
The Compass – From Fear to Freedom

**PATTERNS, BELIEFS, OBSTACLES
– TRANSFORMATION IN 2 DAYS**

May 19-20, 2018, Poznań (Poland)



The Compass

▶ In this comprehensive & integrative **Arnina Kashtan** incorporated years of experience, learning and discoveries, weaving together a unique combination of **Nonviolent Communication, The Work, Inner Child work**, and cutting-edge understandings about the nature of human conditioning.

▶ Not only will you learn to **understand** your own and others' **multi-generational conditioning**, but also manage to reclaim the lost **connection to** your authentic **self** by releasing you from layers of unconscious **world-views, patterns, beliefs** and (what Arnina calls) **The Vows**. As a result of this profound work, the **re-connection with** your core **Needs, Dreams, and Aspirations** will be deeper than you've ever experienced.

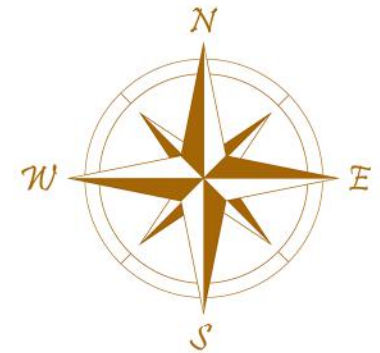
During the workshops:

▶ **:: we will look at Fear, Guilt, Shame and Anger** as some of the main forces that keep blocking us reinforced by our acquired core-life-long beliefs – all of which get us stuck in old habits and patterns for many years of suffering;

:: we will discover the hidden roots and painful unconscious blocks that stop us from realizing and expressing our authentic truth;

:: with a delicate and direct, thorough and light-speed process of zooming-in, we will dive deeply into the source of the repetitive suffering, and learn how to release its grip so we can finally come back to our own true self, and flourish.

Workshop held in English,
occasional translation if needed,
the small group exercises can be led
in any language participants choose



Logistics

:: Place: Poland, Poznań, Słowackiego 44-46 m.7

:: Time: **May 19–20, 2018** (Saturday–Sunday)

:: Price: We are asking that you **choose between** 600-2000 PLN (= 150-500 €) for the 2 days training. We are offering a **conscious process of payment**, and hope you will be happy to participate in this scenario with us. Our idea and request are, that **any amount you choose to pay** will **reflect the consideration of both sides**: On one hand, you are invited to contribute with joy, according to your life situation. On the other hand, the invitation is to see this contribution not only as a “required” amount for covering the expenses, but rather as a **gesture of support towards Arnina** (trainer) and **Agnieszka** (organizer), for their continuing work in the world. Please consider those two perspectives when making your decision. All that said, every sum will be welcome.

:: Advance payment (non-refundable): when signing up, please pay 2-20% of the amount chosen either to a Polish account in Polish Zloty or to a German account in Euros with the note “**Beliefs Arnina**”. For the **account details, registration and support** with travel to Poznań and/ or accommodation if needed, please contact office@du-t.com or call at 0048 503 498 330 (Polish mobile)

:: Content-related info: arnina@meitarim.com

:: Registration and support with travel to Poznań and/ or accommodation: office@du-t.com, tel. number: 0048 503 498 330 (Polish mobile)

www.workshops.dialogue-unlimited.com



TRAINER ARNINA KASHTAN

Arnina's passion is to enhance **breakthroughs** in **awareness**, thus bringing forth deep **changes** on the **personal, familial** and **social** level. Her approach combines a laser-like **exploration** into your **core**, enveloped with a deep, embracing **empathy**, and accompanied by a rare sense of **humor**. The emerging almost magical space she creates has enabled hundreds of her students to open up into new understandings and **embark** on a **fresh, loving**, and **expandingly free path**.

ORGANISER AGNIESZKA PIETLICKA

I have been working in the field of intercultural and nonviolent communication (CNVC certified trainer) for more than 16 years. With no doubt, my favorite professional subject is beliefs: transforming those over which we stumble and cultivating those which make us thrive. To support others (and empower myself) I use the power of NVC and the magic of IFS. I am very excited about Arnina's coming to Poznań and convinced that this workshop will inspire and accelerate everybody's growth.

