters trust, support and communication.

Who can come to “Opening to Life”?

Anyone who has a connection with the RDTC school or Richard Farmer.

Anyone who has worked with him and wants to do more. Anyone who has been on a Soul Moves or TMW session. If you have not worked with him you will need to be recommended by someone who has.

So if you want to be supported in becoming more “Open to Life” and you want to nourish, understand and integrate these natural principles and qualities,

and if you want to be able to apply them to your life where you feel it is ripe for change - then come. Places will be limited so early booking is advisable and we would appreciate it if you send your booking form straight away.
Please note that by booking, you are committing to all four days.

Where will it be held?

The days will be held at a beautiful quiet venue in the centre of Hereford within walking distance of the station, paying car parks very close and plenty of places for lunch. The venue is welcoming, comfortable and warm and refreshments will be available. For those wishing to stay over either before or after the days, there is a wide variety of affordable places. It is possible that this day will be supported by a further linked but optional retreat day, open also to other students. This could further deepen your experience. More of this at a later date.

Richard Farmer

The course is led by Richard Farmer, an experienced facilitator and teacher of personal and spiritual development. His background is in meditation, Tai Chi movement and healing, and his work is informed by these and other strands of learning.



More information can be found on the website

www.soulmoves.co.uk/richard.php

“Opening to Life“ is a great learning experience and a great gift to give yourself . How could you not come!

See booking form on the next page.



The details:

When:	10am to 6pm
Day One	31 March 2012
Day Two	14 July 2012
Day Three	20 October 2012
Day Four	9 February 2013

How much: £65.00 per day = £260.00 in total for the series

As always, we try not to let financial considerations get in the way of your attendance so the course fee is payable in monthly instalments (approx £21 per month) starting in March 2012. Where necessary, the cost may be reduced by bursaries and/or reduced fees/ time extensions. Further details on application.

How to apply:

We would like to hear from you really quickly to get an idea of the numbers. Therefore, please return the booking form below asap with the relevant fee, or by **5th March 2012 at the latest.**

If you are not sure, please get in touch either by phone or by email and we will do our best to answer your queries. This is a unique opportunity and has great potential for you being truly alive and open to - Life.

Yes I would like come to the "Opening to Life" series. I enclose a booking fee of £50 payable to RDTC and I understand that I am booking for the full course of 4 days.

Name: _____

Address: _____

Post Code: _____ Tel: _____

Email: _____

Send to: RDTC, PO Box 149, Hereford, HR1 9EU

telephone 01989 740590 email richard@soulmoves.co.uk