

## About the facilitators

**Linda Carroll-Barraud, M.S.** has worked with couples since 1980. A Master PAIRS teacher, and a IMAGO therapist, she is also trained in Transpersonal Psychology. She has studied voice dialogue with Hal and Sidra Stone, been a student in the Diamond Heart work of A.H. Almaas and is certified in the Hot Monogamy Process. Linda is also an author. *Her Mother's Daughter* was published in 2006, and *Remember Who You Are: Seven Stages on a Woman's Journey of Spirit* in November 2008. She is currently working on a book about relationships entitled *Love's Four Journeys*.

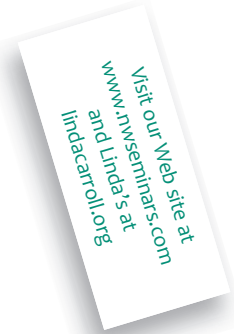
**Tim Barraud, DVM** is a practicing veterinarian and native New Zealander. In addition to being a Master PAIRS teacher, he is certified in Holotropic Breathwork™, has a degree from the Institute of Transpersonal Psychology in Menlo Park, California, and is trained in IMAGO Relationship Therapy. Tim is deeply involved in the ManKind Project, and is a consultant to couples and individuals. As a 40 year practitioner of yoga, Tim will lead his popular daily morning yoga classes.

Tim and Linda have worked together with hundreds of couples and singles over the last 20 years, using well established methods as well as evolving creative new ways to help people connect meaningfully and skillfully.

**Deborah Lyman, LCSW** is a psychotherapist with a particular interest in working with couples in committed relationships. Deborah has been trained in IMAGO Relationship Therapy, and has considerable experience working with couples' groups, women's groups and retreats. Deborah brings to her current practice twenty years of experience as a licensed physical therapist, and past cross cultural experiences living and working in West Africa and Micronesia.

**David Long, M.D.** enjoys a full time practice as an internist on the Oregon Coast and over the past 8 years he has trained as a relationship coach. He has trained in IMAGO Relationship Therapy and together with Deborah, has led groups and worked with individual couples. Because of his medical background, and experience treating an older population, David is very interested in the interface between brain physiology and relationships and how relationships evolve as we mature.

Deb and Dave have just completed an extensive interview on a documentary about forgiveness which is being made by the award winning filmmaker Helen Whitney. They share with Helen their own journey through these turbulent waters which has deeply restored their own marriage and allowed them to inspire and facilitate many couples.



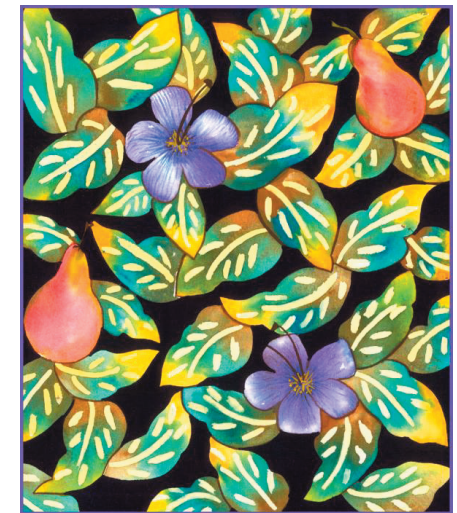
NW Seminars & Consulting  
1242 NW Hillcrest Dr  
Corvallis, OR 97330



# Connection and Renewal

*Nurturing Heart, Spirit and Body  
In Magnificent Hawaii*

*For Couples and Singles*



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*September 21-26, 2009*

*Tim Barraud ☘ Linda Carroll ☘ Deb Lyman ☘ David Long*

*“For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation... So we must not forget, when we love, that we are beginners, bunglers of life, apprentices in love and must learn love; and like all learning, this needs peace, patience, and composure.”*

–Rainer Maria Rilke

## *A* waken your heart

to the stunning beauty of Hawaii's Big Island as we adventure into hidden waterfalls, sacred pools, and visit the Waipi'o Valley where wild horses roam and black sand beach beckons. Complete the week with a guided ritual at the City of Refuge, or "pu'uhonua", an ancient site of forgiveness and renewal.

## *A* waken your spirit

Begin each morning by swimming with the Spinner Dolphins right outside the lanai of the main house, in Kealakekua Bay. Due to the calm water conditions, extensive coral reef, and thriving underwater life, Kealakekua Bay offers some of the best snorkeling and diving in Hawaii. Swimming times are available throughout each day.

## *A* waken your body

with morning Yoga practice with Tim. Share afternoon adventures in spectacular wilderness hikes, ocean swims or on-site massages with local body workers.

## *T* he theme

Relationships occupy the center of our lives. They offer our most profound joys and our most intractable forms of pain. This workshop is for everyone who is curious about exploring obstacles to our connection to ourselves and with others, as well as working on the elements of both forgiveness and gratitude that lead us to a deeper sense of well-being.

During this week, we will examine:

- Three surprising ways forgiveness helps create well-being
- The four steps to forgiving others
- The three elements of self-forgiveness
- How mindfulness both supports and develops well-being
- How to cultivate a practice of gratitude that restores and renews.
- How to find meaning in the difficult passages of life and relationships
- Bringing home the retreat: 3 practical ways to integrate the week into your current life

## *E*ach day

will begin with a fresh island breakfast at 8:00 A.M. followed by morning sessions from 9:00 A.M.-12:30 P.M.

After a buffet lunch, afternoons will include several guided adventures, optional bodywork with local therapists, individual sessions with any of the facilitators and a Holotropic Breathwork experience.

After an exquisitely catered dinner at 6:00 P.M., the evening session reconvenes from 7:00 P.M. to 10:00 P.M.

Through the guidance of four well-seasoned leaders the merging of time for play, pleasure, deep work and learning new information will deepen the ability of each participant to experience a more heartfelt, generous and accepting life.

## *A*ccommodations

Accommodations range from luxury homes to modest hotels to the delightful Manago Hotel for \$59.00/couple per night. We will assist people in finding the most appropriate lodging through recommendations and web sites.

## *D*ates

Begins Monday September 21 with dinner at 6:00 P.M.  
Ends Saturday September 26 at 11:00 A.M.

## *L*ocation

On the very edge of Kealakekua Bay sits the beautiful Hale Naia (House of the Dolphins). This breathtaking open home has 270 feet of ocean frontage. The workshop will be held at the house and it will be open to all attendees for swimming or resting during the breaks.

*For questions regarding this and other events sponsored by Northwest Seminars & Consulting please call Tim Barraud or Linda Carroll-Barraud at 541.758.4118 or visit us at [www.nwseminars.com](http://www.nwseminars.com)*

## *W*orkshop fee

\$1895 per person covers the retreat with four facilitators, any needed individual time, island adventures, and three gourmet meals a day.

Optional adventures for additional fees may be offered.

Workshop fee does not include airfare, lodging or car rental.

There is \$75 discount for payment by cash or check.

## *Registration* Hawaii Retreat 2009

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

Amt.. enclosed \_\_\_\_\_

Payment method:

Check

   # \_\_\_\_\_

Expiration date \_\_\_\_\_

Authorized signature \_\_\_\_\_

Make check payable to:  
NW Seminars & Consulting  
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Corvallis, OR 97330



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